

LENT 2021 EXAMINATION OF CONSCIENCE

Reflection on our Parish Prayer in Preparation for the Sacrament of Reconciliation

- **Loving God, we come to You as disciples and members of St. Paul Catholic Church. We praise You and thank You for the many blessings You have bestowed on our community.**
Do I see God as all-loving? Do I believe that He is very fond of me? Do I present myself as His disciple and as an engaged, giving member of this Faith Community? Have I remembered to give Him thanks and praise on a daily basis? Am I an example of the Living Gospel?
- **Lord, we turn to You for wisdom and guidance in these days that are so full of fear, distrust, worry, stress, and immense challenge.**
Have I sought His guidance and wisdom when I have felt distressed? Have I looked elsewhere for answers to the problems I am faced with? Have I just followed 'fake news' with a particular world view and not checked my own sources? Do I assume something is true or false just because I agree or disagree with it? Do I form my own opinion or just follow along?
- **Help us find our way through this darkness. You are our only hope. You are our Messiah, our Savior.**
Do I feel God's presence in the midst of this pandemic? Do I seek His light to find my way? Do I find hope in my Savior Jesus Christ. Do I seek trusted friends and guides to help me on my faith journey?
- **We ask You to give us light to see more clearly the small steps that each one of us can take to be instruments of Your peace, hope, acceptance, and unconditional love.**
Am I doing my part to spread His peace, hope, acceptance, and unconditional love? Or, have there been times instead when I brought tension and gloom, or been unkind and unwelcoming to others.
- **Help us to make decisions that are born in You, and not in our own perceived ideas of rightness and wrongness.**
Have I been unbending in the possibility that I may be wrong or mistaken in certain situations? Do I seek God's will in my decisions, both big and small? Do I point out others' faults while refusing to admit my own?
- **Holy Spirit, fill our hearts with gladness, and give us a rich, deep share of Your peace and love, so that we may extend that peace and love in kind to one another.**
Am I joyful and loving toward others? Do I seek the Holy Spirit to help in times when I am unhappy or agitated? Do I allow my sin, distress, or illness to paralyze me and keep me from acting? Do I want to be well, or am I more comfortable hiding behind my excuses?



- **May we each do our share and be united in these efforts to build up Your Kingdom, bridge divisions, heal wounds, and strengthen relationships.**

*Do I work in a **true spirit of service**, or for personal recognition? Do I follow God's plan or my own agenda? Am I more concerned about my own advancement of power and authority, or am I supportive of others and encouraging them as they get ahead? Am I holding on to a resentment or hurt? Have I been withholding forgiveness? Have I been unable to accept God's forgiveness and forgive myself?*

- **Here is my promise, Lord: I commit to look for the face of God in every face I see.**

Do I show respect to every person I see? Do I see all others — family, friends, and strangers — as His beloved sons and daughters?

- **I commit to respect and act with empathy and compassion toward all, especially those who are struggling, and those whose beliefs, values and lifestyles are different from mine.**

Do I reach out to others with unconditional love and acceptance? Do I measure their worthiness by my own standard or God's standard? Do I avoid eye contact and interaction with others who are different from me? Do I avoid those who are suffering?

- **I will do my part to stop the spread of the virus, prejudice, racism, poverty, and negativity.**

Have I been compliant with the COVID procedures and regulations? Or, have I complained about the restrictions and expressed that to others? Do I engage in conversations and actions that are condemning of other people, races, and cultures? Do I give charitably to causes that help the poor? Have I put my own comforts and concerns above the needs of others? Do I perform ordinary acts of love without complaint or resentment? Do I carry my crosses, both obvious and less visible, with love and dignity?

- **I can only do this through You, with You, and in You, Almighty God, in the name of Your Son, Jesus Christ. Amen.**

Is God the center of my life? Do I put God above all worldly desires? Do I allow distractions to get in the way of my relationship with God? Do I take time to be more aware of God's presence, both in the silence and in the ordinary noise of my days? Have I done the right thing for the wrong reason, that is for my own glory rather than for God's glory? In my faith journey am I on the way, or in the way? What is holding me back from living a full life of hope in the Lord? What else may He be inviting me to let go of?

Join us on the Monday of Holy Week, March 29, 2021 @ 6:00pm.

We will have several priests available to hear confessions.

