

INTRODUCTION

Why do we examine our own sinfulness?

As Christians, we are called to carefully tend our relationship with God, with other people, and with ourselves. This includes taking time to examine our own consciences, to plumb the depths of our words and actions, and to review our daily habits and shortcomings. We examine our own sinfulness so that we might experience “a radical reorientation of our whole life, a return, a conversion to God with all our heart...” (*Catechism of the Catholic Church*, 1431). Indeed, this conversion is a life-changing renewal of our commitment to our faith. We vow to once again, “turn away from sin and be faithful to the gospel.”

May this booklet be your guide as

you prepare to experience the sacrament of reconciliation. The questions are written for personal reflection and self-examination. Take it with you as you experience the sacrament or as you seek reconciliation with a friend, neighbor, coworker, or family member.

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Merciful God, we pause for these few moments on our journey toward your cross and resurrection.

Give us the wisdom to see where our sin is leading us, and give us the courage to make a U-turn right here and now. Be our companion on the road to everlasting life. Shower us with your compassionate forgiveness.

Heal us from all that weighs us down: our sins, our fears, our stress and anxiety.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Amen.



AS TIME MARCHES
ON, DO I NEED TO
HALT AND TURN
IN ANOTHER
DIRECTION?

*The human mind plans the way,
but the Lord directs the steps.*

PROVERBS 16:9

Do I practice the awareness
of God's presence within me?

Do I take any time at all
during the week
to pray,
to communicate with God,
to listen or just be with God?

Yet you do not even know what tomorrow will bring. What is your life? For you are a mist that appears for a little while and then vanishes.

JAMES 4:14

Do I take time to pray with my family or with others?

Do I take time to be with my family?

When we are together, are we truly present to one another?

*For everything there is a season,
and a time for every matter
under heaven.* ECCLESIASTES 3:1

Do I wish so much for the way things
used to be that I miss
the present?

Or am I living so much in the future
that I miss the present?

Am I truly present to the present?

*Commit your work to the LORD,
and your plans will be established.* PROVERBS 16:3

How do I spend God's gift of time?
.....

Have my activities and
responsibilities been accumulating
to the point of overload?
.....

Does time control me?

*Be careful then how you live, not as unwise
people but as wise... EPHESIANS 5:15*

Do I need to commit to making
a U-turn from
the shopping mall,
the hockey arena,
television or Netflix,
the internet or social media,
video games,

or anything else that receives a
disproportionate amount of my time?

*So teach us to count our days, that we
may gain a wise heart.* PSALM 90:12

Do I and my family take time
to keep the Lord's Day?

Do I take time to reflect, to think,
to rest?

Do I need to take back
some of my time?



WHICH
RELATIONSHIPS
IN MY LIFE NEED
TO BE RESTORED TO
A PROPER BALANCE,
TO EXPERIENCE
A DIVINE U-TURN?

So that they may know, from the rising of the sun and from the west, that there is no one besides me; I am the LORD, and there is no other. ISAIAH 45:6

Am I so controlling of other people and circumstances that I try to be God, instead of allowing God to be God?

Do I need to open my heart in a new way, so that God can become “God” again in my life?

Do I believe that I have power over other people? Do I remember that God is the source of all power?