

Examination of Conscience

(The Examination of Conscience is adapted from Appendix III of the Rite of Penance.)

A. The Lord says, "You shall love the Lord your God with your whole heart."

1. Is my heart set on God, so that I really love him above all things and am faithful to his commandments? Or am I more concerned about the things of this world?
2. God spoke to us in his Son. Is my faith in God firm and secure? Have I been careful to grow in my understanding of the faith, to hear God's word?
3. Do I pray regularly? Do I offer God my difficulties, my joys and my sorrows?
4. Do I have love and reverence for God's name? Have I shown disrespect for the Blessed Virgin Mary and the saints?
5. Do I keep Sundays and feast days holy by taking a full part, with attention and devotion, in the liturgy, and especially in the Mass?
6. Are there false gods that I worship by giving them greater attention and deeper trust than I give to God: money, superstition, astrology?

B. The Lord says, "Love one another as I have loved you."

1. Do I have a genuine love for my neighbors? Or do I use them for my own ends, or do to them what I would not want done to myself?
2. In my family life, have I shown proper respect toward my parents? Have I been careful to give a Christian upbringing to my children? Have I been faithful to my spouse?
3. Do I share my possessions with the less fortunate? Do I do my best to help the victims of oppression, misfortune and poverty?
4. Does my life reflect the mission I received at Confirmation? Do I share in the apostolic and charitable works of the Church and in the life of my parish?
5. Am I concerned for the good and prosperity of the human community in which I live, or do I spend my life caring only for myself? Do I share to the best of my ability in the work of promoting justice, morality, harmony, and love in human relations?

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

1. Where is my life really leading me? Is the hope of eternal life my inspiration? Have I tried to grow in the life of the Spirit through prayer, reading the word of God, receiving the sacraments? Have I imposed my own will on others, without respecting their freedom and rights?
2. What use have I made of time, of health and strength, of the gifts God has given me? Do I use them to become more perfect each day?
3. Have I been patient in accepting the sorrows and disappointments of life?
4. Have I kept my whole body pure as a temple of the Holy Spirit? Have I dishonored my body physically or through unworthy conversation or thoughts? Have I indulged in activities which offend Christian or human decency?
5. Have I gone against my conscience out of fear or hypocrisy?

Confessions on Wednesday, March 6

6:00 - 8:00 p.m.

Father Joe Culotta

Father Pachomius Alvarado-Garcia, OSB

Father Paschal Pautler, OSB

Father Doug Vu

Father Eric Gami

Father Gerald Holloway