

## Questions for Reflection and Examination (*cont'd*)

**Do I use the Sacrament of Reconciliation regularly to restore/heal my relationship with God and others?** Am I carrying out my “firm purpose of amendment”? Have I given sufficient place to God in my family? Is some of the “lack of communication” and “chaos” coming from a lack of communion with God?

**Do I consider myself “holy” while at the same time neglecting others and being insensitive to their gifts?** Do I “get along” with God but not with others? How can I say that I love the God that I cannot see while I neglect and fail to love the brother I can see?

**Do I see the positive in my spouse, children, co-workers, neighbors, pastor, etc. or am I always seeing the negative?** Am I envious of others? Do I see God being good to me in the goodness present in the other? Have I gone out to the “most needy” and the marginalized?

**Am I accepting of my proper role within the Mystical Body of the Church while respecting the roles of others?** Am I trying to be a “one man show”? Do I really believe that I have a vital part to play? Do I really believe that each one has a real vital part to play?

**As a lay person, have I accepted the *secular character* of my vocation?** Have I embraced my lay state? Do I think that I am holier or will become holier by doing

*Church or priestly things?*

Am I obedient to legitimate authority, or do I resist and talk back? Have I been obedient to the obligations of my state of life? Have I been obedient and respectful to supervisors at work? Have I been respectful and obedient to my Pastor and my Bishop? Have I caused disunity by disobedience? Have I confessed this? Have I reconciled this situation? What will I do about it?

**Do I abuse authority?** Do I abuse people’s respect for me by giving illegitimate commands? Do I assume authority that I do not have?

**Do I use my authority as a parent to correct and guide as needed or have I been negligent in this?** Have I been silent when I should have spoken among friends, family, etc.? Were there times when I spoke behind someone’s back when I should have addressed the situation with the person involved? How will I change?

**Do I feel the sufferings of the other person, especially the person with whom I disagree?** Am I sensitive to their views, concerns, fears? Do I consult with others before exercising authority?



# *An* Examen *for* Married Couples

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# Questions for Reflection and Examination

**What has been the #1 priority in our family up until now?** How often does our family priority change? Do we have a priority? Is our priority what it should be? How will we change it?

**Have we taken seriously our own gift of Baptism?** Have we seen it as a task as well to become holy? What have we done and what are we doing to carry out this task? Do we need to stop doing something? Do we need to start doing something? When will we?

**How are we shielding ourselves and our children from the poison of sin?** In the area of friends, television, entertainment, Internet, music, movies, parties, overnights, etc.? Are we doing enough? Are we doing too much? What might need to be changed?

**Are we using the means of holiness?** Are we setting an example for our children? Do we frequent the sacrament of Confession? Do we bring our children?

**What place does prayer have in our family?** Are we praying together daily? Are we praying individually as well? Do our children know how to pray? Do they pray?

**Does Sunday have priority?** Is it lived as truly the Day of the Lord? What place does the Sunday Eucharist have in our family? Do we make our Sunday obligation even on vacations? Do our children have a lived ex-

perience of the triple aspect of the Eucharist as Sacrifice, Communion and Presence? Have we made tabernacle visits together?

**Are we involved in unnecessary work on Sundays?** Is Sunday experienced as a day of joy? Have works of mercy been present in our Sundays? Has Sunday become just a “part of the weekend”? Is recreation proportionate to the amount of time given to the Lord? Do we “contemplate the work of our hands”?

**Am I using the grace of my marriage to grow in holiness?** How? Which of the following Marriage Sacramental Graces is needed most in my marriage now? Which ones have I recognized to have been active in my marriage? Am I using these graces? Did I know they were there? What must I do?

**Graces to perfect the couple’s love**  
**Graces to strengthen indissolubility**  
**Graces to help one another to holiness-**  
**Graces to help welcome and educate children**  
**Graces to take up the Cross**  
**Graces to rise after having fallen**  
**Graces to forgive one another**  
**Graces to bear one another’s burdens**  
**Graces to be subject to one another out of reverence for Christ**  
**Graces to love one another with supernatural and fruitful love**  
**Gives foretaste of the Wedding Feast of the Lamb**

**Do I know what love is?** Do I really believe that a faithful, exclusive, life-long commitment in marriage is possible? Why or why not? Am I capable of loving for life? Is my love total?

**Which of the devil’s *conjucides* is present in my family or marriage?** Infidelity? Impermanence? Lifelessness? Has the culture of death crept into my life, marriage and/or family? How does it express itself? What must change? What am I going to do about it?

**Have I had, encouraged, financed or participated in an abortion?** Have I gone to Confession and repented? Am I trying to repair damage caused by trying to pray and/or work for the pro-life cause? Have I remained silent when another person explicitly or implicitly spoke to me about a crisis pregnancy and a possible abortion? Would Jesus approve of my silence? What if I was the baby in my friend’s womb? Would I approve of the silence? Do I vote pro-life?

**Do I place other “rights” on a par with the right to life?** Am I more concerned about animal “rights” and the environment than the dignity of human life? Have I relieved my own conscience by being overactive in some issues and neglecting the more fundamental ones?

**Have I fallen into the contraceptive mentality?** Have I contracepted? Am I presently contracepting? Will I repent, go to

Confession, and change my life? Do I speak out when friends talk about their favorite means of contraception and share with them the Church’s teaching? Why not begin fighting death now?

**Do I understand marriage as indissoluble?** Am I willing to be faithful to my marriage vow even when my spouse is not? Have I accepted the present divorce/re-marriage culture?

**Have I been supportive of those who have been abandoned by their spouses or who are separated or civilly divorced?** Have I reached out to them and encouraged them? Why not? What might I do?

**Have I had recourse to immoral means in trying to conceive a child?** Am I treating the child as a person or as mere product of human technology? Have I tried to evangelize in this area? Why not?

**Have I placed emphasis on “fellowship with others” while neglecting my “fellowship with God”?** Is my spirituality sufficiently rooted in the *vertical dimension* of communion with the Trinity? Is this manifest in my participation at Mass? Do I have a proper reverence and sensitivity to the Real Presence in the Blessed Sacrament? Is this sensitivity helping me to be sensitive to God’s presence in my brothers and sisters, in my spouse, in my children, in my boss, in those who irritate me?