

Before coming to *Confession*, use an *'Examen'* like the one below to examine your conscience.

AN EXAMINATION OF CONSCIENCE
BASED ON THE TWO GREAT COMMANDMENTS

The Lord said: "You shall love the Lord your God with your whole heart."

Do I put my relationship with God first, above all things: my career and leisure time, my home and possessions - even above other people?

Do I allow the Lord to be my loving Father by entrusting all my joys and sorrows to God?

Do I leave God out of my life by not making time for regular private prayer or for worshipping with other Christians?

Do I rely on God's grace to avoid temptation and on the Church to restore me to grace?

Do I make important choices or decisions without first listening - as God speaks to me through prayer and Scripture, Church teaching and sacred liturgy?

Do I heed God's call to be a temple of His Spirit, an instrument of His grace, and channel of His loving forgiveness?

Do I truly become what I receive: the Body and Blood of Christ?

Do I act on my faith by allowing God and Church teaching to influence what I say and do, how I vote, form my values and my conscience?

Do I offer back to the Lord and His Church what God has entrusted to me: my time, talents, and the treasures I earn through the blessings and abilities God freely gives to me?

The Lord says: "You shall love your neighbor as yourself."

Do I hurt or neglect my family, or withhold love from those closest to me?

Am I too guarded or afraid to reach out, too withdrawn in my own pursuits to hear and respond to the needs of others?

Do I argue too easily, deliberately hurt others, fail to ask for forgiveness, express my apologies, or take responsibility for my mistakes?

Do I withhold forgiveness or hold grudges, or demand from others what I refuse to them?

Do I hurt or neglect my friends or neighbors, my fellow parishioners or co-workers, my fellow citizens in this country?

Do I respect people of every race or language, nation or way of life?

Do I strive to be a peacemaker, or do I add more fuel to the fire?

Do I speak up for the rights of others, or do I remain mute and inactive in the face of injustice, falsehood, prejudice or apathy.

Do I defend and uphold the dignity of every person, born or unborn, young or old, polite or demanding, friend or enemy, healthy or sick, self-sufficient or needy?

Do I lead others to - or away from - God and His Church - by my words or example?

Am I known for my honesty and integrity, faithfulness to my word and Christian values?

Christ our Lord says: "Be perfect as your Father is perfect."

Do I take care of my body and my soul by exercising and eating properly, controlling my desires and feelings?

Do I engage in regular times of prayer, read the Bible and meditate on it?

Do I patiently accept sorrows and disappointments, and 'offer them up' so as to "fill up what is lacking in the sufferings of Christ?"

Do I maintain sensible boundaries and limitations so as not to damage my health or the wellbeing of others?

Do I keep my promises and vows, especially those made before God and His Church in Baptism and Confirmation, Matrimony and Holy Orders?

Do I practice the spiritual disciplines of prayer, fasting, and almsgiving, of devotions and sacred customs?

Do I dishonor my own body - or the body of anyone else - in any way?

Do I protect myself from what could bring me harm in the marketplace and recreational places, in the media and on the internet?

Do I strive to live by Christian ideals, relying on the presence of God within me, or am I enslaved to any ungodly forces?

**CONFESSION TIME: FRIDAY:
DECEMBER 13, 2024 - 5:30 pm - 7:00 pm**