

## PREPARATION FOR EXAMINATION OF CONSCIENCE

Jesus My Lord –

Please show me the attachments and cravings, which hold me down below Your Level of, total self-surrender. Show me the things, which clutter my heart, so that it cannot be filled with Your life and power.

What are the priorities that are not in accordance with Your will? People? Ambitions? Interests? Comforts? Anxieties? Self-chosen aims?

Take from me all the things that hinder me, and teach me to substitute in their place all that You would have me to accept. Help me to discern the particular price you ask, and help me to pay the particular price---whatever it is. Amen.

### EXAMINATION OF CONSCIENCE

I regard to myself, have I:

Excused myself from guilt because a sin is habitual, or caused by social pressure.

Organized myself so intensely that I'm no longer capable of spontaneous generosity.

Lacked perseverance in carrying out God's will.

Failed to take time for being alone for spiritual reflection and seeking to know God's Will.

Been vain, praise-loving, proud, or smug.

Acted out of ambition or the desire to be noticed.

Failed to recognize my limits and accept them.

Made comments to give the impression that I know all about a subject.

In regard to others, have I:

Loved others selfishly, wanted to monopolize their affections, been jealous.

Considered no one but myself.

Never felt real anguish for the misery of others.

Passed by, indifferent to the troubles of others.

Had habitual contempt for others: less educated people, people of different national, racial, or economic groups.

Stifled the personal development of another in any way.

Sought to be respected, without respecting others.

Often kept others waiting.

Not paid entire attention to a person speaking to me.

Talked too much of myself, and not given others a chance to express themselves.

Held a judgmental, critical attitude toward others.

Failed to try to understand others.

Out of selfishness or pride, expected to be served.

Failed to help a person in distress.

Seen only those whose friendship might prove profitable.

Abandoned my friends in their difficulties.

Said hurtful things.

Done harm by remarks, true or false, that blackens another's character.

Betrayed a trust; violated a confidence.

Given a scandal by the split between the life I lead and the principles I advent as mine.

In regard to my family, have I:

Failed to be a full partner and source of strength to my spouse.

Taken for my own use and unfair share of what our family has (clothes, cars, free time, etc.).

Failed to respect the individuality of my spouse and children.

Expected more of the children that I have courage to do myself.

Talked idly and indiscreetly about the faults of those close to me.

I regard to the church, have I:

Never read or reflected on the New Testament.

Not held myself responsible for my part in the inadequacy of the Church.

Spoken of ministers as "them" instead of "us".

Criticized irresponsibly the clerical and lay leadership of the church.

Run away from trying to solve the church's internal problems.

Not tried to make the church more vital.

Neglected to pray for those in positions of authority.

Toward God, have I:

Not relied on God to do the rest, after I've done all I can.

Not tried to make Christ my model.

Centered the cross on my walls, but not in my life.

Not found time to pray.

Prayed only to ask---never to adore, never to thank, never to love.

Concentrated on my spiritual life only after everything else was accomplished.

Lord---I pray for the forgiveness of my sins. Amen

“So he returned home to his father. And while he was still a long distance away, his father saw him coming, and was filled with loving pity and ran and embraced him and kissed him.”  
(Luke 15:20 – The parable of the Prodigal Son)

### **SILENCE---A Tool of God**

The most important thing in a person's life is to know God. To do this, we must hear His voice.

God speaks to us as we have prayer with Him; read His Word; fellowship with Him; and sometimes, as we dream. There are even times when He speaks audibly, as in the case of Samuel. Usually, however, He speaks by a “still, small voice,” through the Holy Spirit.

We have been endowed with a conscience and intuition---sensitive receivers at the core of our being. Unless we use patience; concentration; and above all, our will submitted to Him, we may miss His voice. Some of us are “hard-of-hearing.” We have to keep talking, because in this world of noise, silence bothers us.

Sometimes we only hear Him in circumstance, which is acute and painful. God wishes to communicate with us. To do so, we must listen. He is willing to speak; we must be willing to hear.

## Suggestions for Using the Gift of Silence

1. Ask God to relax your mind and take away wandering thoughts, worries, guilt, fears and doubts. Give the “heavy stuff” to Him and let Him take it away. Let Him relax your body too.
2. A suggested Prayer:  

Father – help me, through the power of the Holy Spirit, to listen. As Your power and Grace surround me, help me to have the mind of Jesus, my Lord. As the Holy Spirit Leads and directs my thoughts in this silent time with You, may I be cleansed, taught Your truth, and filled with holy life. By the fire of Your Holy Spirit, I ask that you convict, convert, and consecrate me so that I may hear Your voice, know Your will, and serve You worthily. This I pray in the name of Jesus. Amen.
3. If you feel the need to pray for others before ending this contemplative time, be sure to do so.
4. As you concentrate on your own needs, you may discover new ones. Ask for God’s help and expect it. Listen.
5. Leave this prayer and silent time “open ended”. Dedicate the rest of your weekend to Him, and ask for His presence in all that you do and say.