

EXAMINATION OF conscience

FOR HUSBANDS AND WIVES

Spouses are called to love each other as Christ loves the Church so that they may be a living sign and manifestation of that love to those around them.

*Scripture calls husbands and wives to
“regard each other as you regard the Lord” (Ephesians 5).*

The two most common sins in marriage are taking each other for granted and attitudes of superiority that lead to control.

ATTITUDES OF SUPERIORITY (PRIDE)

*Have I criticized my husband or wife? Does my tone of voice communicate that I do not respect their opinion or appreciate his or her perspective?
How does that hurt him or her and our marriage?*

*Have I been cold, unresponsive, withdrawn, or absent in my relationship with my wife or husband? Do I vent anger at my spouse or our children?
How does that destroy the atmosphere of being in love in our home?
How does that wound my spouse’s spirit?*

*Have I missed opportunities to affirm my husband or wife directly?
Have I not made the effort to affirm him or her in front of the children?*

*What negative judgments do I make about my husband or wife?
What effect does that have on me and our marriage?*

*Do I communicate that I know best about the children? Home? Nutrition? Finances?
Repairs? Technology? Or any aspect of our life together?
Does that leave my spouse feeling irrelevant, foolish, or unable to influence me?*

*Do I make decisions that may impact us both without involving
or even consulting my spouse?
Do I cut my spouse out of parenting or insist that he or she parent my way?*

*Have I made something else in my life more important than my spouse and our marriage? A hobby? My career? My parents, siblings, or friends?
An addiction?*

*Do I pray to want what God wants as far as bringing more children into our family?
The material wealth we pursue or the possessions we accumulate?
How we spend our love?*

TAKING EACH OTHER FOR GRANTED (APATHY)

Do I take it for granted that you will work full time? Provide the lifestyle I am accustomed to? Provide for our future? Plan for our kid's college or our retirement? Do I fail to express appreciation for your work or seek to share responsibility for the situations you face alone?

Do I take it for granted that my spouse will care for our children? Manage the household? The meals? The shopping? The yard? The repairs? The kids' sports? The bills?

*Am I lacking compassion for what you go through day after day?
Am I independent about my time, health, or career?*

Do I fill my life with activities that do not involve my husband or wife?

*Am I private about my interior self, my faith, my fears, or my dreams?
Do I fail to share my feelings with you?
How does that hurt our intimacy or trust?*

How am I uninvolved with the things that my spouse cares about: Gift giving? Birthdays? Car repairs? Lawn care? Cleaning? Does my apparent lack of caring leave him or her feeling lonely or unappreciated?

How have I neglected to nurture our marriage? How have I failed to treat it as my life's work, my vocation?

How have I failed to love you the way you most need and want to be loved?

Act of Contrition for Spouses

Oh my Jesus, I am heartily sorry for the times I have failed to love my spouse as you loved the Church. My failure to do so not only hurts you and my spouse, but the rest of the Church that is counting on our sacrament to reveal your love.

I firmly resolve, with the help of your grace, to focus my mind, body, soul, and will on my vocation to love my spouse- for the sake of our family, our faith community and the greater glory of God.

AMEN