

SHOW UP...

The wise maidens showed up with flasks of oil...

Matthew 25:4

- Have I neglected to show up at activities and events that I needed to attend, have I neglected by commitments?
- Have I been faithful in attending Holy Mass?
- Have I shown up and yet not been present?
- Have I been present to my family?
- Have I shown up with a willingness to help?
- I am I more inclined to SHOW OFF than Show UP?
- Do I show up more ONLINE?
- Do I show up daily for Prayer... am I connected to God and His Word?
- What is my Spiritual Status?

Act of Contrition:

Forgive my sins, O God, forgive my sins.

The sins of my youth, the sins of age,

the sins of my soul, the sins of my body...

The sins which through frailty I have committed,

my deliberate and grievous sins,

the sins I know and the sins I don't.

The sins I have laboured so long to hide,

that now they are hidden from my memory.

Let me be absolved from all these iniquities

and delivered from the bondage of my sin

through the Life, Death and Resurrection of Jesus, my Saviour.

In the name of the Father and of the Son and of the Holy Spirit.

Amen.

Examination of Conscience

Do Not be Afraid



Own Up...

Clean Up...

Grow Up...

Wake Up...

Show Up...

Longing for Something NEW...

Yearning for something New will not produce it.

Only ending the old way can do that.

*You cannot hold onto the old, all the while declaring that
you want something NEW.*

The old will defy the New;

The old will deny the New;

The old will decry the New.

There is only one way to bring the NEW.

You Must make room for it.

OWN UP...

Own up to your Pain and to your Shame...

Once you have faced your own hidden or denied self, there is not much to be anxious about any more... because there is no fear of exposure – to yourself or others.

The game is over – and you are free.

- Is there honesty and transparency in my life – am I hiding?
- Am I willing to admit that I am not coping... that life is overwhelming... Am I able to ask for help?
- Am I prone to telling lies, withholding information from others, exaggerating the truth?
- Am I battling with Faith, Hope, Trust, Joy, Love, Prayer?
- Am I Angry, Bitter, and Frustrated? Do I lack Peace?
- Am I Hurting and Confused?

***The truth will set you free...
but it will often first make you uncomfortable.***

CLEAN UP...

A Pure heart create for me O God, put a steadfast spirit within me.

Psalm 51:10

- What Thoughts, Words, Actions, need to be cleaned up?
- Is my Attitude in need of a clean up?
- What about my Time and My Spirit ...could these do with a clean up?
- Is my life cluttered with pain or shame... (and other stuff) thereby preventing me from celebrating my true worth and God's Presence in my life, and the lives of other people?

A man with leprosy came and knelt before him and said,
“Lord, if you are willing, you can make me clean.”
Jesus reached out his hand and touched the man.

GROW UP...

The righteous will flourish like a palm tree... They will grow like a cedar of Lebanon. Planted in the house of the Lord, they will flourish in the courts of our God... They will still bear fruit in old age – they will stay fresh and green.

Psalm 92:12-14

- Am I able to accept responsibility for my actions and inactions?
- Have I become prone to blaming others?
- Do I sulk or curse when I do not get my own way?
- Have I grown in my spiritual life?
- Am I willing to clean up the mess that I have made?
- Am I grateful for what others do for me?
- Do I embrace my role in promoting the common good?
- Am I still of the opinion that the world revolves around me?

WAKE UP...

What do I see? What is my Vision?

**Wisdom seeing always sought to change the seer first;
and then knows that what is seen will largely
take care of itself...**

(It is almost that simple, and it is always that hard.)

- Am I open to see things differently – looking at life through the eyes of faith?
- Where is it my life that I am choosing to stay in darkness...the darkness of sin?
- Do I have a sense, a Vision of who God is calling me to be...? Am I contemplating and waking up into this TRUTH?
- Has laziness and apathy crept into my life?

- Have I been slow to awake to new possibilities – a New Dawn, a moment of Resurrection?
- Does the light & love of Christ help me to see good in others?

**Awake O Sleeper, rise from the dead –
and Christ shall give you light.**

Ephesians 5:14