

TALKING WITH GOD

AN EXAMINATION OF CONSCIENCE *(based on the Our Father)*

Our Father who art in heaven, hallowed by Thy name.

- Do I think about God every day?
- Do I say my prayers?
- Do I pay attention and participate at Mass?

Thy kingdom come, Thy will be done on earth as it is in heaven.

- Am I kind to others?
- Do I do what Jesus wants me to do?
- Do I share with others?
- Am I helpful to my family?
- Do I show respect to my teachers and classmates?

Give us this day our daily bread

- Do I remember to say thank you?
- Am I sometimes greedy?
- Do I appreciate the good things I have in my life?
- Do I think of ways to help those who have no food?
- Do I take things that don't belong to me?

Forgive us our trespasses as we forgive those who trespass against us.

- Do I say I'm sorry when I have been wrong?
- Do I forgive and forget when someone does something bad to me?
- Do I help solve problems between my friends or do I cause more trouble?
- Do I say bad things about people who have hurt me?

Lead us not into temptation, but deliver us from evil

- Do I play fairly in sports and games?
- Do I cheat in school?
- Do I tell the truth?
- Do I set a good example by my kindness?
- Do I let other kids tempt me to do things I know I shouldn't do?

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AN EXAMINATION OF CONSCIENCE *(based on discipleship)*

So, “How are you doing? ... How are you doing as a disciple of Jesus Christ?”

Do you act in such a way that people see Christ acting through you in school, at home, in your community, in using your talents? Or do they see more of the same old, same old ... someone only looking out for himself or herself, not gratefully receiving God’s many gifts and re-gifting them to others?

Do you make time for God in my life? Do you pray? Do you allow God to let His presence be known to you?

Do you treat other people with love and care and respect? Do you forgive others? Do you apologize and ask for forgiveness when necessary?

Do you accept and complete you responsibilities?

Do you stand up for compassion (active caring) and justice? Do you repeat only good things about people?

Do you tell the truth? Do you have concern for people – anywhere – who need help?

Do you treat your parents, friends, teachers, siblings, and others with respect? Do you take care of your space? Do you respect other people’s space?

Do you look for the holiness and giftedness and the Presence of God in everyone? Do you see the holiness and giftedness and Presence of God in yourself?

The Floor

the minimum expected of us as disciples of Christ

The Ten Commandments

1. I am the Lord, your God. You shall have no other gods besides Me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

The Sky's the Limit

what we aim for as disciples of Christ

The Great Commandments

Jesus was asked by a lawyer which of the Ten Commandments were the greatest. His response: "Matt.22:36-40: Master, which is the great commandment in the law? (37) Jesus said unto him, you shall love the Lord thy God with all your heart, and with you're your soul, and with all your mind.

(38) This is the first and great commandment. (39) The second is like unto it, you shall love thy neighbor as thyself. (40) On these two commandments hang all the law and the prophets. "

These are not suggestions. And they are even more than orders similar to mom and dad ordering children to behave in a certain way. When we live in this way – when we live out the will of God like this, we live in the Kingdom of God, we live in the realm of God, both here-and-now and in the here-after. That is the parallel made in the Lord's Prayer:

Thy Kingdom come, Thy will be done.

Which, since it is a parallelism, could be also stated:

The will be done, Thy Kingdom come.

In sum, when we live God's will – to love (care/show respect) God, love ourselves and love others, especially those in need – we are living in the realm of God.

Before you come in to celebrate the sacrament of reconciliation – which is much more than simply wiping your sins off the blackboard, but also puts you back on your journey with Christ and His Church (fellow disciples) and gives you graced assistance in staying on The Way – please also read the Act of Contrition below. I highly recommend you not rattle it off, but make the words yours. There is no single prescribed Act of Contrition. Here is one: