

Examination of Conscience: Pope Francis

On December 22, Pope Francis met with the behind-the-scenes Vatican employees. After thanking them for their dedication, he encouraged them to examine areas of their lives. His words readily apply to all:

- “Care for your spiritual life, your relationship with God...”
 - “This is the backbone of everything we do and everything we are... A Christian who is not nourished by prayer, the sacraments and the Word of God, inevitably fades and withers.”
 - Care for your family life...
 - “[Give] to your children and your loved ones not only money, but above all time, attention and love.”
 - Heal your relationships with others...
 - Transform your faith in life and words into good works, especially for those most in need.
 - Watch how you speak...
 - “[Purify] the language from the offensive words, vulgarity and phraseology of worldly decadence.”
 - “[Heal] the wounds of the heart with the oil of forgiveness...”
 - Forgive people who have hurt you and medicate wounds you have caused in others.
 - Care for your work...
 - Work “with enthusiasm, humility, skill, passion, and with a soul that knows how to thank the Lord.”
 - Avoid envy, lust, hatred and negative feelings...
 - They “devour our inner peace and transform us into destroyed and destructive people.”
 - Let go of...
 - “The bitterness that brings us to revenge...”
 - “The laziness that leads to existential euthanasia...”
 - “The finger-pointing that leads to pride,” and
 - “The complaining that constantly leads us to despair.”
- “I know that a few times, to keep your job, you quarrel with someone, to defend yourselves. I understand these situations, but the road does not end well... Rather, ask the Lord for wisdom to bite one's tongue” and “not to say insulting words that afterward leave your mouth bitter.”
- Reach out to the weak, elderly, sick, hungry, homeless and foreigners.
 - This will determine how we will be judged.



[Adapted from “[Pope Gives 9 Tips to Vatican Employees](#)”, Deborah Castellano Lubov, Zenit, 2014]