

## **NIGHTLY SELF-EXAMINATION OF CONSCIENCE**

**Given by Our Lady (July 20, 1998)**

- Did I return Love for Love? (God's love for me back to Him).
- Did I find fault with anyone in thought or word when it was not my duty to do so?
- Did I transgress another's rights according to any of the commandments?  
(Please see end of document for Ten Commandments)
- Have I tried to be an example of Holy Love and Holy Humility in my daily life?
- Have I allowed Holy Love and Humility to lead me deeper into the virtues: simplicity, prudence, patience, fortitude, and perseverance?
- Am I living the message only on my lips (for others to see - superficially); or do I have the message in my heart, thus having a private relationship with Jesus through Mary?
- Did I use the world - people, places, and things - to promote the message of Holy Love?
- Have I allowed the element of time to manipulate me, or do I use time wisely for the glory of God?
- If I am Catholic, do I know the Church laws and obey them?  
(Please see end of document for Church Laws)
- Am I faithful to my state of life?
- If I am Catholic, did I make good use of the sacraments?
- Did I accept and embrace the crosses in my life as part of God's Will for me; or do I rebel against the cross, thus losing grace for souls?
- If I receive special graces in any form, did I broadcast it to others unnecessarily; or do I realize I am undeserving and thank God for it?

### **PRAYER TO THE ETERNAL FATHER** **FOR HARMONY WITH THE DIVINE WILL**

*Eternal Father, Creator of the universe, transform my heart in this present moment so that it beats in perfect harmony with Your Divine Will. Forgive me for all the present moments I have wasted and have not surrendered to Your Will. Help me always to cooperate with the grace You send me in every present moment. Amen.*

**REFLECTION I**  
**Given by Our Lady (August 18, 1997)**

<b>SELF-LOVE</b>	<b>HOLY LOVE</b>
Is motivated towards self-advantage in thought, word, and deed. Sees only others' faults, not his own.	Is motivated in every thought, word, and action by love of God, and neighbor as self.
Considers himself on the right path - perhaps even humble and virtuous.	Sees himself full of imperfections. Is always seeking to be perfected through love. Considers everyone more humble and holy than himself.
Holds a checklist in his heart of every wrong perpetrated against him.	Imitates Divine Mercy as best he can. Is compassionate and forgiving.
Is quick to anger and stands vigil over his own rights making certain they are not transgressed.	Is patient. Takes note of others' needs and concerns.
Hangs on to his own opinions refusing to surrender to another viewpoint.	Offers his own opinions but listens to others and lends them equal merit with his own.
Takes pride in his own achievements. May even take pride in his spiritual progress.	Realizes all things proceed from God; that without God he is capable of no good thing. All good comes from grace.
Sees himself and the world as the be-all/end-all. His only pleasure is thus achieved through the world.	Takes joy in storing up heavenly treasure, in growing closer to God and deeper in holiness. Knows the difference between earthly pleasures and spiritual joy.
Uses the goods of the world to satisfy self.	Uses the goods of the world to satisfy quest for holiness.
Objects to every cross. Sees trials as a curse. Resents others' good fortune.	Surrenders to the cross through love as Jesus did. Sees crosses as a grace to be used to convert others.
Prays only for himself and his own needs.	Prays for all in need.
Cannot accept God's Will. Becomes bitter over trials.	Accepts God's Will with a loving heart even when difficult.

**REFLECTION II**  
**Given by Jesus (April 29, 1998)**

<b>SELF-LOVE</b>	<b>HOLY LOVE</b>
Christ is pushed out of the center of his life, and self is made the center.	God and others are made center of his life.
Hangs on to every wrong perpetrated against him.	Forgives. Knows he can always be more holy.
Considers himself holy, worthy of consolations and grace.	Knows all spiritual gifts are not his but God's, and he is unworthy of them.
Trusts only human efforts. Cannot 'let go and let God.' Hangs on to problems by focusing on them. Won't allow grace to take over.	God disposes favors as He chooses. Surrenders all things to God's grace. Trusts God to bring good of every situation.

## TEN COMMANDMENTS

1. **“I am the Lord, your God; you shall not have strange gods before Me.”**
2. **“You shall not take the Name of the Lord, your God, in vain.”**
3. **“Remember, keep holy the Lord’s day.”**
4. **“Honor your father and mother.”**
5. **“You shall not kill.”**
6. **“You shall not commit adultery.”**
7. **“You shall not steal.”**
8. **“You shall not bear false witness against your neighbor.”**
9. **“You shall not covet your neighbor’s wife.”**
10. **“You shall not covet your neighbor’s goods.”**

## PRECEPTS (LAWS) OF THE CATHOLIC CHURCH

1. **Assist at Mass** on all Sundays and holy days of obligation. Avoid those activities that hinder the renewal of soul and body or the growth in union with the Lord.
2. **Go to confession** at least once a year; and receive Holy Communion during the Easter Time. The ‘Easter Time’ during which to receive Holy Communion is traditionally between the First Day of Lent and Trinity Sunday.
3. **Study the teachings of the Church** in preparation for the Sacrament of Confirmation, and use the knowledge gained in that study to advance the Cause of Christ and the Mission of the Church in evangelizing this world and bringing it to a knowledge of Christ.
4. **Observe (obey) the laws of the Church** concerning marriage (including her teachings on birth control, abortion, and other marital affairs). Provide religious training and an example of sanctity to one’s children and grandchildren. Avail oneself of the facilities provided by the parish to advance their and one’s own religious education.
5. **Contribute to the support of the Church.** Strengthen and support the Church (one’s own parish community, one’s own pastors, bishops, and the Holy Father).
6. **Fast and abstain on the days appointed;** i.e., do penance, including, but not limited to, fasting from food and abstaining from the use of meat on the days appointed.
7. **Join in the missionary spirit** and apostolate of the Church.