

“A deep examination of conscience”

Take a good look at the way you behave. You will see that you are full of faults that harm you and perhaps also those around you. Remember, my child, that microbes may be no less a menace than wild beasts.

August 21

Just as bacteria are cultivated in a laboratory, so you are cultivating those faults and those errors, with your lack of humility, with your lack of prayer, with your failure to fulfill

your duty, with your lack of self knowledge. Those tiny germs then spread everywhere. You need to make a good examination of conscience every day. It will lead you to make definite resolutions to improve, because it will have made you really sorry for your shortcomings, omissions and sins.

(The Forge, 481)

Conversion is the task of a moment; sanctification is the work of a lifetime. The divine seed of charity, which God has sown in our souls, wants to grow, to express itself in action, to yield results which continually coincide with what God wants. Therefore, we must be ready to begin again, to find again — in new situations — the light and the stimulus of our first conversion. And that is why we must prepare with a deep examination of conscience, asking our Lord for his help, so that we'll know him and ourselves better.

If we want to be converted again,
there's no other way. (Christ is
passing by, 58)

pdf | document generated
automatically from [https://opusdei.org/
en/dailytext/you-need-to-make-a-good-
examination-of-conscience/](https://opusdei.org/en/dailytext/you-need-to-make-a-good-examination-of-conscience/) (01/23/2026)