

INVENTORY FOR CONFESSION AND RECONCILIATION

This is a way to think through the various aspects of our lives so we can bring to our awareness those areas where we have turned away from God or other people, resentments we may have allowed to fester, mistrust we have allowed to drive our decisions. It is not an instrument to generate guilt, but a way to come clean so we can strengthen our relationship with God, with other people, with ourselves.

When have I felt hurt in the past (week/month/year/life...) ?

Am I holding on to anger or resentment at anyone because of that hurt?

When have I hurt someone else in the past (week/month/year/life...) ?

Have I asked for forgiveness and/or made amends?

When in the past (week/month/year/life...) might I have grieved God?

Am I willing to turn away from that way of thinking or acting, and turn toward God?

How in the past (week/month/year/life...) have I participated in practices that damaged others?

How might I help repair that damage?

How in the past (week/month/year/life...) have I withheld or misused my gifts and resources?

How might I release those to do good?

What, if anything, do I feel sorrowful about?

What, if anything, am I anxious about?

What do I feel hopeful about?

Who do I love?

What else comes up as you pray?