

# Digital Examination of Conscience

A Catholic Guide to Reflecting on Your Online Life

*"Search me, O God, and know my heart; test me and know my anxious thoughts." — Psalm 139:23*

## ✦ Imago Dei — Human Dignity

- Have I compared myself to others online in ways that diminished my sense of God-given worth?
- Have I judged others based on their online appearance, follower count, or posts?
- Have I used or shared content that degrades the dignity of any person?

## 🔧 Co-Creation — Stewardship of Gifts

- Have I wasted the gifts God gave me by mindlessly scrolling instead of creating or learning?
- Have I used technology to serve others, or only to serve myself?
- Have I passed off AI-generated work as my own, bypassing the effort God invites me to give?

## 🌿 Moral Conscience — Truth & Integrity

- Have I shared information online without verifying whether it was true?
- Have I participated in gossip, mockery, or pile-ons in comments or group chats?
- Have I presented a false version of myself online that contradicts who I am in person?

## 💛 Communion — Authentic Relationships

- Have I let my phone distract me from being fully present with the people in front of me?
- Have I excluded, unfollowed, or ghosted someone online in a way that lacked charity?
- Have I used technology to build others up, or have I remained a silent bystander?

## 🌱 Wonder & Awe — Rest & Contemplation

- Have I made time for silence, prayer, and rest — or has my screen filled every quiet moment?
- Have I used my phone first thing in the morning before turning to God?
- Have I allowed technology to steal my sense of wonder at God's creation?

## 🙏 MY RESOLUTION

This week, with God's grace, I resolve to:

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