

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?

RECONCILIATION IN AND THROUGH THE FAMILY: During 2015, the evangelization efforts in the diocese of Salina are focused around evangelization in and through the family. The month of March's theme is Lenten reconciliation in and through the family. Some actions for parish Evangelization and/or Family Life commissions to consider:

1) Distribute *A Family Examination of Conscience* based on family relationships (see below).

2) As a tool to invite reflection on family brokenness and the hope of healing, publicize the following links:

a) online book reviews

- *Getting Past the Affair*
<http://zssk-kzlq.accessdomain.com/getting-past-the-affair/>
- *In Good Times and In Bad*
<http://zssk-kzlq.accessdomain.com/in-good-times-and-bad/>

b) online articles

- about infidelity as a marriage stressor
<http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/infidelity/>
- on financial stresses on marriage and family
<http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/finances/>
- on career/time management as a stressor on marriage and family
<http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/careers/>
- on parenting as a stressor on marriage
<http://www.foryourmarriage.org/parenting-family/parenting/>
- on addictions as a stressor on marriage
<http://www.foryourmarriage.org/everymarriage/overcoming-obstacles/addictions/>