

## Examination of Conscience for Those Returning to Reconciliation After an Extended Period

What has kept me away from the sacrament?

Have I been careless in fostering my relationship with God?

Do I procrastinate because I do not feel worthy?

Have I failed to consider how I want faith to impact my family?

Do I make prayer an important part of my life?

Am I proud of my religious tradition?

Do I make a reasonable effort to get to Mass?

Do I strive to be an example of Christian life for my children?

Do I witness to God's goodness in my life?

Am I thankful for the good things that I have?

Am I responsible in my use of money and credit?

Do I place proper significance on my work in relation to my family?

Do I live my vocation of marriage well?

Do I show patience and understanding to my spouse and children?

Do I hold on to old hurts?

Do I put things or people between me and my marriage relationship?

How do I live my vocation as a parent?

Do I appreciate the important task I have been given by God?

Do I make time for my children?

Am I vigilant in protecting them from that which can tarnish their innocence on computers, and films, and on t.v?

Are there things in my past that hold me back from living my faith well?

Did I distance myself from the church in my youth and never really reconnected?

Do I hold on to the poor choices that I made in my youth, (sexually or in using drugs), somehow feeling that they are being held over me?

Am I burdened by some of the choices I have made, (for example abortion or infidelity), that I felt profoundly separated me from God?

### **Reflection:**

As your children hear so often in school from parish ministry, Jesus never changes his mind. If this is true for your children it is equally true for you. God loves you today as much as the day you made your first confession.