

*A Family Examination of Conscience* (originally distributed last month, but also see below) could be offered to parishioners from a different perspective than that of identifying sinfulness. Using a reflection guide, *A Family Examination of Conscience* can become an aid to recognize the new life that comes from an encounter with the Risen Christ in the family. See the attachments to this month's SDNB.

Note: copies of *A Family Examination of Conscience* could be available at church entrances and/or on the parish website. The introduction (above) could be included in the parish bulletin or attached to the Family Examination of Conscience. A bulletin announcement could read:

Evangelization in and through the Family: One of the places we encounter the life-changing love of Christ is in our families. Use *A Family Examination of Conscience* and the attached reflection guide to help recognize this encounter with the Risen Christ and to be touched by His power. Pick up your copy at \_\_\_\_\_.

## ***A Family Examination of Conscience*** ***Office of New Evangelization, Diocese of Salina*** ***Lent-Easter 2015***

During 2015, the evangelization efforts in the diocese of Salina will be focused around evangelization in and through the family. The month of March's theme is Lenten reconciliation in and through the family.

### **Some questions for Young Adults and Teens**

1. Have I mocked or made fun of others in my family? How would I recognize that teasing has become hurtful?
2. Have I stolen anything from a family member? Have I paid it back?
3. Do I allow busy-ness to limit my time with my family for healthy sharing and helping?
4. Have I been selfish or spiteful toward others in my family? Have I been jealous?
5. Have I been rebellious, disobedient, disrespectful, untruthful or deceptive to my parents?
6. Have I gotten angry or nurtured and held grudges and resentments toward my family members? Have I refused to forgive others? Have I cultivated hatred? Do I dwell only on the worst qualities and mistakes of my parents and other family members?

### **Some questions for Single Adult Persons**

1. Have I gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others—parents, relatives, a former spouse? Have I cultivated hatred?
2. Do I harbor feelings of self-pity in regard to me feeling that I'll never find anyone with whom I can intimately share my life?
3. Have I responded charitably to the sometimes unreasonable expectations of me and my time from my family?
4. Have I maintained a balance between responsibilities to work, church, my own health, and family?
5. Have I surrendered to detrimental feelings of grief, anger, and self-pity due to the loss of a loved one?

### **Some questions for Pre-Teen Children**

1. Have I prayed and willingly attended Mass with my parents and family?
2. Have I performed my responsibilities, such as homework and household chores?

3. Have I been obedient to my parents and helpful and affectionate toward my family?
4. Have I talked back, lied, or been deceitful to my parents?
5. Have I pouted, been moody, and unforgiving toward my family members?
6. Have I been selfish toward my parents, brothers, and sisters? Have I gotten angry at them? Have I hit anyone?

### **Some questions for Married Persons**

1. Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent?
2. Have I cared for my spouse? Have I been generous with my time? Have I been affectionate and loving? Have I told my spouse that I love him or her? Have I been concerned about the spiritual well-being of my spouse?
3. Have I listened to my spouse? Have I paid attention to his or her concerns, worries, and problems? Have I sought these out?
4. Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these? Have I forgiven my spouse for the wrongs he or she has committed against me? Have I allowed jealousy or envy to diminish the value I should place on my spouse?
5. Have I manipulated or bullied my spouse in order to get my own way? Have I lied to or been deceitful of my spouse?
6. Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way? Have I injured my spouse through taunting and negative teasing? Have I called my spouse harsh names or used language that is not respectful?
7. Have I physically abused my spouse?
8. Have I gossiped about my spouse?
9. Have I undermined the authority and dignity of my spouse through disrespect and rebelliousness?
10. Have I been moody and sullen?
11. Have I bickered with my spouse out of stubbornness and selfishness?
12. Have I misused sexuality? Have I used sexual relations solely for my own selfish pleasure? Have I been too demanding in my desire for sexual fulfillment? Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse? Have I refused sexual relations out of laziness, revenge or manipulation?
13. Have I refused to conceive children out of selfishness or material greed? Have I used artificial means of contraception?
14. Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions? Have I committed adultery?
15. Have I used pornographic books, magazines or movies, thus denigrating my spouse?

### **Some questions for Parents and Parent-figures**

1. Have I cared for the spiritual needs of my children? Have I been a shepherd and guardian as God has appointed me? Have I tried to foster a Christian family where Jesus is Lord? Have I taught my children the Gospel and the commandments of God? Have I prayed with them?
2. Have I been persistent and courageous in my training and teaching? Have I disciplined them when necessary? Have I been lazy and apathetic?

3. Have I talked with them to find out their problems, concerns and fears? Have I been affectionate toward them? Have I hugged them and told them that I love them? Have I played or recreated with them?
4. Have I been impatient and frustrated with them? Have I corrected them out of love in order to teach them what is right and good? Have I treated them with respect? Have I spoken to them in a sarcastic or demeaning way?
5. Have I held resentments against them? Have I forgiven them?
6. Have I been of one heart and mind with my spouse in the upbringing of the children? Or have I allowed disagreements and dissension to disrupt the training, educating and disciplining of our children?
7. Have I undermined the role of authority in the eyes of my children by speaking negatively against God, the Church, my spouse or others who hold legitimate authority over them?
8. Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?
9. Have I been properly generous with my children regarding money and physical and material well-being? Have I been miserly? Have I been extravagant, thus spoiling them?

**Encountering Christ in and through the Family, 2015**  
**Reflection guide for *A Family Examination of Conscience***  
**Office of New Evangelization, Diocese of Salina**

In the honesty that often uniquely happens in the family, we are sometimes humbled as we realize (and sometimes are inconveniently confronted with) our faults and sins. In the family we also experience the joy of faithfulness despite our failings. We experience not only truthful confrontation, but also we are invited to see ourselves through the eyes of those who love us and who see more to us than our sins, more than even we can see in ourselves.

1. Ask yourself: which question (or questions) *in A Family Examination of Conscience* most clearly identifies my own sin? Having named that sin, who in my family is a channel of God's grace, forgiveness, and redemption to me? How does that family member and their love for me give me hope that I can change for the better? How does that family member help me to see that there is more to me than my worst failures and traits?
2. Using a favorite prayer (Our Father, Glory Be, etc. or a prayer in your own words) give thanks to God.
3. Tell someone you trust about doing this spiritual activity. (It's a form of evangelization.)