

AN EXAMINATION OF CONSCIENCE BASED ON THE

VINCENTIAN VIRTUES

Humility

Simplicity

MEEKNESS

MORTIFICATION

Zeal



HUMILITY

- Do I recognize my dignity as a child of God, having the humility to see the gifts God has given me, and do I use those gifts for his glory or for my own vanity?
- Am I able to recognize my own limits, my weaknesses, my shortcomings, my failings before others?
- Am I able to forgive others and ask forgiveness for my offenses?

SIMPLICITY

- Is my heart only for God?
- Am I transparent, sincere in my dealings with others?
- Do I seek the truth or do I sometimes hide the truth so that my real nature will not be known?

MEEKNESS

- Am I gentle in my dealings with others or am I aggressive and offensive?
- Am I easily approachable or do I shut the door of my heart to others?
- Am I truly compassionate, able to suffer with others?

MORTIFICATION

- Am I willing to die to myself?
- Am I willing at times to forget about my needs and sacrifice myself for others?
- Do I at times do for others in a begrudging manner?

ZEAL

- Am I enthusiastic in my apostolic works?
- Do I inspire hope in others and for others?
- Is my action refreshed with contemplation or do I fall into activism?
- Am I showing signs of burnout and an indifference in my dealings with others?
- Do I truly see the poor as my "Lords and Masters," treating them with love and all due respect, or do I fall into the trap of treating them like objects, as stepping stones to "my own greater honor and glory"?

Source:

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