

A Review of My Life

These questions can be used on a daily basis and/or on preparation for receiving the sacrament of reconciliation. They were part of a presentation by Bishop Gregory Aymond given at seven parishes this spring.

God and me

- Am I open to his love?
- Do I spend time in prayer (conversation) with God?
- Do I allow him to shepherd my life? Do I trust him?
- Do I accept his forgiveness?
- Am I trying to see God in the events of the day?
- Do I carve out time for God on Sunday and participate in Mass?

Self

- Do I see myself as worthwhile?
- Do I take care of myself?
- Do I recognize and use my gifts? (Stewardship)

Family (vocation)

- Does my family have the rightful place in my life (time, priority)?
- Do I avoid problems instead of addressing them?
- Do I affirm others (spouse, children, family, co-workers, neighbors)?
- Do I listen to others?
- Do I give love and accept love?
- Does my vocation (marriage, single, priest, religious) help to bring good to others?

- Do I honestly work at my vocation in life? Have I been faithful to my vows?
- Am I willing to forgive?

Others, job, society

- Do I affirm others and point out their gifts?
- Do I work towards justice and peace in my daily dealings with others?
- Do I defend and protect the sacred gift of human life?
- Does my conversation build or destroy others?
- Have others become my god?
- Are pettiness and unhealthy competition in my life?
- Do I judge others and put them down?
- Do I use my life to help others, to love them, to bring Christ to them?
- Am I aware of the unrest, war, injustice, poverty that plagues our world? Have I done anything to alleviate this darkness?

-- Bishop Gregory M. Aymond