



Rege, o Maria!



CATECHESIS 01

Examination of conscience of the slave of love of Jesus in Mary

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Examination of conscience

of the slave of love
of Jesus in Mary

Here we propose an examination of conscience on the practice of perfect Devotion to the Blessed Virgin taught by Saint Louis Marie Grignion de Montfort. One should complete the examination in its entirety once a year, in the holy exercises (just as the annual renewal of the Consecration according to Montfort's desire), and in monthly retreats.

In addition, it can and must be done partially every day. This is done by taking from it the parts that correspond to the special practice of holy slavery in which one is exercising oneself in a more particular way.

It is also possible to use it for a general examination of conscience, by sectioning the parts (as is given below), and using one for each day of the week. As a means of facilitating this practice, we have put in the margin the beginning of each day.

Outside the moments of the day specifically destined for this examination, it is strongly recommended to the fervent slave of Mary to often, for example, every hour, enter into himself and ask himself: "In this hour, have I been a true slave of Jesus and Mary? Divine Mother, have I made you happy with the way I have just lived this hour?"

Preamble

Dear son and slave of the Blessed Virgin, it is your very Mother and Mistress who is present before you. She is the one who comes to ask you for an account of your practice of her perfect Devotion. Openly place yourself in her presence... Sincerely answer her motherly questions: you would not dare hide anything from her.

Begin by humbly asking for her grace to enlighten you to see your soul clearly.... Ask her that this exercise may be of great use to make you progress in God's ways.

I. The Act of Consecration and its consequences

"I deliver and consecrate to thee, as thy slave, my body and soul, my goods, both interior and exterior... leaving to thee the entire and full right of disposing of me, and all that belongs to me, without exception, according to thy good pleasure."

Sunday 1. Active Dependence

1. My son: **have you daily renewed** your act of total surrender to Jesus through my hands from the first moment of the day and frequently throughout it? Did you do it seriously, consciously, and with



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the firm intention and determined will to truly entrust me with the ownership of everything included in this donation?

2. Have you lived with the conviction **and habitual thought** that you fully and truly belong to me? Have you respected my **rights of possession** over everything you have given me: body, soul, senses and faculties, goods, and strengths, making use of it only according to my desire and with my approval?

3. Have you habitually **asked me**, at least once during the day, if you could use this body, these senses, these faculties, these goods that you granted me?

4. This **body** that you consecrated to me, have you treated it only according to my intentions and desires? Have you fed it and cared for it properly, avoiding negligence, not using it to waste its strength? Have you flattered, pampered, and spoiled it by satisfying all its demands and whims? Have you made your body an object of ridiculous and guilty vanity searching to attract the attention of creatures? Have you cared for and dressed your body with great modesty or have you made of your body an instrument of sin, of scandal (wearing provocative dress), or of guilt? Have you punished this sinful body and reduced it to servitude by the courageous practice of Christian mortification, restricting it from all that is luxurious and superfluous in rest, meals, furnishings, clothing, etc.? Have you done it courageously, that is, contradicting your likes and preferences?

5. Have your **eyes**, which belong to slave of love, been used in dangerous and copious looks, mundane readings, forbidden shows, or at least in vain curiosity and useless glances?

6. Have your **ears** been used to listen to disturbing songs, in dangerous conversations, or in listening to that which does not concern you or out of pure curiosity?

7. Has your **mouth** or your tongue been used for conversations contrary to modesty or charity, or have you spoken at times when by the Rule or Regulation were to keep silence according to your duties?

8. Have your **imagination** and **intelligence** been used according to my desires? Have you generously applied them according to the duties of your state, in study, reflection, meditation, and prayer? In your practices of piety, have you consented to distractions or lazily rejected them? Have you reprimanded dangerous thoughts, careless imaginations, immoral desires, and disordered curiosity?

9. Has not your **heart** consented to natural aversions, evading persons who are unpleasant to you, criticizing their defects, giving them looks, or refusing to help them? Haven't you let some love come into your heart that was too natural, too lively, too sensual or contrary to the requirements of your state of life?

10. Is your **will** habitually united to Jesus' and mine? Do you normally seek your will without worrying about knowing and doing, before all else, God's will? Is your motto that of the true slave of love "*not my will, but yours, Oh Jesus, Oh Mary?*"



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11. Your **temporal goods** are mine... Have you made use of these goods with little attachment to them and without depending on them? Do you not have excessive ties to these objects: money, furnishings, jewelry, or clothing? Is there not an exaggerated luxury in your life? Have you wasted money on useless purchases? Have you considered my desires in giving a portion of your possessions to pious works or to charity: to the poor, the missions, or works of Marian propaganda? Have you lived looking at Jesus' and your Mother's simplicity and poverty?

12. How have you used your **strengths**? How have you spent your time that is consecrated to me? Have you used it in a serious way, as the duties of your state demand? Did you take the necessary time for your pious practices, work, etc.? Wasn't this precious time wasted on trifles or trivial things? What a responsibility, what a debt in the moment of judgment!

Monday 2. Passive Dependence

13. Examine, now, dearly beloved son and slave, if you have respected "*this full right*" that you gave me "*of disposing of me, and all that belongs to me, without exception, according to thy good pleasure*" Have you received what I decided and arranged with Jesus for you with joy and submission, or at least resignedly?

14. Have you given thanks for your **health** and thought about thanking me for it? Have you not been impatient and murmured when your body was cold, hot, hungry, or thirsty or when in discomfort, ailments, or illness?

15. Have you resignedly accepted when I allowed you to suffer some blow to your **reputation**, when you were shown less trust, less affection, when you were manifestly distrusted in what concerns you, when you were slandered or insulted?

16. What have been your feelings when you had to suffer loss of your **temporal goods** or when you had to endure the inconveniences of poverty or destitution?

17. Were you humbly satisfied with the **talents** granted to you, your social living condition, the situation that you enjoy, your duties to be fulfilled, and the circumstances in which you have to live...? All of this is the Jesus' and my will for you.

18. Has not your soul been restless, disturbed, and unhappy when I disposed your **family**, loved ones, or your Congregation to tribulation, disease, or death? You have recognized me as Mistress and Sovereign of all that is yours... You must know how to respect my sovereign rights...

19. Have you faithfully let me dispose of the communicable and alienable value of your **good works** and **prayers**? Have you not taken them back or at least felt their loss?

II. Interior practices of perfect devotion to the Blessed Virgin



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Tuesday 1. Through Mary

20. You promised to **“obey me in all things.”** Have I always been able to direct your life and actions? Have you submitted your ideas, judgments, decisions, words, and actions to me? Have you not consciously contradicted what I have showed you? Have you not acted by your own movement, following the desires of your sensibility, the roughness of your character, or the caprices of your will?

21. Have you **consulted** me in your doubts, have you always asked me for **permission to act**, as a child unceasingly asks his mother what he must do? Have you always told me in your heart or with your lips: “My good Mother, may I do this, should I leave that?”

22. Have you done **all that Jesus said** in order to obey me? Have you thought, judged, worked, or lived according to Jesus’ maxims, precepts, and Evangelical counsels, and not according to the maxims and spirit of the world, that is, Satan’s gospel?

23. You were faithful in rejecting mortal **sin** without a doubt; but have you done the same regarding venial sin, above all, in fighting against your predominant fault?

24. Have you seriously and conscientiously applied yourself to the **particular duties of your state**, the care of the family, professional obligations, jobs, etc.?

25. As my slave of love, have you been a model of obedience to **all legitimate authority**? Have you recognized Jesus’ and my authority in your superiors: parents, spouse, teachers, civil authorities, ecclesiastical and religious superiors, and, above all, your spiritual director, etc.? Has not your **natural** obedience been influenced by the qualities or defects of those endowed with such authority? Have you not **argued** and **criticized** the orders and counsels given you? Were there, perhaps, **deliberate exceptions** in your obedience? Have you not obeyed reluctantly, **murmuring**, with willful sadness or resentment? Have you **surrendered yourself** like a child to your superiors, heading toward obedience instead of avoiding it?

Wednesday

26. In order to depend on me, were you faithful to the **rule of life** that I prescribed to you, and to the **holy Rule** that I proposed for you? Have you faithfully given due time to prayer, work, study, and amusement? Was there not such and such a part of the rule in which you often lacked? Were you especially assiduous in your **practices of piety**? Have you not omitted them, abbreviated them, or made them half-heartedly or with laxity and laziness?

27. Did you recognize my will and my direction in all the events that happen to and surround you? Did you know how to say *Amen* to all that consoles and makes you happy; and at the same time to all that opposes, annoys, and disturbs you, to all that makes you cower and wounds you, to all that discourages and burdens you? Did you generously accept from God’s hand and my hand these annoyances, inconveniences of bad weather, contradictions, sicknesses, and grievances?



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28. Did you listen attentively and follow generously the **callings of my grace**? Have you denied me an act of charity, a little sacrifice, an act of generosity for which I have been asking? Is there not some virtuous act that, with cold blood, you continue to withhold from your beloved Mother? In your heart, have you not drowned out my call to a higher vocation, to a more perfect sanctity?

29. In your pious practices, Holy Mass, Holy Communion, meditation, etc., have you faithfully renounced your own dispositions and intentions? Have you faithfully **united yourself to your Mother and Mistress**, invoking her help, relying on her merit, clothing yourself with her virtues? Have you surrendered yourself to me, as an **instrument**, immersing yourself into peaceful silence, so that I could pray and work in and through you?

30. Have you felt **trust** and **abandonment** toward me, as a child feels toward his good mother? Have you resorted to my maternal solicitude in *“all times, in all places, and in all things”*? Have you not neglected this confiding call for my help in the minutest details of life, the daily indecisiveness of your spiritual life, and the sorrowful and grave hours of your existence? Do you not let yourself be led by agitation, preoccupation, or discouragement instead of simply leaving to me all that could disturb you? Do you entrust to me, with complete abandonment, the time and circumstances of your death and the care of your perfection and eternal salvation?

Thursday 2. With Mary

31. After Jesus, have I been the **perfect model** that you habitually put before your eyes? Have you been faithful in always asking me: *“How would you do this my good Mother, if you would find yourself in my place?”*

32. Have you tried to imitate, with **respect to God**, my absolute docility as the handmaid of the Lord? Have you tried to live my *Magnificat*, seeking the glory of God in all you do, imbuing your entire life with the divine love, and living with the Holy Trinity in your soul, in an incessant exchange, in a very respectful and filial way?

33. Have you been **faithful to Jesus** in all, for all, loving no one else but Him, not living for anything else but Him, aspiring for no other interests but His, for His reign, always desiring a closer union with Him?

34. Have you imitated my **humility**? Have you recognized that your talents, successes, and virtues come from God? Have you frequently considered your nothingness, defects, and miseries? Have you not placed yourself above everyone else in your thoughts, words, or actions? Have you felt joy at being unknown and esteemed as nothing?

35. Following my example, have you been truly **charitable**, loving your neighbor for God’s sake and mine? Have you pardoned all faults and insults and borne the defects of others with patience? Have you been kind and attentive to the desires of everyone else? Have you offered your services to and tried to accommodate others? Have you not been a coward and egoist when you were bothered, tired of serving



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your neighbor and performing good works? Have you not judged others severely, superficially suspecting evil with or uselessly speaking of their defects?

36. Which has been your attitude **towards Satan** and **towards sin**? I am living hatred... and you? Did you fight bravely against mortal and venial sin, against all voluntary imperfections, against all that can in some way stain or tarnish your soul's beauty? Did you specifically work on being perfectly pure and chaste according to your state of life in your thoughts, imagination, words, reading, and in all your conduct? Did you hate all that, under whatever pretext, leads to evil or sin?

37. Have you renounced the false wisdom of the **world** that is opposed to Jesus' Gospel? Have you fought against the devil's seductions or against the dealings of the world: ill-fated pleasures, dangerous amusements, disturbing readings, and wicked fashions? Would you not have done Satan's work with your manner of dressing that would convert you into a sower of sin? Have you bravely and constantly placed yourself beside Jesus and me, and have you worked, when able, to impede evil, sin, impurity, scandal, and excess?

Friday 3. In Mary

38. Have you not let yourself lead a dissipated, frivolous life? Have you not been completely absorbed in your exterior occupations to the point of forgetting your interior life with God, Jesus, and your Mother, who love you so much?

39. Have you tried to **always enter into yourself** to find me in the depths of your soul, where I am helping you with the small practices that I taught you: such as, the hourly *Hail Mary*, the Marian image, medal, or seal on your clothing, the ejaculatory prayers, the Marian inscription on each written page, or the blessing that you ask when leaving your room, etc.?

40. Have you tried **to live under my gaze** during all the hours of prayer, work, rest, and entertainment, as the child that feels the need to stay close to his mother?

41. Did you try to retreat to the sanctuary of your soul, to meet Jesus and me in a delightful encounter? Will your soul come to breathe me unceasingly as your lungs breathe air?

Saturday 4. For Mary

42. Ordinarily, what **motive** inspires or determines your actions? How many times have you acted for love of your comforts, vanity, and self-love, to please this or that creature? This is not being a slave of Jesus, slave of Mary!

43. Have you frequently thought in **offering your actions for love of Jesus and me**, to glorify and please us? Have you often repeated: "*All for Jesus, all for Mary, all for love of you, my most lovable Mother*"?



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44. Has my reign been the **ideal of your life** in order to arrive at the blessed reign of Christ the King? Have you thought of this in your free time? Have you offered your hours of work, above all, in what you find difficult for this intention? Have you offered your prayers, sufferings, setbacks, and trials? Does the idea of offering your last sickness, agony, and death for this end come to your mind daily?

45. Have you tried **to draw everyone** to my service and to true and solid devotion to me? Have you not been lazy or cowardly in this, and is that not why you have often wasted opportunities to make me most perfectly known, loved, and served?

Conclusion

You have finished the examination of conscience. Humble yourself profoundly before your glorious Queen at seeing the numerous faults of which you have been culpable... Forgive me, o divine Mother, for having been so unfaithful to you! I do not desire to be discouraged: I will work energetically and perseveringly to be a more docile child and a more faithful slave. I promise you, dear Sovereign Lady, to watch especially over this point..., in that occasion... Help me with your all-powerful grace. Finally, with Jesus, your Treasure, deign to bless me.

Do not worry at seeing the remaining distance to be traversed. Your Immaculate Mother has to be your “**easy, short, perfect and secure way**”, says Saint Louis Marie Grignon de Montfort.

My Mother, give me what you ask of me, and ask me what you will!



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Religious Family of the Incarnate Word

More information about this project:

www.regeomaria.org

The catecheses can be found on:

InstitutoDelVerboEncarnado

