

Suggestion for an Examination of Conscience with 1Cor 13: 4-8

Saint John teaches that God is love. Saint Thomas Aquinas says that we were created in the image of God and with our cooperation are slowly and gently made into the likeness of Christ. This means, that God's constant work with us and in us, seeks to transform us into love. Nothing is more important for the disciple of Jesus Christ than love. 1 Corinthians 13: 1-8 says: "If I speak in human and angelic tongues but do not have love, I am a resounding gong or a clashing cymbal. And if I have the gift of prophecy and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains but do not have love, I am nothing. If I give away everything I own, and if I hand my body over so that I may boast but do not have love, I gain nothing. Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails."

If we are meant to be love, just like God, we can make a very profound yet very simple examination of Conscience by using this passage from scripture and putting our name in the place of the word love.

Here is how it would look like for someone named Mary:

Mary is patient
Mary is kind
Mary is not jealous
Mary is not pompous
Mary is not inflated
Mary is not rude
Mary does not seek her own interests
Mary is not quick-tempered
Mary does not brood over injury
Mary does not rejoice over wrongdoing but rejoices with the truth.
Mary bears all things, believes all things, hopes all things, endures all things.
Mary is always faithful.

Now try it with your name.
What arises in your heart as areas in which you need God's healing, forgiveness and help?

_____ is patient
_____ is kind
_____ is not jealous
_____ is not pompous
_____ is not inflated
_____ is not rude
_____ does not seek her/his own interests
_____ is not quick-tempered
_____ does not brood over injury
_____ does not rejoice over wrongdoing but rejoices with the truth.
_____ bears all things, believes all things, hopes all things, endures all things.
_____ is always faithful