

Review of Life

A form of an examination of conscience holds up standards given to us by Christ and the Church -from Facing Forgiveness, a Catholic's Guide to Letting Go of Anger and Welcoming Reconciliation written by Loughlan Sofield, Carrolll Juiano and Archbishop Gregory Aymond.

God and Me

Am I open to God's love?

Do I spend time in prayer (conversation) with God?

Do I allow God to shepherd my life? Do I trust God?

Do I accept God's forgiveness?

Am I trying to see God in the events of the day?

Do I participate in the Mass on Sunday and appreciate being nourish by God's word and the Eucharist?

Self

Do I see myself as worthwhile?

Do I take of myself?

Do I recognize and use my gifts (stewardship)?

Am I honest with myself and others?

Family (Vocation)

Does my family have the rightful place in my life (time, priority)?

Do I avoid problems instead of addressing them?

Do I respect others (spouse, parents, children, siblings, neighbors, friends, co-workers)

Do I listen to others?

Do I give and accept love?

Does my vocation (marriage, single, clergy religious) help to bring good to others?

Do I honestly work at my vocation in life? Have I been faithful to my vows?

Others, Job, Society

Do I affirm others and point out their gifts?

Do I work towards justice, peace, and forgiveness in my daily dealing with others?

Do I defend and protect the sacred gift of human life?

Does my conversion build or destroy others?

Have others become my god?

Does pettiness and unhealthy competition exist in my life?

Do I judge others and put them down?

Do I use my life to help others, to love them, to bring Christ to them?

Am I aware of unrest, war, injustice, and poverty that plague our world? Have I done anything to alleviate this darkness?

Am I honest with others?