

EXAMINATION OF CONSCIENCE FOR LENT

During Lent the Catholic Church focuses three Sundays on what are called “The Scrutinies.” These originated to help the people preparing for baptism at Easter, as a way to examine their lives, grow deeper in their conversion to Christ, and to renounce sin and evil. But as a Church we never ask others to do what we haven’t already done first ourselves. With the February G.R.A.C.E. focus on sin we thought it a perfect time to connect our learning to the Scrutiny Sundays and invite every member of the parish to a deeper examination of conscience this Lent.

Let us look at our relationships: with God, the world around us, closer relationships of family, friends, co-workers, and our own inner heart. Where are we at peace? Where are our relationships broken, fragile, or even indifferent? Where and for what do we need forgiveness? How is Jesus calling us to be agents of reconciliation this Lent?

Family, Friends, Co-Workers:

Whom do we most affect by our words, attitudes, moods, actions?
Where, when and to whom do we bring happiness and joy?
To whom have we brought hurt, indifference, bitterness, or envy?
What people in my life am I truly thankful for? Have I let them know that?
Do I love others for their own sake or only because they first love me?
Which person do I most need to forgive this Lent?

The World Around Us:

What do I like about this world?
Where do I discover beauty in it?
Do I contribute to the goodness of the world?
Is the world a more peace-filled place because of me? Is it more just?
Do I take responsibility for how I spend my money and how I invest it?
Do the poor and those struggling to survive have a claim on my resources?
Do I acknowledge my prejudices and fears and refuse to be controlled by them?
What is my responsibility to the community in which I live?
What type of concern and care for the “least of my brothers and sisters” is God calling me to this Lent?

Ourselves:

Where are we at peace within ourselves?
Where are we anxious?
Were do we hurt because of something another said to us or did to us?
Where do we carry guilt for what we’ve done?
Are we afraid to believe in ourselves and our goodness?
Are we honest, trustworthy, caring?
What attitude or hurt or bitterness is the Lord inviting me to let go of this Lent?

God:

How do we allow God to enter into our lives, our decisions, our behaviors?
Do we actively try to live our lives patterned on the life, example, and values of Jesus Christ?
Do we experience God in our lives throughout the day?
Do we pray?
Do we believe God can and does love us?
What is our relationship to the Church and to our fellow Christians?
Do we really want to be reconciled to others and to God?
Are we willing to open our life to a change of heart, a conversion, and to place the Lord at the center of our lives?
For this Lenten season, in what area of life is the Spirit of God calling me to have more trust in God?

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