

**For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life**

- In what way am I a prisoner of self today, held captive by fear or guilt or doubt or sin?
- What is there in me that must die, if I am to live and breathe free, and know that I am loved by God?
- Who am I, as I approach the Lord through the Sacrament of Reconciliation?

*(Adapted from Facilitative Family Ministry, Family Life Office, Archdiocese of Omaha by Deacon Dave & Thérèse Ream, O.F.S., Revised July 2017)*



Francis of Assisi

## An Examination of Conscience



Using the 'Peace Prayer' by  
Saint Francis of Assisi

### **Lord, make me an instrument of your peace**

- Have I allowed the Spirit of Jesus into my life, or have I been busy about many things, seeking my peace elsewhere?
- Have I sought to escape my responsibilities and find my peace through such things as alcohol, drugs, self-centred pleasures, etc.?
- Have I allowed God to love me?

### **Where there is hatred, let me sow love**

- Am I willing to take that extra step needed to bring bitterness and resentment to an end?
- Do I have the courage to love my family, my friends, my neighbours, even myself – the way Jesus loves – sacrificially?
- Would someone see in my relationships the words: “See how these Christians love one another?”

### **Where there is injury, pardon**

- Have I built bridges between people? Or do I fan the flames of discord, enjoying the little sarcasms and petty feuds that bedevil the world?
- Is there someone in my life who cannot feel healed and made whole until I say, “I forgive you?”

### **Where there is doubt, faith**

- Have I been the sort of person in whom someone can believe?
- Do I make possible the kind of experiences of personal faith that set the stage for faith in God?
- Am I willing to put my own faith on the line, even at the risk of being mocked or put down?
- Am I willing to share my faith, through prayer and involvement?

### **Where there is despair, hope**

- Do I project the image of a hopeful person?
- Am I optimistic? Or am I the neighbourhood grouch, able to see only the deficiencies of human nature and not the grace of God at work within us?
- Am I willing and able to listen to the person who needs me to hear? Do I care and take time to listen with the ear, but also with the heart?

### **Where there is darkness, light**

- Do I seek to live and act in the light or would I rather hide under cover of darkness?
- Am I an apostle of the Light? Or have I created shadows in the lives of people, treating them as objects rather than as persons, hurting their feelings, and damaging their good name by gossip?

### **Where there is sadness, joy**

- Am I a joyful person, or a prophet of gloom?
- Am I able to laugh, even at myself, and see the humour that exists at the heart of our pilgrim experience?
- Are people enriched and gladdened or diminished and saddened whenever they meet me?

### **O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love**

- Have I discovered what it means to be, like Jesus, a person for others?
- Do I believe that the more I give in love, the more I have to give?