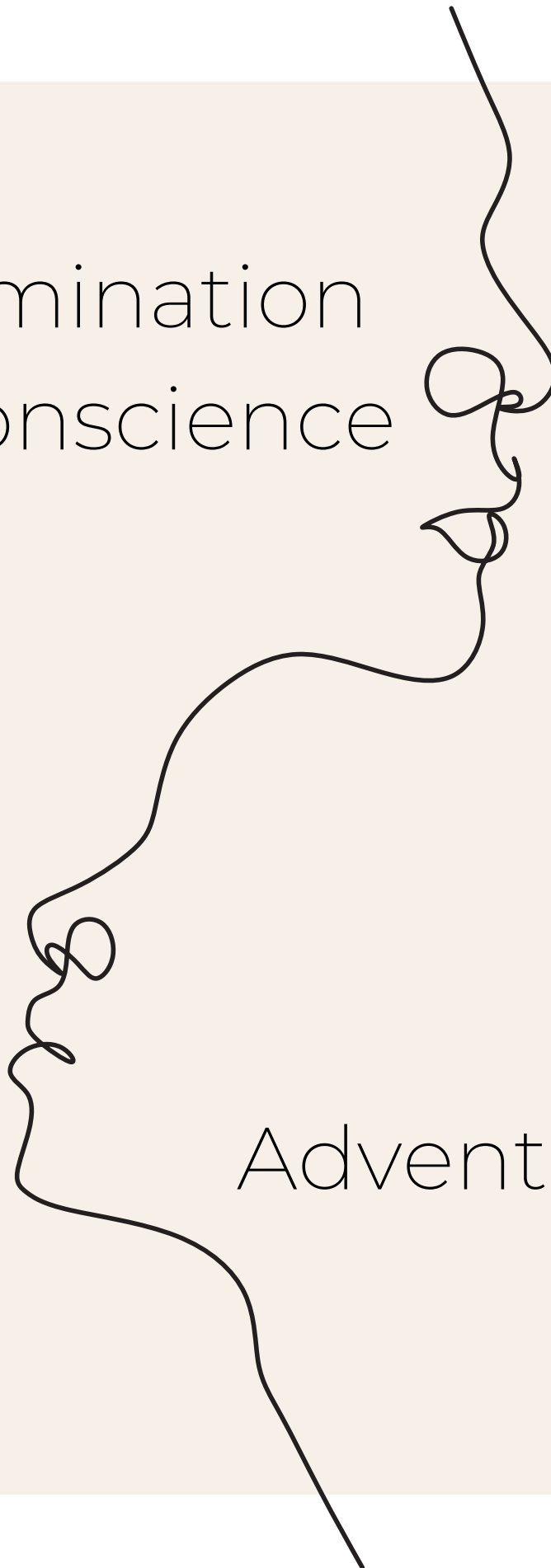


Examination  
of Conscience



Advent 2022



# THE TEN COMMANDMENTS

- THE TEN COMMANDMENTS HELP US SEE
- SPECIFIC WAYS WE HAVE FAILED TO LOVE •  
GOD AND OUR NEIGHBOR.

# DEC 1: THE TEN COMMANDMENTS

The First and Second Commandments: "I Am the LORD Your God Who Brought You Out of Bondage You Shall Have No Other Gods But Me. You Shall Not Make For Yourself Any Idol."

What has taken on undue importance in my life, in ways that distress me?

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Have I placed other material goals ahead of living out my love of God?

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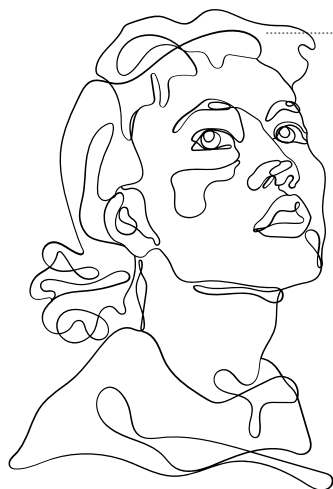
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When I am making decisions, how important is considering and doing the will of God, as opposed to other factors? What other considerations take priority in my decision-making?

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# DEC 2: THE THIRD COMMANDMENT

The Third Commandment: "You Shall Not Invoke With Malice the Name of God."

Have I used God to justify exploitation or unjust acts?

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In speaking and communicating about God, faith, or theology, have I been careless of the feelings of others or the effects my words have on them?

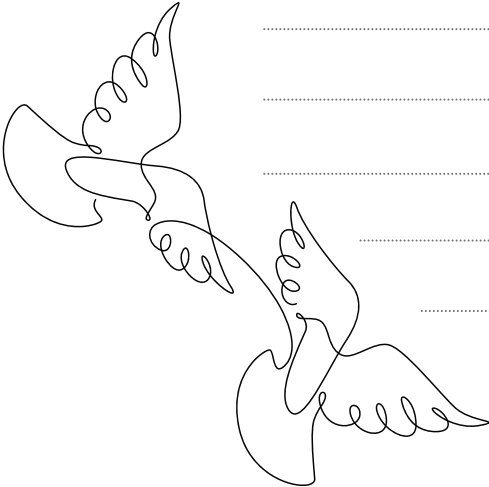
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# DEC 3: THE FOURTH COMMANDMENT

The Fourth Commandment: "Remember the Sabbath Day and Keep It Holy."

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Have I been faithful to my own commitments about prayer, church attendance, or taking time to rest, whatever those commitments may be?

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Have I valorized work at the expense of rest? Do I judge others for not working hard enough? Do I associate my own value with how much I accomplish?

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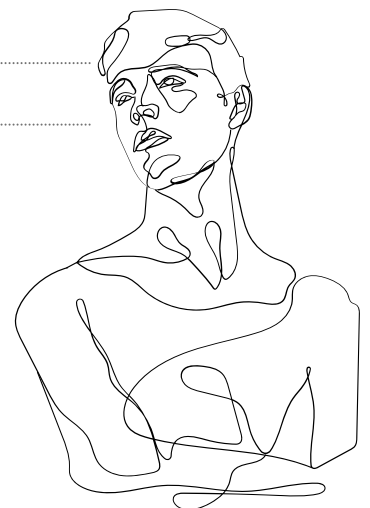
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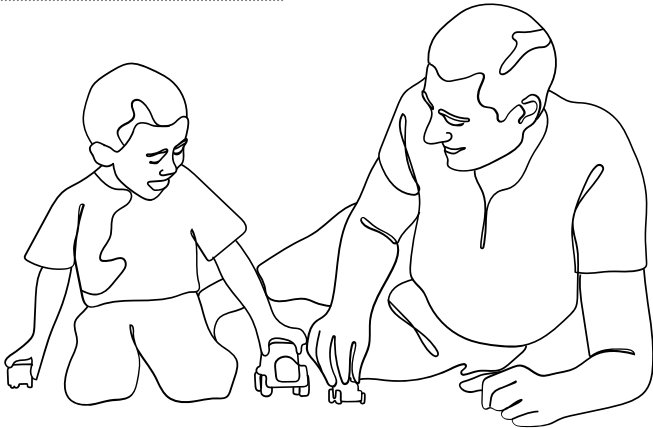
# DEC 4: THE FIFTH COMMANDMENT

The Fifth Commandment: "Honor Your Parents."

*It is important to note this is NEVER meant to justify accepting harmful behavior from family members. Instead, it's a way to consider how we maintain healthy relationships with those we are close to.*

How have I sinned against those with whom I have the closest relationships, including family members such as parents, spouse, or children?

Have I failed to set appropriate boundaries and care for myself in my relationships with relatives (or friends)?



# DEC 5: THE SIXTH COMMANDMENT

The Sixth Commandment: "You Shall Not Murder."

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Have I done material harm or violence to others, through my own actions or through inaction in the face of injustice?

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Have I wished harm on others, in my own anger or thoughts?

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Have I spoken in ways that hurt others?

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# DEC 6: THE SEVENTH COMMANDMENT

The Seventh Commandment: "You Shall Not Commit Adultery."

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Have I betrayed trust placed in me in intimate relationships?

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# DEC 9: THE TENTH COMMANDMENT

The Tenth Commandment: "You Shall Not Covet Anything That Belongs to Your Neighbor."

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Have I desired more from others than they could rightly give me? Have I disrespected or refused to accept anyone's boundaries around their time, emotions, or engagement?

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Have I sought influence over others' actions through manipulation?

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How have I been self-centered in my dealings with others? How have I treated them in light of what I want from them, rather than considering their needs?

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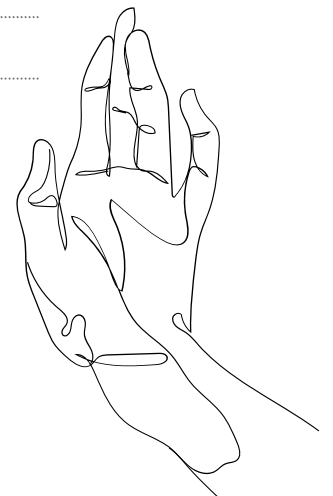
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# THE SEVEN DEADLY SINS

- THE SEVEN DEADLY SINS ARE ANOTHER
- TRADITIONAL STRUCTURE FOR NAMING THE
  - ROOTS OF SIN IN OUR LIVES.





# DEC II: ENVY

## The Second Deadly Sin: Envy

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Have I been envious of material or social success that others have, in ways that direct me toward resentment rather than solidarity?

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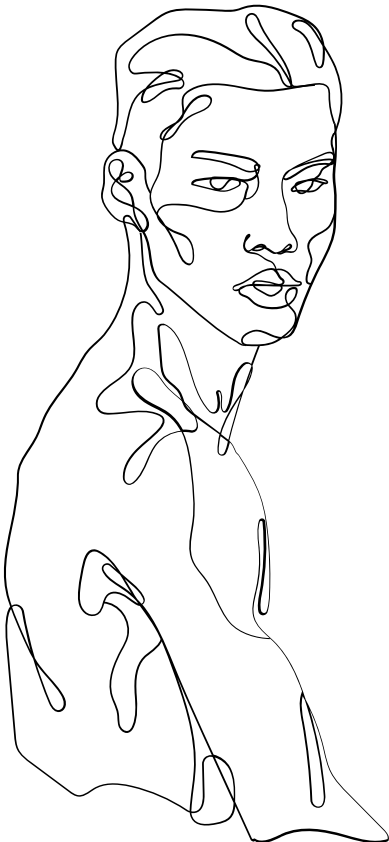
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Have I been envious of the time or attention that people in my life give to others rather than me?

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# DEC 13: LUST

## The Fourth Deadly Sin: Lust

The sin of lust can be a sensitive topic because it has been used to cause great shame regarding sexuality. However, it can be a lens for considering whether the ways we engage with sexuality are healthy for us and others.

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Have I abused, exploited, or harmed others sexually?

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Have I ignored or transgressed the sexual boundaries of others?

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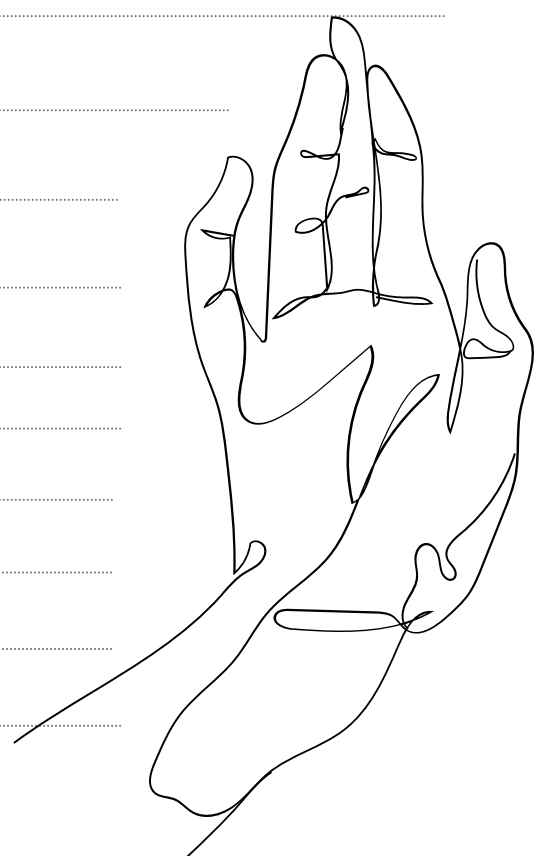
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# DEC 14: GLUTTONY

## The Fifth Deadly Sin: Gluttony

This is a sensitive topic because it has been used to support fatphobia and disordered eating. A better interpretation of this aspect of sin might be “being out of balance with my own needs and the needs of the community.”

Is my relationship with food healthy and safe for me?

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Is my relationship with drugs, alcohol, and other substances healthy for me and in line with my own values?

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How do I consider the environmental impacts of my diet and lifestyle?

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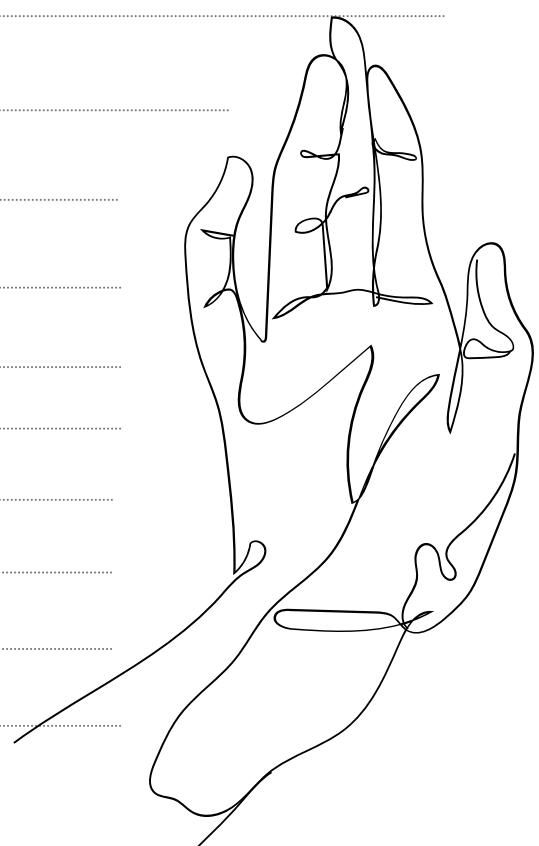
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# DEC 16: SLOTH

The Seventh Deadly Sin: Sloth

The word for sloth, "acedia," does not only mean intentional laziness but also apathy.

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Where have I failed to act when action for justice was needed, either out of selfishness or laziness, or because action and caring for others felt impossible or pointless?

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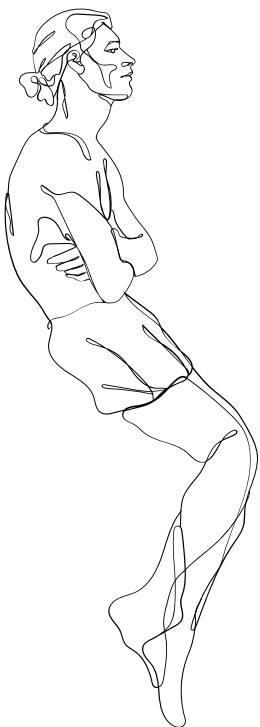
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# THE O ANTIPHONS

THE O ANTIPHONS ARE TRADITIONAL TEXTS ASSOCIATED WITH THE LAST SEVEN DAYS BEFORE CHRISTMAS EVE. THEY ARE FAMILIAR AS THE VERSES OF "O COME, O COME, EMMANUEL." THEY PROVIDE SEVEN DIFFERENT TITLES FOR GOD WHICH OFFER ANOTHER WAY TO REFLECT ON OUR RELATIONSHIPS TO GOD.











# DEC 21: 0 DAYSPRING

Where have I despaired over the state of the world, or denied the hope and possibility of change that come with God?

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Where have I accepted the status quo as inevitable, rather than seeking justice and peace that seem impossible right now?

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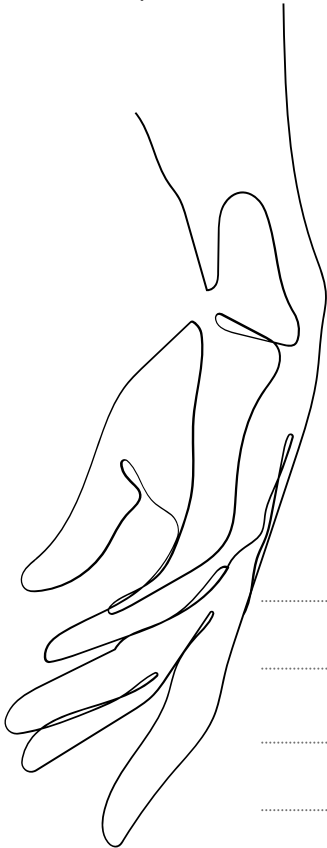
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# DEC. 22: O KING OF NATIONS

The antiphon calling Christ “King of the Nations” (Gentiles) reminds us of the call to universal healing reiterated in Christianity. This is a time to turn examination to our relationships with strangers and neighbors with whom we do not have close ties:

Where have I failed to help those in need? Where have I let fear of those unlike me prevent me from love?



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# DEC 24: THE GREATEST COMMANDMENT

How have I failed to love God with my whole heart and mind and soul and strength?

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How have I failed to love my neighbor as myself?

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