

Prayerfully,
we
Prepare

A LENTEN
EXAMINATION OF
CONSCIENCE



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Introduction

In this season of penance and purification, we prepare to walk with Jesus through his suffering, crucifixion, and death on the cross. We journey with Christ to the cross so that we might also explore the crosses in our own lives—the sins we commit intentionally or unintentionally, the ways we fail one another and God. The ancient Lenten practices of prayer, fasting, and almsgiving remind us of our need to repent and repair the damage done through sin so that we too may rise to new life in Christ. May this booklet be your guide as you prepare to experience the sacrament of reconciliation this Lent. The questions are written for private reflection and prayer, or they may be of help in a parish reconciliation service.

Opening prayer

*O gentle God,
enfold us in your compassion as we turn
our hearts toward confessing
our separateness, our choices that
isolate us from each other and
from you.*

*Resurrect us to our original state
of oneness with you, our Creator,
with one another, and with all life.*

*Help us to remember that when
one suffers, all suffer.*

*Help us to know that when another
experiences joy or sorrow,
it is our own joy or sorrow.*

*Give us the grace to unite ourselves
with the mind and heart of
Christ Jesus, the Incarnate One,
as we approach ourselves and
one another, without judgment and
with unconditional love.*

In Jesus' name we pray. Amen.

As I grow more
fully into the
person God
created me to be,
do I remember to
communicate
with God?



*All the communities of the earth
shall find blessing in you.*

GENESIS 12:3

Do I give thanks for my life's blessings?
.....

Can I maintain trust in God's love in the
face of suffering and pain in the world and
in my own life?
.....

When I feel I'm at my worst, do I call out
for God's compassion?

*“This is my beloved Son,
with whom I am well pleased;
listen to him.”*

MATTHEW 17:5

Do I practice the awareness of God’s
presence within me?

Do I remember that God and I are not
separate, but united?

Do I notice the beauty of God’s creation all
around me?