

EXAMINATION OF CONSCIENCE¹

- I. Enter into God's presence
 - A. Be thankful for past graces
 1. Recall those moments of wholeness and holiness in your life
 2. Relive these graces
 3. Be grateful!
 - B. Pray for enlightenment

- II. Survey your present life
 - A. Review the last twenty-four hours
 - B. Recall moments of brokenness and incompleteness
 - C. Seek God's aid in identifying and cultivating freedom from your addictions, hang-ups, opinions, and sins, especially . . .
 - Pride: Self-centeredness, narcissism, vanity, arrogance, conceit, patronizing of others
 - Envy: Resentment for what you are not or what you do not have, aggressive competition, spite, knocking down others, no pleasure from other's gain
 - Anger: Loss of control, desire to injure another, negative attitudes about life
 - Sloth: Idleness, not caring, believing in nothing, enjoying nothing, no desires of ambition
 - Avarice: Possessiveness, love of things and having, treating others and self as objects, buying what is not needed
 - Gluttony: Living for bodily pleasures, over-eating and drinking, addictions to coffee, cigarettes, alcohol, aspirin, etc., over-consumption of natural resources
 - Lust: Using others rather than caring for others, sex without sexuality, lack of involvement with others
 - D. To what wholeness and holiness is God calling you?

- III. Open yourself to healing
 - A. Be contrite for living other than what God has made possible
 - B. Ask God to heal you and transform you
 - C. Experience God's healing power image healing

- IV. Listen for God's call and make a resolution
 - A. Look to the future in the light of God's grace
 - B. To what new behavior is God calling you?
 - C. Image living in this grace and experience God's presence with you

- V. Express gratitude for the new grace in your life
 - A. Go forth as a new person

¹From the Spiritual Nurture Conference, Kanuga Conference Center, July 2-8, 1983. Presented by John Westerhoff and Caroline Hughes.