

Self-Reflection and Examination

Using the Prayer of Saint Francis

Disordered Desires of the Flesh	Fruit of the Spirit which orders our disorder desires	Space to reflect (in the blank space reflect on which one you see more in your life and how you see it)
Hatred	Charity (Love one another)	
Discord	Harmony	
Injury	Pardon (As we forgive those)	
Error	Truth (The truth will set you free)	
Doubt	Faith	
Despair	Hope	
Darkness	Light	
Sadness	Joy	
To be consoled (focus on self)	To console other (focus on the other)	
To be loved	To Love	
Receiving (feeling you are owed)	In Giving	

1. Which “desires” in your life are the most disordered and which the Flesh and the Spirit are not ONE?
2. Which “desires” in your life are ordered and you and other witness that the Flesh and the Spirit are ONE?
3. What similarities do you see between St. Francis’s prayer and St. Stephen’s advice to his son?
4. How does Baptism, Confirmation, the Eucharist and other Sacraments help you unite the Flesh and the Spirit?
5. What areas of Grace help you unite the Flesh and the Spirit?
6. What areas of Culture help you unite the Flesh and the Spirit? What areas of Culture do not?