

Brief Examination At Night

Make a brief examination of conscience before you go to bed at night. Two or three minutes will suffice.

- **Place yourself in the presence of God**, recognizing his strength and your weakness. Tell him: “Lord, if you will, you can make me clean.” (Mt 8:2)
- **Ask your guardian angel for light** to acknowledge your defects and virtues:
 - What have I done wrong?
 - What have I done right?
 - What could I have done better?
- **Examine your conscience with sincerity:**
 - Did I often consider that God is my Father?
 - Did I offer him my work?
 - Did I neglect my duties as a parent, or as a child?
 - Did I neglect my duties as a spouse, as a sibling, or friend?
 - Did I make good use of my time?
 - Did I pray today, slowly and with attention?
 - Did I try to make life pleasant for other people?
 - Did I criticize anyone?
 - Was I forgiving?
 - Did I pray and offer some personal sacrifices for the Church, for the pope, and for those around me?
 - Did I allow myself to be carried away by sensuality? By pride?
- **Make an act of contrition**, sorrowfully asking for the Lord’s pardon:

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen.

- **Pray three Hail Marys**, asking for purity of heart and body.

Adapted from Handbook of Prayers by Rev. James Socias

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