



My relationship toward myself

How do I see myself?

- Created in the image and likeness of God
- I focus only on what I don't like about myself
- I focus too much on myself and my accomplishments without recognizing God's hand in them

Summary Reflection

Now that you have reflected on your relationship toward God, toward other people, and toward yourself — ask yourself:

- For what do I seek forgiveness?
- How do I want God to transform me?
- What will I confess and ask God's forgiveness and grace to change?

The Sacrament of Reconciliation

- Check with your local parish for scheduled times.
- At any of the Year of Mercy vicariate Masses: 3 p.m. March 13 at the Basilica of St. Fidelis in Victoria, Aug. 21 at Sacred Heart Cathedral in Salina and Aug. 28 at Sacred Heart Church in Colby and 4:30 p.m. Sept. 11 at St. Thomas More Church in Manhattan.
- Throughout the diocese on the Day of Mercy, Sunday, Oct. 9, from 2 to 4 p.m. Central time.

How do I treat myself?

- Misuse drugs, tobacco or alcohol
- Disrespect my sexuality
- Cause physical damage to my body
- I take care of my physical, emotional and spiritual well-being

How do I make choices?

- Because everyone is doing it
- It's the easiest way out of the situation
- I want to be popular
- My relationship with God tells me it's the right thing to do

Presented by the Diocese of Salina Office of the New Evangelization

Examination of Conscience



The Year of Mercy in the Diocese of Salina

DECEMBER 8, 2015 — NOVEMBER 20, 2016

Preparing for the Sacrament of Reconciliation is often misunderstood. People frequently view it as a laundry list of mistakes they have made instead of an opportunity to talk about what is troubling their hearts, about who they are and the changes they would like to make in their lives. The Sacrament of Reconciliation offers us that chance to speak and pray with someone who can help us with this task.

The following are questions to help you examine your conscience. Be honest. Ask yourself, “What do I do well?” “What do I want to change about myself?” and “How do I want God to transform me?”

My relationship toward God

How do I pray?

- Out of fear
- Out of need
- Out of desire for personal gain
- Out of my personal relationship and respect for God
- I don't pray

How do I attend Mass?

- Out of habit
- Bitterly because I feel I have to
- Out of fear
- Open to the experience, when it fits my schedule
- Regularly, with respect for the Eucharist
- As a part of the community
- I don't attend Mass

How do I use God's name?

- To swear
- To express anger
- Out of respect and love



How do I treat all of God's creation?

- I respect other people equally regardless of race, religion, or economic status
- I see all life as sacred even the unborn
- I am wasteful with the earth's resources
- My relationship with God is separate from everything else and has no impact on how I see or treat the world around me



My relationship toward other people

How do I treat my family?

- Help when they are in need, even when it is not convenient for me
- Believe that family comes first
- Fight with or ignore members of my family and make no effort to try to make peace with them
- Forgive them when I feel they've hurt me

How do I treat other people's sexuality?

- I use crude language and jokes
- I use people for my own physical pleasure
- I see sex as something to be shared by any two people who think they love each other, even outside of marriage
- I see sex as a gift from God and something that should be shared only in marriage

How do I treat my coworkers?

- I am rude
- I don't follow through on work I've said I would do
- I am resentful when others get more attention than I do
- I do all my work and show respect
- I am bored and don't pay attention

How do I treat people that I don't know, especially poor people?

- Cheat or lie to get what I need
- Honor and follow through on all the promises and commitments I have made
- Take what I want without thinking of others' needs
- Kind, courteous, and non-judgmental
- I don't care because I'll never see them again
- Share what I have with others

How do I treat my friends?

- With love and respect
- Use them to gain popularity or gifts
- Make fun of them behind their backs
- Accept and understand their differences
- Forgive them when they hurt me
- Compliment and encourage them