

A Spiritual Inventory

1. Have I humbly pondered the meaning of life? Why is there something and not nothing? Where did something come from? What is the first cause? (Romans 1:20)
2. Do I acknowledge and struggle with the reality of evil? (Romans 1:29, Matthew 2:16-18)
3. Are the Ten Commandments and the Commandments to Love of God and Neighbor (two Greatest Commandments) the moral guides of my life? Do I even know them to be guided by them? If not, what are the moral guides of my life? Have I established any? (Exodus 20:1-17) (Luke 10:25-37)
4. Do I believe in "Love" the goodness of truly giving for the good of another, to "extend oneself" to stretch even to pain, even to the cross solely for another, even for someone you don't like? (John 13:34, 1 Cor 13)
5. Do I wrestle with the need to forgive in order to be forgiven? (Matthew 6:14)
6. Do I acknowledge that St. Paul's dilemma in his letter to the Romans is also mine: that "The things I know I should do I do not do, and the things I know I should not do I do?" (Romans 7:15-19)
7. How have I come to grips with the fact that God does not always act the way I would expect Him to act? (Ezekiel 18:25, Luke 2:48, Habbakuk 1:3)
- 8.. Do I ponder and struggle with the conflict between faith in Jesus Christ and the "ways of American culture?" Do I even see that there is a basic conflict?
9. Do I truly and sincerely believe in God? (John 6:37-40; 20:24-29)
10. Who is Jesus of Nazareth to me? Do I know Him? Does He speak to me in His Word? (Matthew 16:15)
11. In what sense is Jesus the Savior of the world AND my personal Savior/Redeemer - paying the "price" for MY salvation? (Luke 23:33-34)
12. Have I personally and consciously acknowledged Jesus as "Lord" - King, Christ, the Anointed One, and "the Son of the Living God?" (See Act 2-4)

13. Do I have my own Bible or other collections of Sacred Scripture, such as the daily readings of the Church or daily meditations?

14. Have I ever personally and prayerfully read the life and teaching of Jesus according to the Gospels: Matthew, Mark, Luke, and John? If not, why not?

15. Do I really pray every day? How? (1 Thessalonians 5:16-17)

16. Do I go to Mass? Always? Why or Why not? (Heb 10:25)

17. Am I truly an active and financially contributing member of my parish, really? (2 Cor Chapters 8 and 9 see especially 9:6-10)

18. Do I have a good understanding of what is really happening at mass? 1) the reading of the Word of God and 2) the Last Supper and Sacrifice of Jesus on Calvary as well as His Resurrection made present in the Holy Eucharist? And so much more. (Luke 22-24 Last Supper and Road to Emmaus)

19. Do I believe that Jesus founded and is still present in the Catholic Church? (Matthew 15:16) What is the Catholic Church in my life? Is "She" - the Bride of Christ... (intimately linked to - one with Jesus) the true Church built by Jesus for the salvation of the human race, who teaches the *fullness* of the Christian faith? Or is "it" simply something less ... even a flawed, simply human institution with ancient traditions doing some good in the world? (1 Timothy 3:15, Ephesians 5:25-33)

21. What do I believe about the Holy Eucharist? Is it the true, real, substantial, and spiritual/Sacramental presence of Jesus - God with us - under the appearance of bread and wine and that it communicates God's grace? (and is sacrilege when taken without faith and proper disposition)? (John 6 and 1 Corinthians 11:27-29)

22. Do I treasure the gift of the Holy Eucharist? How so? Do I regularly spend time in the presence of the Blessed Sacrament, i.e. in church? or adoration?

23. Do I regularly examine my life and confess my sins, i.e. celebrate the Sacrament of Confession/Reconciliation? Do I forgive others? easily?

24. What concrete difference does faith in Jesus Christ make in my *daily* life? My actions, goals, decision making? Is God first in my life?