



The Corporal Works of Mercy: Examination of Conscience

As busy mothers, we know how difficult it is to balance family life and good works. This examination is a guide to helping us think of and reach out to others in the light of the Gospel message. During this Extraordinary Year of Mercy, we are called to be vessels of mercy to others. What better way to be a vessel than taking some time out to examine our conscience and spend time with the Lord regarding our vocation as wives, mothers, and “doers”?

1. Feed the Hungry:

- Do I know that others suffer from hunger? Do I pray for those who are hungry and poor?
- Do I spread hope and kind words to others and give them spiritual food?
- Do I know a family suffering and find myself too busy to help out in any way, shape, or form?
- Do I complain about my food and allow my children and family to waste food?

2. Give Drink to the Thirsty:

- Am I annoyed with serving others?
- Do I have a bad attitude when it comes to offering others their basic needs?
- Do I only drink and eat the best and find out that my “diet” gets in the way of others?
- Do I pray for those who lack clean water?
- Do I support efforts around the world for clean drinking water?

3. Clothe the Naked:

- Do I allow styles and clothes to be an external block in reaching out to others?
- Do I need brand names for my clothing in order to be happy?
- Do I share my clothes with others in need and make an effort to get them in the right people’s hands?
- Do I help train my children to appreciate and care for their clothing? Do I emphasize the importance of dressing modestly and appreciating what they have?

4. Shelter the Homeless:

- What is my attitude towards the homeless?
- Do I bring up their dignity or tear it down with my words and judgments?
- Do I pray for those suffering?
- Do I provide them relief in any way, shape, or form?
- Do I reach out to those who I know are unemployed and suffering financial loss?

5. Visit the Sick:

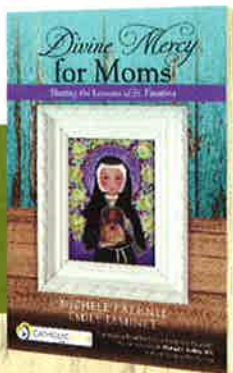
- What is my attitude towards others being sick?
- Do other people’s sick children bother me where I lack charity?
- Do I take time out to pray for the sick and visit them when I can?
- How do I treat my own sick family members? Do I serve with love?

6. Visit the Imprisoned:

- Do I reach out to other moms imprisoned in their homes with young children?
- Do I show compassion and understanding to those who suffer from mental and physical disorders which prevent them from leaving their homes?
- Do I pray for those who serve time in jail?
- Do I teach my children to have compassion and mercy on those who have made bad decisions in life?

7. Bury the Dead:

- Do I pray for those who have lost loved ones?
- Do I help them grieve and be a listening ear?
- Do I “do” for them in a time of loss, especially when I can?



Learn more ways to live out the Works of Mercy in Michele Faehnle and Emily Jaminet’s new book, ***Divine Mercy for Moms***.



The Spiritual Works of Mercy: Examination of Conscience

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1. Admonish the Sinner:

- How do I admonish my children? Do I lose my temper?
- Do I judge others who sin and do nothing to help them?
- Do I brush off others who need help, and only stay close to those who “Love God?”

2. Instruct the Ignorant:

- How do I treat others who I think are ignorant?
- Do I speak down to people who are below my “faith formation level?”
- When God opens a door to share our faith, do we walk in the other direction and avoid these types of conversations?
- Do we judge the ignorant and hold them to our same standards?

3. Counsel the Doubtful:

- Do I speak more than I listen when counseling others?
- Do I speak down to others and only speak from a superior point of view?
- Am I willing to take time out of my busy life to counsel someone through a difficult time?
- Am I capable of being a true friend?
- Am I prideful when it comes to who I am and my blessings from God?

4. Comfort the Sorrowful:

- How do I comfort others? Do I show them sympathy and support?
- Am I too busy for other people’s losses? Is my schedule so full that I forget to think of others?
- Do I comfort or pity others for their suffering?

5. Bear Wrongs Patiently:

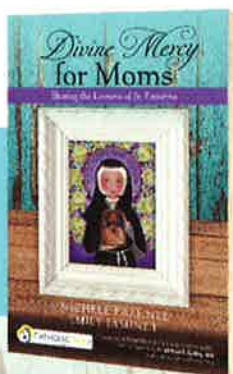
- Do I complain about my crosses?
- Do I overly focus on the wrongs done to me? Do I give it too much time and attention?
- Am I patient with God, my family, and others?
- Do I slow down enough to see God working in my life, or do I only see the things that aren’t going right?

6. Forgive All Injuries:

- Do I forgive others when they ask forgiveness?
- Do I forgive others who don’t ask to be forgiven, but have hurt me?
- Do I hold grudges? Despite wanting to forgive, do I “never forget?”
- Do I keep a laundry list of offenses that others have committed against me and my family?

7. Pray for the Living and the Dead:

- Do I believe that my prayers have value?
- Do I take time out to think of those who have gone before me?
- Do I remember to pray for those who ask for prayers?



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