

# Confession Questions Based on The Beatitudes

## The Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Have I truly recognized my complete dependence on God? Have I been proud arrogant and self-righteous in my ways? Have I been selfish, possessive and self-seeking? Have I sought after status power and wealth?

Blessed are those who mourn, for they shall be comforted.

Have I endured difficulties and afflictions with faith and patience? Have I felt sadness for the sufferings of the poor, the hungry, and addicted; the sick, the lonely and the sinful of the world? Have I truly been sorrowful for my sins and faults?

Blessed are the meek, for they shall inherit the earth.

Have I tried to serve or rather to dominate others at home, school, work, office, Church and elsewhere? Have I nursed against anyone? Have I been resentful, bitter, unforgiving or insulting and abusive to others? Have I loved my enemies?

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Have I truly yearned for God's will to be done in all things? Have I worked for justice in my family, society and the world in ways within my reach? Have I tried to cultivate a righteous life through prayer, fasting, worship, receiving Holy Communion and deeds of love toward others?

Blessed are the merciful, for they shall obtain mercy.

Have I shown compassion and help toward the poor, hungry, lonely and needy around me? Have I tried to understand and forgive others? Have I been indifferent judgmental or legalistic?

Blessed are the pure in heart, for they shall see God.

Have I loved goodness, purity and holiness? Have I succumbed to evil motives and intentions? Have I given way to impure thoughts, words or deeds? Have I been guilty of bias and prejudice? Have I been hypocritical, pretentious or self-indulgent to sinful passions?

Blessed are the peacemakers, for they shall be called sons of God.

Do I have God's peace in my heart? Have I been unfairly angry, aggressive or impatient? Have I worked for peace at home, work, Church and in society? Have I been irritable, polemical, or divisive?

Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

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Have I complained when persecuted for God's sake? Have I prayed for my persecutors? Have I failed to defend anyone in the truth for fear of humiliation or persecution? Have I had the courage to stand up for what is right despite criticism, ridicule or persecution?

Blessed are you when they revile you and persecute you on my account; rejoice and be glad, for your reward is great in heaven

Is the joy of Christ in my heart even in trying moments? Have I been pessimistic despondent or despairing? Have I truly delighted in the promise of God's treasures in heaven?