

## 2. Biblical examination of conscience

### I. Obligations to myself

1. Have I neglected to think with supernatural criteria, following thoughts that are not God's, but those of human beings? (Mk 8:33).
2. Am I a Christian like «insipid salt» or a «hidden light» (Mt 5:13) and like «yeast that does not leaven the flour?» (Mt 13:33)
3. Do I love my neighbour, but hate my enemy? (Mt 5:43).
4. Do I dare walk the narrow way? (Mt 7:14).
5. Do I want to take the first place and be honoured by others? (Lk 14:8).
6. Would I rather be served than serve? (Mt 20:28).
7. Do I let my mood take over and not fulfil my commitments? (Lc 16:10).
8. Do I want to overcome evil with evil? (Rom 12:21).

### II. Obligations to others

9. Do I see Jesus in the hungry, do I see him in the sick or in the imprisoned? (Mt 25:42).
10. Do I help the wounded man on the side of the road or do I turn away? (Lk 10:31).
11. Do I return "an eye for an eye" and "a tooth for a tooth" and not turn the other cheek when I am struck? (Mt 5:39).
12. Do I see the speck in the other's eye without seeing the plank in my own? (Mt 7:3).
13. Have I hurt my brother or sister with sarcasm, forgetfulness, misunderstanding? (Mt 5:22).
14. Do I create division and not want to cooperate with those who are not of my liking? (Mk 9:38).
15. Do I not consider others to be above me? (Phil 2:3).

### III. Obligations to God

16. Do I no longer love Jesus Christ above all things, nor do I consider things rubbish, as long as I possess them? (Phil 3:8).
17. Have I let my first love grow cold? (Rev 2:2-5).
18. Do I want to follow God without taking up my cross and denying myself? (Lk 9:23).
19. Am I satisfied with saying «Lord, Lord»? Do I talk too much and do too little? (Mt 7:22).
20. Do I save my perfume and does it seem wrong to pour it on Jesus' feet? (Lk 12:5).
21. Do I think it is possible to serve God and money? (Mt 6:24).
22. After putting my hand to the plow, do I look back? (Lk 9:62).
23. Do I let my lamp go out when the Lord is late in coming? (Mt 25:11).