



Guide For Self Reflection

Based on homilies from Fr. Tom Tank and Fr. Michael Guastello March 4, 2018.

“Lent is a time for spiritual house cleaning...but we can never really do that until we’ve also brought all of that to Jesus, that we need to bring our weakness, yes our sinfulness to Jesus to allow him in the sacrament of reconciliation to truly clean house within us to wipe away new sins to bring new life and new grace and so we’re invited especially during this Lenten season to make sure that we approach Jesus within the sacrament of reconciliation for he truly wants to touch us with his forgiveness and with that new life of grace, that strength that he gives us as we live the resurrected life that he died to bring us.” -Fr. Tom Tank

Relationship with God:

- Is God allowed to be God within my life or do I have other gods?
- What really is God within my life? Is it power? Is it position? Is it money? Is it sports? Is it just my own pleasures?
- Do I truly honor the name of God, the person of God?
- Have I kept the Lord’s day holy and a day of worship or just when it’s convenient?

Relationships with others:

- Do I honor my parents/elders? Do I honor, trust and care for children?
- Am I truly respectful within my family relationships? Have I been respectful to the ones I love or have I taken out negativity upon those with whom I share daily life?
- Do I respect my body and the body of others careful not to desecrate it by misuse of drugs, alcohol or addictions in ways that are pervasive within our culture?
- Am I living with a sense of true chastity, putting aside lust and instead embracing a chaste lifestyle?
- Am I honoring a commitment to truly respect my sexuality and that of others?
- Am I honest and truthful in relationships by not taking from others?
- Am I concerned for the good of others by not gossiping, spreading false rumors, coveting, being envious or jealous?
- Do I truly appreciate the gifts I’ve received as well as honor the gifts others have received?

*“It’s not that a priest needs to hear about our sins, but that we need to say them out loud. And make no mistake, there isn’t a sin that you or I could commit that is unforgivable...There is no sin that is beyond God’s forgiveness. The only sin that God can’t forgive is the one we refuse to ask for forgiveness...**No one is beyond redemption.** No matter where we may find ourselves in our lives or what our circumstances might be, God never stops pursuing us. He never stops loving us and is willing to meet us wherever we are. His mercy and his forgiveness are always available.”*

-Fr. Michael Guastello