

Examination of Conscience based on the Beatitudes

Do I embrace poverty of spirit ~ or flee from it at the speed of light?

For whom have I been in mourning?

How meek am I in my response to the gospels?

In what ways am I hungry for righteousness?

How merciful am I regarding those who in some way have done me harm?

How pure is my heart and what keeps it so impure?

In what ways am I trying to purify my heart?

What are the divisions that intersect my life and in what ways am I responding to these divisions as a peacemaker?

What enemies do I love? For which enemies am I praying?

Whose threatened life am I trying to safeguard?

Do I accept persecution as a blessing ~ or do I avoid anything that might get me into trouble?

(The Ladder of the Beatitudes, Jim Forest)