

IGNATIAN RETREAT THEMES

Method of Examination of Conscience Before Confession

(Spiritual Exercises of St. Ignatius No 43)

Note:

- ✓ *St. Ignatius was a great promoter of frequent confession. In his book of the Spiritual Exercises he propose an easy method for an examination of conscience to prepare ourselves for a meaningful reception of the sacrament of confession*
- ✓ *He commended very strongly the practice of the examination of conscience for three reasons:*
- ✓ *1st: To thank God for favors and graces received,*
- ✓ *2nd: To ask God for pardon for our sins and failures.*
- ✓ *3rd: To make amendments to lead better Christian lives.*
- ✓ *The method of Examination of Conscience proposed by Ignatius can be very fruitfully practiced, from time to time, even when we do not intend going for Confession in the immediate future*

Preparation:

- Quiet down. Relax.
- Think of what are you going to do: *(To honestly check on yourself in the presence of Go. He knows you better than you know yourself)*
- Ask for the assistance of the Holy Spirit

Reflection and Examination *(In the words of St. Ignatius)*

- The first point is **to think of all the favors and blessings I received from God our Lord** and then, give thanks to Him for them.
- The second point is **to come to know my sins and failures** that I may be sorry for them and get rid of them. .
- The third point is **to demand an account of myself** - from the last time I made my examination of conscience - **of my thoughts, of my words, of my deeds and of my omissions.**
- The fourth point will be **to ask pardon from God** our Lord for my faults.
- The fifth point will be to resolve **to amend myself** with the grace of God.

Closure:

- Prayerfully, reflect for a while on some of the invocations of the penitential litany below.

- After each invocation add a spontaneous response that expresses your feeling and mood.
- End by reciting "The Our Father"

Penitential Litany. Invocations.

(Taken from the Roman Missal)

Lord Jesus, I have sinned against you.

Lord Jesus, you were sent to heal the contrite

Lord Jesus, you came to call sinners.

Lord Jesus, you plead for us at the right hand of the Father.

Lord Jesus, you came to reconcile us to one another and to the Father.

Lord Jesus, you heal the wounds of sin and division

Lord Jesus, you intercede for us with your Father.

Lord Jesus, you raise the dead to life in the Spirit.

Lord Jesus, you bring pardon and peace to the sinner.

Lord Jesus, you bring light to those in darkness.

Lord Jesus, you raise us to new life.

Lord Jesus, you forgive us our sins.

Lord Jesus, you are the Good Shepherd.

Lord Jesus, you heal the sick.

Lord Jesus, you forgive sinners.

Lord Jesus, you give us yourself to heal us and to bring us strength.

Lord, Jesus, you are mighty God and Prince of peace.

Lord Jesus, you are the Son of God and the son of Mary.

Lord Jesus, you are Word made flesh and splendor of the Father.

Lord Jesus, you feed us with your body and blood.

Lord Jesus, you have shown us the way to the Father.

Lord Jesus, you have given us the consolation of the truth.

Lord Jesus, you came to gather all the nations into God's Kingdom.

You came in word and sacrament to strengthen us in holiness.

You will come in glory with salvation for your people.