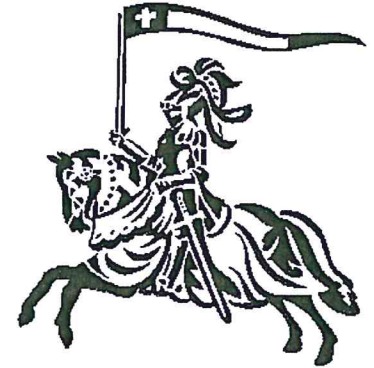


Begin this prayer experience by coming before the Lord in the fullness of your humanity, without any feelings of shame or embarrassment. Allow Him to reveal His deep love for you. Gaze upon the Lord and contemplate His purity. Pray for a deep desire to let go of anything that hinders your relationship with the Lord.



EXAMINATION OF CONSCIENCE—LUST

Personal habits

- Do I have a disordered, inordinate enjoyment of sexual pleasure?
- Do I have a tendency towards lust or sexual sin?
- Is my love all-embracing, for all people? Is it exclusive? Is it appropriate for my state in life?
 - Where do I have difficulty loving another with a holy love?
 - Is my love for others a spiritual love, like the love of Jesus and Mary?
 - Where has my love for another become hardened and insensitive?
- Do I seek joy, relaxation, and recreation appropriate to my state in life?
 - Where do I step outside this boundary?
- Do I dress and speak in a modest, pure way?
- Do I seek joy, relaxation, and recreation that is appropriate to my state in life?
- Do my actions or the way I express love cause another to fall into the sin of lust?

Overt lust

- Am I involved in fornication, adultery, incest, seduction, rape, homosexuality, masturbation, or any other aberrant sexual behavior?
- Do I view pornography?
- Do I use birth control contrary to the Church's teachings?
- Do I have lustful impulses so strong that it leads me to reject sound reason or restraint?
 - Does lust cloud, blind, and addict my mind and judgment in any way?
- What help have I sought in fighting and healing this sin of lust?

My five senses: touch, taste, smell, hearing, sight

- Which sense do I have the most difficulty keeping under control?
 - What can I do to better regulate this unruly sense?
 - What safeguards have I set up to protect and guard each of my senses?
- Where do I allow my senses and feelings to lead rather than allowing God's will to lead me?
- Where do my heart, my mind, and my lips need to be cleansed?

My environment

- Do I read or watch impure books, movies, etc?
- Do I visit inappropriate sites on the Internet?
- Is there anything in my home or work environment that leads me towards lust? What can I do to help safeguard me from the sin of lust?
- Do I lust after knowledge, honor, power, sports, recognition, or anything else that causes me to take my eyes off Jesus?
- How am I protecting my community / family from this sin of lust?

My thoughts

Do I entertain impure thoughts?

In what ways could my thoughts be more refined and pure?

Do I allow my eyes and thoughts to wander or linger where they should not?

Where does lust have an open door through my thoughts?

Is there an area of weakness where lust enters?

How can I bring my thoughts more fully under God's control?

For married persons

How am I chaste in my marriage relationship?

How is my union with my spouse being drawn into a three-way union with Jesus?

Where do I need to be more chaste in this union?

How does the way I treat my spouse reflect my marriage vows to love, honor, and obey?

How does the way I treat my spouse reflect that in choosing him/her, I choose to reject all others?

How do I / we experience the unitive, procreative, and agape love of the Father in our sexual relationship?

Is our marital love a sign and pledge of spiritual communion?

Is my sexual pleasure isolated from its procreative and unitive purposes?

How is our sexual relationship balanced and within the limits of moderation?

Are we in line with the Catholic Church's teaching on contraception?

Is lust perverting and robbing our Sacrament of Marriage of its sacredness?

Do I have friendships with those of the opposite sex that are inappropriate and may be leading me into temptation?

For non-married persons

How am I chaste in my vocation?

Do I have friendships with those of the opposite sex that are inappropriate and may be leading me into temptation?

Do I go to God to fill any craving for affection or empty space within me?

In my spiritual life

Do I seek and crave spiritual highs, ecstasies, and extraordinary prayer experiences?

Do I struggle during prayer with impure feelings, causing me to give up prayer entirely?

Where is lust cheapening, weakening, and trying to draw me away from my call to transforming union?

Am I seeking the spiritual love of Jesus and Mary in my relationships?

Take time to ponder the beautiful gift that the Father has given you in your sexuality. Is there any area in particular where this gift is being perverted and robbing you of life? Journal any insights with the Lord. Allow Him to show you what He sees when He looks at you, and allow Him to reveal His dreams and plans for you.

In the presence of the Lord, make a concrete plan of how you are going to avoid this sin of lust in the future. Pay close attention to how you will choose to avoid temptation and how you will react when you encounter lustful temptations. Journal this plan and put it in a place where you will be able to review it daily. Pray for the gift of purity. Let His love fill you and let His love be enough for you.