

**CONSCIENCE**

# **EXAMEN**

**CONSCIOUSNESS**

The real goal of the Examen is to develop a discerning heart.

To not just know about Jesus, but to **KNOW HIM**.

To know Him, and to become aware of how I am responding to Him (His Presence).

As we have pointed out in the Homilies these past weeks of Lent,  
we are trying to establish a balance between:

**WHAT I DESIRE TO DO FOR GOD**

**I**  
**WORK**

**DARKNESS (CONDEMNATION)**

**WHAT GOD DESIRES TO DO FOR ME**

**WE**  
**PRAYER**  
**LIGHT (LOVE)**

How do I bring a balance to both of these important experiences in my life?

**EXAMINATION OF CONSCIENCE**

**EXAMINATION OF CONSCIOUSNESS**

When we give too much attention to our own victories and failures, we can easily develop a sense of self-absorption, which supports our illusion that we are the managers of our own lives.

An Examination of Consciousness is much more a question of —  
How I am responding to God's loving action in my life?

How am I inviting Him to be a part of my whole day, not just my morning and evening?  
(When I do my prayers.)

How can I live daily with a greater consciousness of God abiding with me throughout my day?

Reflection on the questions in our Examination of Consciousness on the reverse side.

Join us for our Lenten Reconciliation Service on Monday, March 19th @ 6:00 pm!

# EXAMINATION OF CONSCIOUSNESS

- How am I drawn to God: a friend, an event, a book, the beauty of nature?
- Have I learned anything about God and His ways: in ordinary occasions, spare moments?
- Have I met Him in: fears, joys, work, misunderstandings, weariness, suffering?
- Has His Word come alive in: prayer, small group, scriptures, liturgy?
- Do I bring Christ to my community? Am I open to others sharing Christ with me?
- Have I been a sign of God's presence and love to the people I meet daily?
- Did I go out to: the lonely, the sorrowful, the discouraged, the needy?
- Have I been generous with my time? My talents?
- Have I engaged in fellowship at Church, in my home, at work and social gatherings?
- Am I supportive of God's work in my own locality, my country, in other nations of the world, in the Church at large?
- Have I had a keener sense of being loved, of dependence on Him, of sinfulness, of desire to give back what I have received?
- How do I respond to God's love for me?
- Have I given serious prayer and thought to my purpose on Earth, to why God created me?
- Have I tried to make my work, my environment, a part of my prayer?
- Have I tried to maintain control of life's circumstances, or am I able to surrender the trials and temptations in my life to God?
- Is there some part of my life still untouched by Jesus Christ and where He is inviting me to a change of heart?

