

Advent 2019 ~ Examination of Conscience

*Based on our recent Book Study,
“Walking the Disciple’s Path” by Linda Rooney.*



*We reflect on our path as Disciples of Jesus Christ.
Lord, may we walk in Your ways every step.*

STEP ONE: SURRENDER YOUR NETS

- *What attachments, behaviors, and practices have kept me from accepting Jesus’ invitation to follow Him?*
- *Am I open to His greater calling and purpose in my family, work, and values?*
- *Am I likely to bring my troubles and dilemmas to the Lord, or do I rely on my own plan/determination?*
- *Am I living in hurt, anger, and resentment rather than seeking forgiveness and resolution?*

STEP TWO: LIVE AS A BLESSING

- *Do I see my life as a blessing from God? How does the way I live demonstrate my gratitude?*
- *Do I measure happiness by worldly values, or by Kingdom values? Do I offer all that I am to God?*
- *Do I embrace a sense of being “poor in spirit” by living simply and depending on God?*
- *Are my choices based more on fear or love? When things don’t go my way, do I trust in His plan for my life?*

STEP THREE: LOVE YOUR ENEMIES

- *Have I loved like Him – inclusively? Or, is my love restricted and motivated by self-interest?*
- *Am I a patient, good listener when others are hurting? Do I show love by the way I act and speak?*
- *Where is the enemy? Inside or outside? Do I engage in self-centeredness, greed, dishonesty, control, disrespect, inattention, violence, consumerism, ideological hatred, religious intolerance, nationalism, dehumanization, racism, sexism, jealousy, revenge?*
- *Do I pray for the well-being of my enemies?*

STEP FOUR: CULTIVATE A GENEROUS SPIRIT

- *Am I a cheerful giver, or does my generosity come with strings attached?*
- *Does my relationship with Jesus move me to share my gifts of time, talent, and treasure?*
- *Does my life reflect gratitude for the abundance I have, or am I mostly wanting more?*
- *Am I willing to change some of my habits and make sacrifices to help others?*

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STEP FIVE: PRAY LIKE JESUS

- *Do I approach prayer as an experience of God's vision/plan for me and for the world? Am I open to the Holy Spirit's prompting my words and conversation with Him?*
- *Have I given up on prayer, thinking I cannot pray like Jesus? Has my prayer life become stale and rigid, full of fear and shame, void of honesty and deep connection with God?*
- *Do I approach prayer as a connection with God, my creator? Or, am I most likely to go to God only with my troubles, asking Him to fix things according to my own plan?*
- *Do I trust that God is always listening, and do I seek to be one with Him through my prayer?*

STEP SIX: SEE THE GOOD

- *Do I see myself and others as Beloved children of God?*
- *Do I let go of judgements, preconceived notions, past experiences, and current events in order to see that God, who is good, is present in all people and all situations?*
- *Do I look at myself and others with the compassion of Jesus? Do I believe all are worthy of God's love and forgiveness? Do I gossip and say things that may be harmful to others?*
- *Do I honor and affirm the good qualities, attitudes, and behaviors of others?*

STEP SEVEN: HEAL ALL YOU MEET

- *Do I seek and accept God's saving power of forgiveness through the Sacrament of Reconciliation?*
- *Do I celebrate my baptismal calling to spread wholeness, healing, freedom, peace, joy, and new life to others, wherever I go?*
- *Do I ask the Lord to extend His healing power, or do I attempt to fix things on my own?*
- *In what areas of my life do I need healing — an illness? a lack of forgiveness in my heart? a refusal to reconcile a relationship? a lack of faith in God's love? an unwillingness to change my ways?*

STEP EIGHT: BE NOT AFRAID

- *What is my greatest fear in stepping out as a disciple of Christ?*
- *Do I live in expectation of the Lord coming to my aid? Do I recognize His strength and His presence in moments of fear?*
- *Do I trust in God's care to protect me, Christ's example to accompany me, and the Spirit to guide me?*
- *When life brings difficulties, do I respond in love or fear? Am I prone to panic and flee, or am I spurred into faith and action?*
- *When all is going well, does pride inhibit my ability to recognize the need for God?*

**Join us for our Parish Reconciliation Service
Monday, December 16th @ 6:00 pm**

St. Paul Catholic Church

