

## EXAMINATION OF CONSCIENCE FOR COMMUNAL RECONCILIATION

### I. You Shall Love The Lord Your God With All Your Heart And With All Your Soul And With All Your Mind.

- ❖ Do I call on God each day in thought, in prayer, in word, in action?
- ❖ Do I recognize that my true hope and happiness is in God alone?
- ❖ Do I place my trust in wealth, power, or personal security rather than the God of poverty, emptiness, and vulnerability?
- ❖ Do I practice the love of God by wholeheartedly assisting this community in its sacred duty to praise God at the Eucharistic assembly?
- ❖ Do I practice the love of God by volunteering generously with this community the gift of my time?
- ❖ Do I practice the love of God by sharing generously with this community the gift of my financial resources?
- ❖ Do I hold onto agendas in my personal life that compromise how I support the community of faith that God freely gives to me?
- ❖ Do I trust unreservedly in God's love through the good experiences and the hard experiences of my life?
- ❖ Do I live too much of my life mired in the past, or longing for the future, while neglecting the presence of God in the present moment of my life?
- ❖ Do I honor God by affirming God's presence to know the reflection of in the lives and experiences of others?

### II. You Shall Love Your Neighbor As Yourself:

- ❖ Do I strive to see others as God sees: that is, through compassion and understanding?
- ❖ Am I as understanding with the faults of others as I am with my own?
- ❖ Do I treat all human beings with dignity, or do I ridicule, demean, exclude, or discriminate in my thoughts or in my actions?
- ❖ Do I make harsh judgments about others' moral character?
- ❖ Do I willingly participate in gossip or slander?
- ❖ Do I make a consistent effort to share my resources with the poor in my community?
- ❖ Do I support with prayer and money those who are mired in abject poverty throughout the world?
- ❖ Do I seek ways to support a consistent ethic of life, supporting life in all of its stages, from conception to death?
- ❖ Do I resist any tendencies within myself to think less of others because of their race, nationality, religion, or economic status?
- ❖ Do I seek forgiveness when I have through my words or actions hurt someone else?
- ❖ Do I always offer respect to others, particularly in circumstances of conflict and disagreement?

### III. You Shall Not Take The Name Of The Lord Your God In Vain:

- ❖ Do I blame God for things that are wrong or difficult in my life?
- ❖ Do I, in the way I express my thoughts and feelings, seek to build up others, or put them down?

- ❖ Do I invoke God or religion to justify my personal attitudes, words, or actions toward persons or communities of persons?
- ❖ Do I use the gift of language to promote understanding and respect within my family, my workplace, my school, my church community, and within the web of relationships that constitute the core of my life?
- ❖ Do I use God to justify harsh judgments about myself or others?
- ❖ Do I nurture anger and resentment within my heart by using foul or disrespectful language toward God or other persons?
- ❖ Do I refuse to accept responsibility for my words or actions by blaming God or other people?
- ❖ Do I feel that God is “on my side” and against opposing views in my disputes with others?
- ❖ Do I seek to build myself up by expressing my religious beliefs in ways that minimize, hurt, or offend other people?
- ❖ Do I ask God to give me what I want in life, or do I ask God to help me know how I am called to humility and service?

#### **IV. Remember To Keep Holy The Sabbath:**

- ❖ Do I seriously seek God and take the time to regularly express my gratitude by supporting the praise of God in the worship and ministry of this faith community?
- ❖ Do I participate in the prayer of the Church by regularly attending mass?
- ❖ Do I faithfully assist the worship of this community by offering my voice in spoken and in sung prayer?
- ❖ Do I seek ways to be regularly reflective about the my relationship with God and the kind of life I am choosing to live?
- ❖ Am I too enmeshed in busyness and material things to effectively allow spiritual realities to form a more reflective part of my personality?
- ❖ Do I take time to regularly reflect on the quality of the relationships with which I am blessed, and do I seek to make my relationships more honest, more generous, and more caring?
- ❖ How much time do I dedicate to entertainment? How much time do I dedicate to prayer and reflection about God? Do I need to change anything in this area of my life?
- ❖ Do I challenge myself to listen intently, through the celebration of word and sacrament, where God is leading me in my life?
- ❖ Do I set aside time each week to be with my family, or friends; do I realize the importance of nurturing love and friendship?
- ❖ Do I offer my prayers from a spirit of love, or a spirit of obligation?

#### **V. Honor Your Father And Mother:**

- ❖ Have I recognized the blessing that is all those people who have helped provide direction in my life?
- ❖ Have I respected all the people that I have learned from who have had roles of authority in my life?
- ❖ Do I respect the positive contributions the love of my parents have made in my development as a human being?
- ❖ Do I nurture and hang onto any hurts my parents caused me?
- ❖ Have I made an honest effort to reconcile past hurts in my relationships with my parents, both within myself and with my parents?

- ❖ Do I respect in word and in action those who have positions of authority in my life?
- ❖ Do I honestly acknowledge the role my parents, and others who formed me, have in my successes?
- ❖ Do I honestly acknowledge my need for love, affirmation, and acceptance, and do I offer the same to others as I would have it for myself?
- ❖ Do I regularly say “thank you” to those who have formative influence in helping me grow in relationship to God and to others?
- ❖ Have I made an honest attempt to find peace with God, and within myself, for those areas of my parental relationships that have been hurtful or difficult?

#### **VI. You Shall Not Kill:**

- ❖ Do I actively seek ways to nourish the gift of life that God shares with me and with others?
- ❖ Am I indifferent to the violent loss of life in other lands because of racial or national differences?
- ❖ Do I act to sustain the well-being of those most vulnerable in our society, particularly the unborn, the homeless, and the mentally ill?
- ❖ Do I manipulate other person’s emotions
- ❖ Do I harbor resentful thoughts or wish harm on those with whom I have experienced conflict?
- ❖ Have I ever abused another person in any way?
- ❖ Do I make an honest attempt at reconciliation with those people who have upset me?
- ❖ Do I resist the feeling to lash out when others make me feel angry?
- ❖ Do I honor God each day for the gift of life, and seek to share the blessings of my life with others?

#### **VII. You Shall Not Commit Adultery:**

- ❖ Do I honor my body as God’s gift of creative love?
- ❖ Do I honor the same gift of creation in the bodies of my friends, my co-workers, my schoolmates, my spouse?
- ❖ Am I respectful of sexuality, and use my sexuality to the ends that God intends for me and for others?
- ❖ Do I consciously nurture possessive thoughts about the bodies or sexuality of other people?
- ❖ Do I use sex as a tool to manipulate or demean someone else?
- ❖ Am I intentional in doing my best to build generous and loving relations with all people I meet?
- ❖ Am I faithful in my baptismal call to live a life of committed chastity?
- ❖ Am I faithful to all of the commitments I have made, especially within the sacrament of marriage?
- ❖ Am I too withdrawn or timid in seeking out relationships because of discomfort with my body or sexuality?
- ❖ Do I harshly judge others who I feel are improper in their sexual attitudes or actions?

#### **VII. You Shall Not Steal:**

- ❖ Have I ever taken things that do not belong to me or that I have not paid for?
- ❖ Am I trustworthy in my personal and business relationships?

- ❖ Do I hoard possessions, money, food, or clothing, and thereby deny these goods of life to those who do not have enough?
- ❖ Am I indifferent to graft or greed I encounter in my workplace or school?
- ❖ Do I nurture envious thoughts about the things other people own?
- ❖ Am I modest in my spending habits, and faithful to paying off all the financial debt I have incurred?
- ❖ Do I create temptations to stealing for those in need by refusing to share of the goods that God shares generously with me?
- ❖ Do I deny future generations the goods of the earth by failing to use good conservation and ecological practices?
- ❖ Do I cheat on my taxes or seek other financial advantages that deny other persons or governmental agencies their revenue?
- ❖ Do I return money or things other people have loaned me?
- ❖ Am I trustworthy in the small affairs of life, so that I may be trusted by others with large things?

#### **IX. You Shall Not Bear False Witness Against Your Neighbor:**

- ❖ Do I fear another person or other people? Why?
- ❖ Have I ever intentionally attempted to destroy the reputation of another person?
- ❖ Am I honest with myself about my own sinfulness and challenges, and do I resist the temptation to imagine my personal issues are the fault of others?
- ❖ Do I ever use other people for my own advantage in my personal or professional life?
- ❖ Have I ever purposefully tried to make someone else look bad so that I could feel good?
- ❖ Do I fulfill promises I make to others, whether those promises are small or significant?
- ❖ Do I create false perceptions of my person or character to impress or deceive other people, or even to impress or deceive God?
- ❖ Do I demonize people I do not like or with whom I have strong disagreements?
- ❖ Do I unfairly idolize other people I particularly like or enjoy, and to whom I ought to give only my humble respect and love?

#### **X. You Shall Not Covet Your Neighbor's Possessions:**

- ❖ Do I too frequently find myself desiring what someone else has, whether it be material possessions or personal characteristics?
- ❖ Do I often compare myself unfavorably to what I perceive to be true about other people?
- ❖ Do I harbor and nurture feelings of jealousy or envy toward those who are better off than myself?
- ❖ Do I consistently seek out the affirmation and approval of others?
- ❖ Is my life generally directed to gaining more material things?
- ❖ Am I mindful of the simple lifestyle that is exemplified by the life of Jesus?
- ❖ Do I seek to express in my lifestyle choices simplicity of heart?
- ❖ Am I unfairly judgmental of those who have gained financial success?
- ❖ Do I recognize the potential within myself to lust after other person's possessions, bodies, or characteristics, and do I resist all temptations to nurture lust within my own heart and mind?