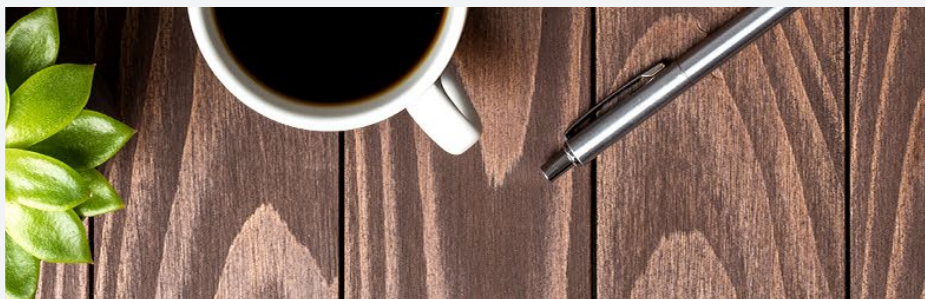




7-DAY CONSCIENCE CLEANSE CHALLENGE



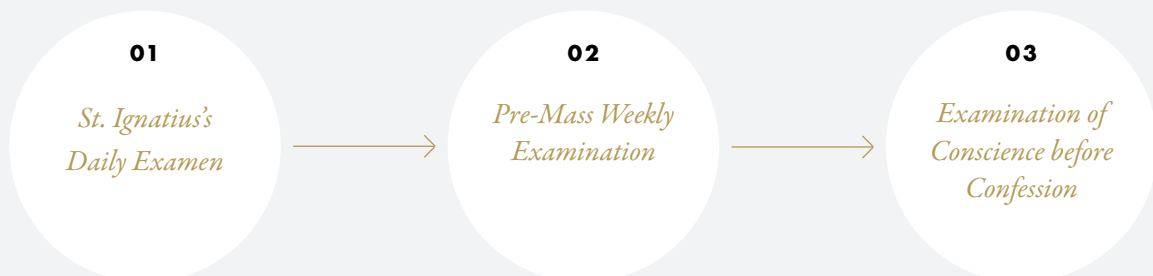
Most of us have done a quick and dirty Examination of Conscience while waiting in line for Confession. But, many of the great saints encouraged this practice before every Mass. Some even practiced it daily. Modern Catholics can rediscover this tool for growth in virtue and progress in the spiritual life, and take advantage of three powerful benefits:

*Discern God's will
in your life* > *Focus on gratitude
for His gifts* > *Actionable
spiritual insights*

Examination of Conscience is like hitting the reset button on your soul. Developing it into a habit can have an immediate and powerful impact on your spiritual life and vocational success.

Most Catholics are not aware of the huge opportunities for spiritual growth that can come from 5 minutes of reflection before bed or 10 minutes before Sunday Mass. Examination of Conscience shouldn't end at the confession. It should become a habit, like brushing your teeth.

YOU DON'T HAVE TO BE A MONK. YOU DON'T EVEN HAVE TO CHANGE YOUR DAILY ROUTINE.



THE DAILY EXAMEN

St. Ignatius's path to holiness

We're not asking you to adopt something new. This is not something to place on top of your already busy life. The Daily Examen is simply a cherry on top of your day—and a little bit of "soul hygiene" before you drift off to bed.

Approach this brief daily exercise in a spirit of exploration, gratitude, and play. Why? Our Lord wanted us to become like little children, and this is His opportunity for us to be like St. Ignatius and thousands of other saints throughout time.

What could be more exciting than that?

DAY 1: _____

1. **Start by placing yourself into the presence of God.** Use this beautiful classic prayer, or enter into His presence by an offering of adoration and humility:

Most holy and adorable Trinity, one God in three Persons, I believe that Thou art here present. I adore Thee with the deepest humility; and render to Thee with my whole heart, the homage which is due to Thy sovereign Majesty.

2. **Ask for light and grace.** Light to see your deeds, actions, and thoughts clearly and grace to change those things that stand in your way of loving Him.
3. **Review your day with gratitude.** Pay careful attention to God's many gifts during the day. You can list particular benefits (victory over temptation, success in virtuous acts, etc.). Remember to thank God even for your challenges.

List God's many blessings and gifts today.

4. **Examine your thoughts, words, actions, and omissions.** What did you give your attention to? Where was your heart? Did you obstruct God's action in any way, or did you cooperate? What were your dominant emotions and why? What vice was present? Where did you struggle with faith, hope, and charity?

List your main reflections from this examination.

5. **Ask forgiveness from God.** We could always love Him more fully, and He is worthy of all love; and yet, we are human and we fall short. Whether you have mortally sinned or not, it is a good practice to ask His forgiveness each day.
6. **Make a resolution.** "Lord, make me to be a Saint." Identify one practical step that you can take tomorrow based on what you learned today.

Write your resolution below.

5. **Conclude with an Act of Contrition.** Sincerely pray this excellent prayer or one like it:

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I love thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life.

5. **Make an act of abandonment to God's mercy.** God to sleep resting in God's arms, trusting in His mercy.

DAY 2: _____

1. **Start by placing yourself into the presence of God.** Use this beautiful classic prayer, or enter into His presence by an offering of adoration and humility:

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THE WEEKLY EXAMINATION

St. Paul's pre-Mass ritual

Like the Daily Examen, this weekly ritual should fit into your already busy schedule, not add "just another thing". You can either make some time on Saturday to fill out your Weekly Examination or arrive a bit early at Mass on Sunday, to complete it in the pew.

Remember: you're in the company of the saints. So, ask them to pray for the graces to help you to take a good look at your last week.

They want to see you succeed.

WEEKLY EXAMINATION

1. **Follow Jesus Christ.** Did you follow His example this week? Were you ready to defend the Faith? Were you unashamed of your love for God and His laws?

2. **Stewardship.** Were you a good steward the talents, time, and other gifts that God has entrusted you with, or did you squander these things?

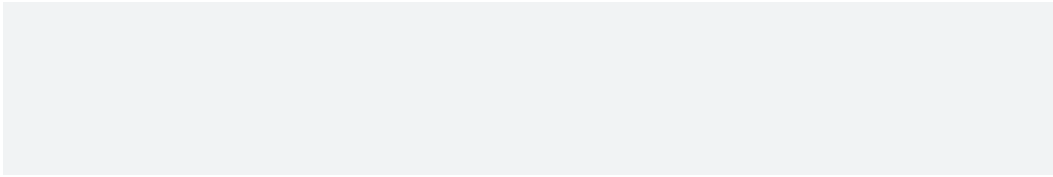
3. **God's will.** Did you do God's will or your own this week? Did He present opportunities or challenges that you ignored, or did you lean into what He wanted for you?

4. **Charity.** Were you charitable towards others? This could include family, friends, co-workers, fellow Catholics, your spouse, children.

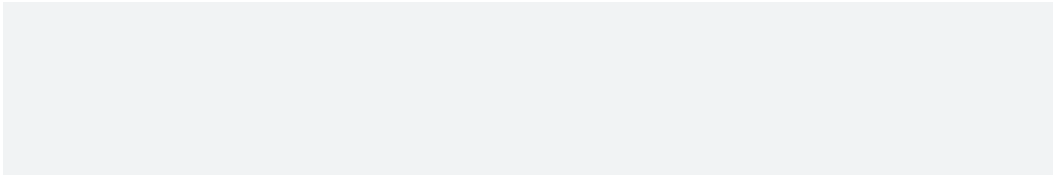
5. **Prayer.** Were you faithful in your commitments to prayer, did you say your morning and evening prayers, and did you say your prayers with care?

6. **Fear of God.** A profound respect for God's tremendous power is called "Fear of God". Think of it as reverence and awe. Do you have it? Did you live it?

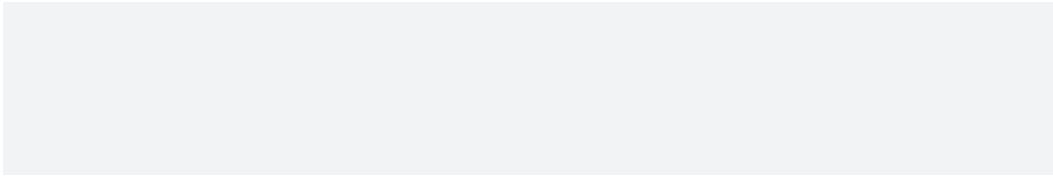
7. **The flesh.** Did you respect your body, practice chastity, and deny lust? Likewise, were you temperate with food and drink?



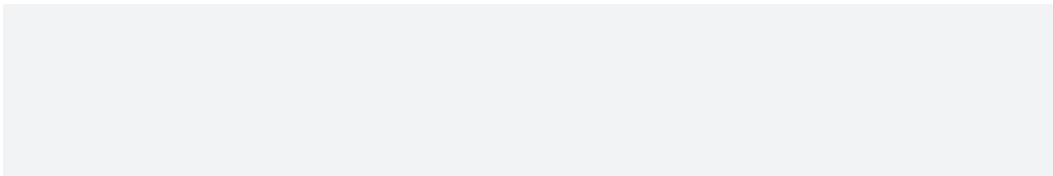
8. **The tongue.** Were you careful with your use of language, speaking the truth, and guarding your tongue from unchaste, lazy, or sinful expressions?



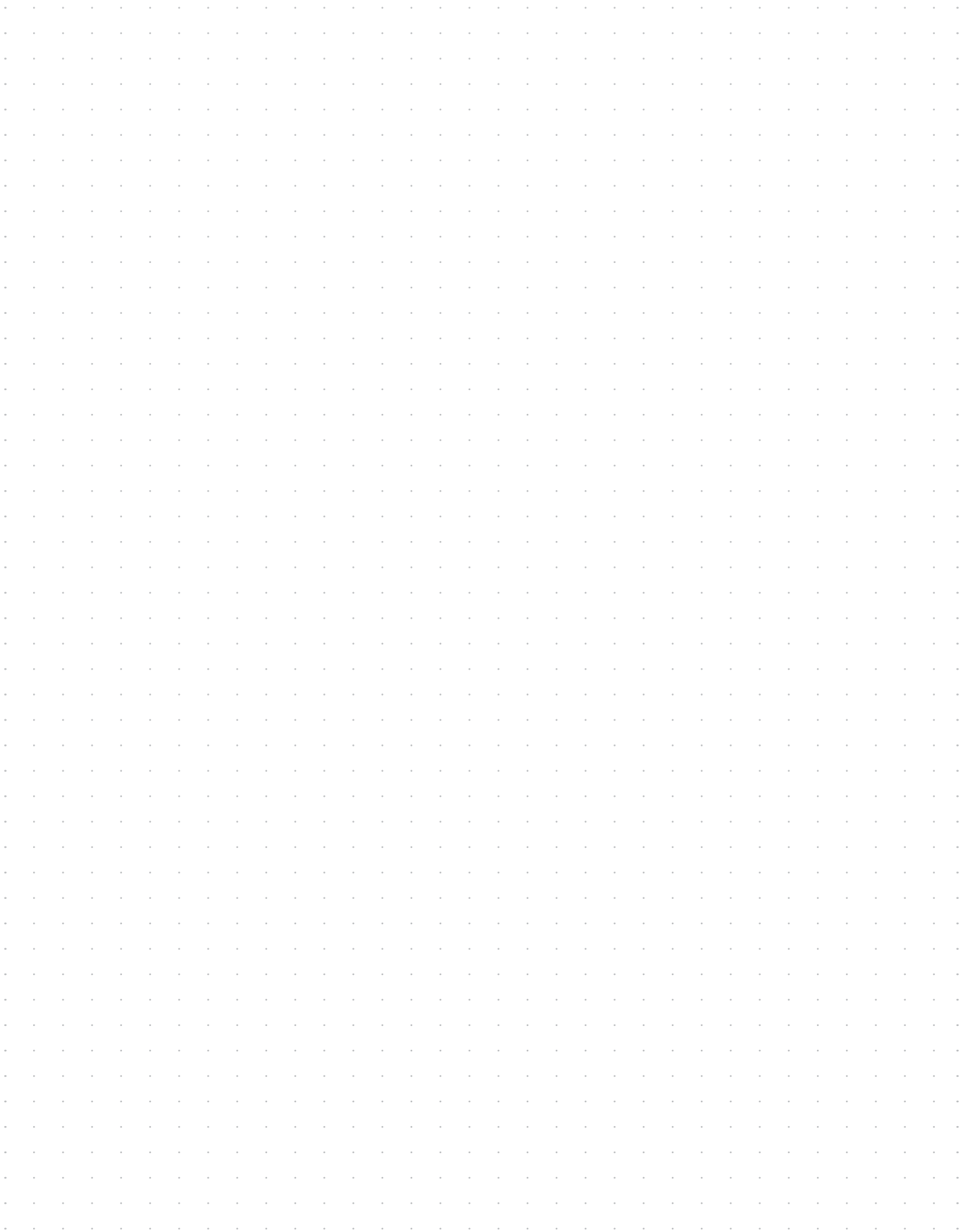
9. **Trust in God.** Where did you put your trust? In yourself? In man? In the things of the world? Did you fully trust in God and His mercy?



10. **Gratitude.** Were you grateful to God for His gifts? Did you thank Him regularly? Did you avoid complaining?



NOTES



EXAMINATION *of* CONSCIENCE

The essential pre-Confession spiritual exercise

Sometime this week, make time to attend Confession. Most parishes offer Confession at least on Saturday and an extra day during the week. If you're lucky, your parish might offer confession before Sunday Mass.

In any case, Confession is an amazing and transformational sacrament. And it gets even better when you make a good Examination of Conscience beforehand.

Take your time, pray that the Holy Spirit will help you, and enjoy the process.

TEN COMMANDMENTS

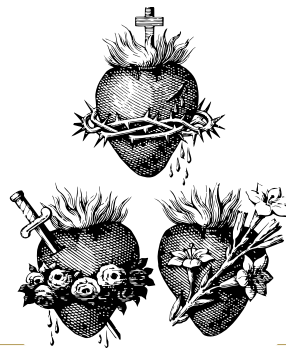
- I. I am the Lord, thy God ... Thou shalt have no strange Gods before me
- II. Thou shalt not take the name of the Lord thy God in vain
- III. Remember to keep Holy the Sabbath day
- IV. Honor thy father and mother
- V. Thou shalt not kill
- VI. Thou shalt not commit adultery
- VII. Thou shalt not steal
- VIII. Thou shalt not bear false witness against thy neighbor
- IX. Thou shalt not covet thy neighbor's wife
- X. Thou shalt not covet thy neighbor's goods

CHURCH COMMANDMENTS

1. To assist at Mass on Sundays and holy days of obligation
2. To fast and abstain on the days appointed
3. To confess at least once a year
4. To receive Holy Eucharist during Easter Time (i.e. the time after Lent before Pentecost)
5. To contribute to the support of the Church
6. To observe the laws of the Church concerning marriage

SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

- | | |
|-------------------|----------------------|
| 1. Pride | Humility |
| 2. Avarice | Liberality |
| 3. Lust | Chastity |
| 4. Anger | Meekness |
| 5. Gluttony | Temperance |
| 6. Envy | Brotherly love |
| 7. Sloth | Diligence |



FOUR SINS WHICH CRY TO HEAVEN

- | | |
|--------------------------------|--|
| 1. Willful murder | 4. Defrauding the laborer of his wages |
| 2. Non-procreative sexual acts | |
| 3. Oppression of the poor | |

NINE WAYS TO BE ACCESSORY TO SIN

- | | |
|-----------------------|-------------------|
| 1. By counsel | 6. By concealment |
| 2. By command | 7. By partaking |
| 3. By consent | 8. By silence |
| 4. By provocation | 9. By defense |
| 5. By praise/flattery | |

WORKS OF MERCY

SEVEN CORPORAL

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To visit and ransom the captives
5. To harbor the harborless
6. To visit the sick
7. To bury the dead

SEVEN SPIRITUAL

1. To admonish sinners
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

CONCLUSION

You don't have to accept "lukewarm" Catholicism. Faith becomes dead and lifeless when we lose sight of the goal—sainthood—and just go through the motions.

The way you structure your time, your priorities, how you live the Faith during your daily life will either set you free to love our Lord and achieve success in your vocation or it will keep you stuck in mediocrity.

Our flagship product The Saintmaker Catholic Life Planner combines Catholic wisdom with the advanced science of positive productivity psychology into an easy-to-use system for reliable spiritual growth and vocational success.

It's everything modern Catholics need to ignite their faith, excel in their vocations and achieve true spiritual freedom.

Learn more at www.thesaintmaker.com/shop.