**An Examination of Conscience for Life in the**

**Divine Will**

NOTE: Always pay special attention to deliberate sins,  
however slight they may seem.  All such sins must be completely  
overcome in order to become one with the Will of God: *“…do you know  
who it is that places disorder into the soul?  Sin alone, even the  
slightest, if the soul commits it voluntarily and attaches herself to  
it.  Oh, how all this deforms the soul, it removes her color, it  
debilitates her!”* (Vol. 9: Nov. 16, 1909).

— How well did I make my Examination of Conscience and Act  
of Contrition last night?  Did I omit either one?  Did I  
remember to thank God for the blessings of the day?

— Did I make my *“Prevenient Act”* upon awaking in  
order to set my whole day in order in the Divine Will?  Did I rise  
promptly at the appointed time?  Did I keep in mind the Church’s  
teaching on modesty when dressing, which is the outward mark of a true  
Child of the Divine Will?  Or did I compromise for the sake of  
vanity, comfort or convenience?

— Was I negligent in making *“Current Acts”* during the  
day (through my own fault)?

— What efforts did I make to keep the *Divine Attitude*  
throughout the day?  Did I do everything for Jesus, that is, with a  
desire to truly please Him?  Did I do everything in Jesus, leaving my  
*“own thoughts,” “style,” “tastes and even more”* (Vol. 3: Jul. 10,  
1900), to take up His?  How many times did I do my will?  What  
effort did I make to remain in continual prayer which enables me to  
partake in the *“ad intra operations that the Divinity wrought in Jesus’  
Humanity”?* (Vol. 4: Jul. 28, 1902).

— How well did I make my Morning Meditation?  Did I  
omit it?

— If I went to Holy Mass or made a visit, did I show proper  
reverence in the House of God?  Did I speak unnecessarily or distract  
others? — How attentive was I at Holy Mass?  Did I offer myself as  
victim with Jesus?

— Did I make proper preparation for the great act of  
receiving Holy Communion?  Did I spend the proper time after Holy  
Communion keeping Jesus company, or did I make excuses to cut this time  
short?  Did I receive Communion in the Divine Will and in some manner  
perform those acts Jesus recommended to Luisa for receiving the Holy  
Eucharist?

— Was I faithful to my prayer resolutions?  Did I pray  
my “Rounds,” *Hours of the Passion* and Rosary as I should?  Did  
I pray with attention and proper posture?  Did I spend time reading  
and meditating on the *Book of Heaven*?  Did I make resolutions  
as the fruit of my meditation?  And did I keep them?

— Did I attribute any and all good that I accomplished as  
coming from God?  Or, rather, did I attribute it to myself who have  
*“nothing of my own except pure nothingness and the inclination to  
evil”* (Vol. 1: Ch. 14).

— Did I practice the virtues necessary for living in the  
Divine Will: Humility, Abandonment / Resignation, Obedience, Purity of  
Intention, etc.?

— Did I accept everything that happened as the Will of God  
for me?  Was this evident by my remaining in that peace so necessary  
for Jesus to live in me?   Was I worried about my own spiritual progress, or was I  
self-forgetful with a concern only of pleasing Jesus?

— Did I see the image of God in every creature and treat  
them accordingly?  Did I accept all that creatures did to me (good or  
evil) as coming from God for my benefit?  Did I keep my heart on my  
Jesus, my Treasure within, or did it become entangled with affections for  
creatures?

— Did my heart become too absorbed in the pleasures of  
material things, of amusements, or of food and drink?

— Did I take time to reflect on the Passion of my  
Jesus?  Did I use the different encounters of the day as occasions to  
bring love, reparation and relief to Him?  Jesus suffers immensely  
from human ingratitude.  Did I thank Him often for myself and for  
everyone?

— Other personal reflections: (*i.e. What efforts have I  
made to overcome my particular weaknesses and my predominant fault?*)

Jot down your shortcomings each night and keep them for your  
next Confession.  It is not necessary to review every detail of the  
above examination each night.  Once you are a little familiar with  
the list you will find there are certain areas that need your particular  
attention.  These you will want to focus on each night so as to work  
for improvement.  Then, periodically, you will want to review the  
whole examination to see what other areas need to be worked on.

**Sorrow for your Faults and Offenses**

Now, after having examined your conscience, think for a  
moment of the sorrows and pains your infidelities have caused your Jesus,  
whose love for you never ceases.  Thinking of his Passion will help  
you to be sorry even for your seemingly lesser faults for which He also  
suffered: *“…keep the light of my Passion ever before your mind …  
Then, considering the cause for which I suffered so many immense pains,  
which was sin, your littlest defects will seem grave to you.”* (Vol. 2:  
Sept. 2, 1899).  Be aware, too, that, having received the immense  
Gift of the Divine Will, you have more reason than others to be sorry for  
your lesser faults, for: *“…unto whomsoever much is given, of him much  
shall be required”*   
(Lk. 12:48).  Then with true sorrow, make  
a good Act of Contrition, resolving to make new efforts to improve.