

**A Litany & Examination of  
Conscience based on the Rule of  
the Secular Franciscan Order**

**Response: Lord, have mercy.**

1. For all the ways I have brought division to my family, my community, my parish, or my fraternity...R:
2. For all the ways I have not been life-giving, making present the charism of St. Francis to my family, friends, and fraternity brothers and sisters...R:
3. For all the ways I have not appreciated the unique gifts of each individual...R:
4. For all the ways I have failed to strive for holiness...R:
5. For the times I have not looked to St. Francis as a model and source of inspiration...R:
6. For the times I did not strive for perfect charity...R:
7. For the ways I did not live the Gospel in the manner of St. Francis, from Gospel to life and life to Gospel...R:
8. For the times that Christ--the Way, the Truth and the Life--has not been the center of my life...R:

9. For the times I have not been alive with the Spirit of St. Francis ...R:

10. For the times the Eucharist has not been my key encounter with the living Christ, after the example of St. Francis...R:

11. For the times I have not looked for Christ in the Scriptures, in the Eucharist, in the Sacrament of Reconciliation and other Sacraments and in my brothers and sisters...R:

12. For the times I have not proclaimed Christ by my life and my words...R:

13. For the times I have not responded to the call to "rebuild the Church" ...R:

14. For the ways I have not lived in full communion with the Pope, bishops, and priests...R:

15. For the times I have stifled the interior call to conversion...R:

16. For the times I have neglected the source of grace and mercy in the Sacrament of Reconciliation...R:

17. For the times I have failed to worship the Father in prayer...R:

18. For the times I have not showed my love for Mary by imitating her self-giving and confident prayer...R:

19. For the times I have not faithfully fulfilled the duties of my state of life...R:

20. For the times I did not witness like the poor and crucified Christ in difficulties and persecution...R:

21. For the times I did not simplify my own material needs after Christ's example of poverty...R:

22. For the times I failed to be a good steward of God's gifts...R:

23. For the times I did not believe that living the Beatitudes would make me happy...R:

24. For the times I have not embraced my vocation with purity of heart...R:

25. For the times I have not gently and courteously welcomed every person as a gift from the Lord and as an image of Christ...R:

26. For the times I have not wanted to place myself on an equal basis with all people...R:

27. For the times I have lacked a sense of community and chosen isolation...R:

28. For the times I have not strived to create better conditions of life for the lowly and needy...R:

29. For the times I have lacked a spirit of selfless service...R:

30. For the times I have not used my talents to build the Kingdom of God...R:

31. For the ways I failed to promote justice both privately and publicly...R:

32. For the times when I have failed to make choices in harmony with my faith...R:

33. For the times I have not esteemed work both as a gift and as a sharing in the creation, redemption, and service of the human community by bringing the love of Christ to the marketplace...R:

34. For the times I have not cultivated a spirit of peace, fidelity, and respect for life in my family...R:

35. For the times as husband and wife we have not borne witness to the love of Christ for His Church to our children...R:

36. For the times I have not shown respect for all God's creatures ...R:

37. For the times I have not encouraged the proper use and protection of natural resources...R:

38. For the times I have not been a peacemaker, seeking ways of unity and harmony through dialogue...R:

39. For the times I have not been a messenger of perfect joy, striving to bring joy and hope to others...R:

40. For the ways I have failed to approach Sister Death with peace...R:

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