



EXAMINATION OF CONSCIENCE BASED ON CATHOLIC SOCIAL TEACHING

Life and Dignity of the Human Person

- Do I care about and pray for an end to oppression, violence, terrorism and war?
- Do I pray for the conversion of those persons and systems that cause this suffering?
- Do I pray that those in positions of power may have the will and the courage to change the systems that oppress others?
- Do I promote the life and dignity of all persons, especially the unborn?
- Am I willing to listen and dialogue with those who support legalized abortion?
- Do I treat all persons, such as service workers, manual laborers and those on welfare, with courtesy and kindness, recognizing their dignity?
- Have I hated or discriminated against anyone?
- Am I trying to be more merciful?

Call to Family, Community, Participation

- Do I set a good example in my own family, respecting the dignity of all people, especially those unlike myself?
- Do I vote, not in self-interest, but as I believe will be best for the common good?
- Do I support development and debt relief for the poorest countries as much as I support a strong military?
- Do I believe that both victims and offenders are children of God?
- Am I supportive of efforts to include training in nonviolence in schools?
- Do I work to end poverty in ways that are possible to me?

Rights and Responsibilities

- Have I allowed advertising and peer pressure to encourage me to over-consume?
- If I do not oppose the death penalty, am I open to understanding why the Holy Father is calling for its abolition?
- Do I carefully use my money, not only for myself and my family, but for the common good?

Option for the Poor and Vulnerable

- Do I care about and pray for the impoverished, the oppressed and the marginalized?
- Do I contribute not only to charity, but to organizations working to end oppression and poverty?



- Are my physical appearance, health and comfort such preoccupations that they leave little thought or time for the poor?

Dignity of Work and Rights of Workers

- Do I pay a just wage to those who work for me?
- Do I support basic rights for all workers?
- Do I do what I can to create jobs that pay a living wage?

Global Solidarity

- Do I believe that we are one human family?
- Do I think and act as if “loving our neighbor” has global dimensions in our interdependent world?
- Am I more loyal to my country than to my entire human family?
- Do I let patriotism override concern for my sisters and brothers overseas?
- Am I open to members of my family marrying someone of a different race?
- Do I engage in racist jokes, hate speech or verbal putdowns, or listen to them without objecting?

Care of God’s Creation

- Do I walk gently on the earth and use goods sparingly?
- Am I open to learning about the current economic crises that farmers and small-town folks are facing?
- Is my interest in plant and animal life and the outdoors weak or non-existent?
- Do I consider all God’s creation holy and in need of care for future generations?
- Do I use water, electricity and paper conservatively out of respect for God’s creation?
- Am I interested or active in solving the environmental problems of this age?

By Sr. Barbara McCracken, OSB (Benedictine Sisters)
Mount St. Scholastica, Atchison, KS 66002
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