



## Revival Bootcamp – Week 1

### Self-Examination & Confession

#### *Scripture*

**Psalm 139:23-24:** <sup>23</sup> Search me, God, and know my heart; test me and know my anxious thoughts. <sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting.

**Lamentations 3:40:** Let us examine our ways and test them, and let us return to the Lord.

**1 Corinthians 11:28:** Everyone ought to examine themselves before they eat of the bread and drink from the cup.

**2 Corinthians 13:5-6:** <sup>5</sup> Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test? <sup>6</sup> And I trust that you will discover that we have not failed the test.

#### *The basics of Ignatian examen*

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

(source: <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>)

#### *Tools for self-examination*

1. The 10 Commandments – Exodus 20:1-17
2. The Beatitudes – Matthew 5:3-12; Luke 6:20-22
3. The Seven Deadly Sins (pride, covetousness, lust, anger, gluttony, envy, and sloth)
4. Confession and Litany of Penitence, Book of Common Prayer (2019), pp. 547-549

#### *Read More*

*Spiritual Exercises of St. Ignatius*, St. Ignatius of Loyola (1491-1556)

*Celebration of Discipline: The Path to Spiritual Growth*, Richard J. Foster

# A Brief Examination of Conscience

## *Based on the Ten Commandments*



### **I am the LORD your God: you shall not have strange Gods before me.**

Have I treated people, events, or things as more important than God?

### **You shall not take the name of the LORD your God in vain.**

Have my words, actively or passively, put down God, the Church, or people?

### **Remember to keep holy the LORD's Day.**

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

### **Honor your father and your mother.**

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

### **You shall not kill.**

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

### **You shall not commit adultery.**

Have I respected the physical and sexual dignity of others and of myself?

### **You shall not steal.**

Have I taken or wasted time or resources that belonged to another?

### **You shall not bear false witness against your neighbor.**

Have I gossiped, told lies, or embellished stories at the expense of another?

### **You shall not covet your neighbor's spouse.**

Have I honored my spouse with my full affection and exclusive love?

### **You shall not covet your neighbor's goods.**

Am I content with my own means and needs, or do I compare myself to others unnecessarily?

### **Christ's Two Commandments**

How well do we love God and others? Do we love as Christ calls us to? In the Gospel of Matthew, Christ gives us Two Commandments: "He said to him, 'You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments'" (Mt 22:37-40).

Not sure what love is? St. Paul describes it for us in his Letter to the Corinthians. Is this how you love God and others? "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" (1 Cor 13:4-8).

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*Celebrate the Sacrament of Reconciliation*

## Self-Examination and Confession

### Lent - The Fullness of Time by Esau McCaulley

And God spoke all these words, saying,

<sup>2</sup> “I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery.

<sup>3</sup> “You shall have no other gods before me.

<sup>4</sup> “You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. <sup>5</sup> You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, <sup>6</sup> but showing steadfast love to thousands of those who love me and keep my commandments.

<sup>7</sup> “You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain.

<sup>8</sup> “Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

<sup>12</sup> “Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.

<sup>13</sup> “You shall not murder.

<sup>14</sup> “You shall not commit adultery.

<sup>15</sup> “You shall not steal.

<sup>16</sup> “You shall not bear false witness against your neighbor.

<sup>17</sup> “You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's.”

For all our unfaithfulness and disobedience; for the pride, vanity, and hypocrisy of our lives;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our self-pity and impatience, and our envy of those we think more fortunate than ourselves;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our unrighteous anger, bitterness, and resentment; for all lies, gossip, and slander against our neighbors;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our sexual impurity, our exploitation of other people, and our failure to give of ourselves in love;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our self-indulgent appetites and ways, and our intemperate pursuit of worldly goods and comforts;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our dishonesty in daily life and work, our ingratitude for your gifts, and our failure to heed your call.

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our blindness to human need and suffering, and our indifference to injustice and cruelty;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our wastefulness and misuse of your creation, and our lack of concern for those who come after us;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For all false judgments, for prejudice and contempt of others, and for all uncharitable thoughts toward our neighbors;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our negligence in prayer and worship; for our presumption and abuse of your means of grace;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For seeking the praise of others rather than the approval of God;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**

For our failure to commend the faith that is in us;

Lord, have mercy upon us:

*People*      **For we have sinned against you.**