

opusdei.org

“Examine yourself: slowly, courageously”

Examination of conscience: a daily task. Book-keeping is never neglected by anyone in business. And is there any business worth more than the business of eternal life? (The Way, 235)

22 August

Examine yourself: slowly, courageously. Is it not true that your bad humour and your gloominess,

both without cause--without apparent cause--are due to your lack of determination in breaking the subtle but real snares laid for you--cunningly and attractively--by your concupiscence? (The Way, 237)

Always end your examination with an act of Love--of Love-sorrow: for yourself, for all the sins of men. And consider the fatherly care of God in removing the obstacles in your way lest you stumble. (The Way, 246)

There is an enemy of the interior life which is both little and silly. Unfortunately, it can be very effective. It is the neglect of effort in one's examination of conscience. (The Forge, 109)

Don't wait until you are old to start becoming a saint. That would be a great mistake. Begin right now, in earnest, cheerfully and joyfully, by fulfilling the duties of your work and of your everyday life. Don't wait until

you are old to become a saint.
Because --I insist -- apart from its
being a great mistake, you never
know whether you will live as long
as that. (The Forge, 113)

pdf | document generated
automatically from [https://opusdei.org/
en-ca/dailytext/examine-yourself-
slowly-courageously/](https://opusdei.org/en-ca/dailytext/examine-yourself-slowly-courageously/) (2026-01-12)