

Examination of Conscience

1. Have I been irritable, impatient or quick to anger?
Have I spoken unkind words of criticism or judgement?

*Lord, help me to know more deeply your love for me.
Lord, may I know you as the God of mercy and compassion who
wishes to embrace me in all my weakness and shortcomings.*

2. Have I taken God's gifts and blessings for granted?
Have I neglected to show gratitude for all that others do for me?

*Lord, give me a new awareness of your generosity.
May I know you as the God who does not hold back from us
anything that you can give.*

3. Have I been envious of others, feeling that I have been overlooked by God or by others in my needs and concerns?

*Lord, help me to be more aware of my dignity as a child of God.
Lord, help me to understand that you are the God who does not
create second class citizens; that you have no favorites.*

4. Do I have a tendency to focus on the negative, to be controlled by bad moods, to be unenthusiastic about life?

*Lord, help me to recognize my need for healing and freedom from the hurts
and disappointments I have experienced in life.*

5. Do I shun involvement, commitment and responsibility?

*Lord, help me to accept my Christian calling to me a person of
service both at home and in the parish community.*

6. Do I have a desire to share from all I have received, especially my gift of faith?

*Lord, help me to understand my calling to be a follower of you, and help me
to be a person of Good News for others.*

Creed of

love

I believe that the Father loves me with an everlasting love.

I believe that the Father will never abandon me.

I believe that I am God's work of art, His masterpiece.

I believe that God has carved me on the palm of His hand.

I believe that the Father is with me.

I believe that the Father rejoices over me.

I believe that the Father will always be faithful to me.

I believe that the Father gave His Son for me.

I believe that God has plans of hope for me and not of harm.

I believe that nothing can stop the Father from loving me.

I believe that the Father's heart is on fire with love for me.