

Self-Reflection based on Retreat-Modeling the Journey toward Holiness  
Parent Preparation for First Penance  
Saint Bridget Catholic Church

Is God at the center of my life? (Asked of us by Jesus)

- Am I nurturing a relationship with Jesus... daily?
- Am I encountering Jesus in the Eucharist... regularly?
- Am I listening to what Jesus is saying through the Scriptures and the Tradition of the Church... consistently?
- How often do I recognize my need for mercy and forgiveness? Have I acted on that by celebrating the Sacrament of Penance?
- Am I discovering a need for the gifts of the Holy Spirit in order to live as Jesus asks?
- How often do I precede my decisions and choices with a time of asking for Jesus' direction?

Is God at the center of our family life? (Promised in the Sacraments of Baptism and Marriage)

- How do we regularly acknowledge God's gifts with thanks?
- How and when do we recognize God's presence in good times and bad?
- How do we learn and grow about God by coming to know Jesus as a family?
- In what ways do we speak with and listen to the Lord daily as a family?
- How do we practice mercy and forgiveness with one another?
- When and how do we pray together? When and how do we play together?
- Is our home a haven for the lost, lonely and discouraged?
- When have our children seen us pray, heard us ask for forgiveness, and observed us acting with charity and justice?

Does our family take advantage of the gift of the parish to nurture our life in Christ? (An obligation of the baptized)

- Do we regularly and robustly celebrate the sacraments of Penance and Eucharist?
- Do we consistently share in the parish's works of charity and justice?
- Do we deliberately engage in opportunities to learn and grow in the Catholic faith?
- Do we seek out a network of relationships with other Catholic families in the parish?
- Do we sacrificially support the parish's efforts to be a sign of Christ's presence with our time, our talents and our money?