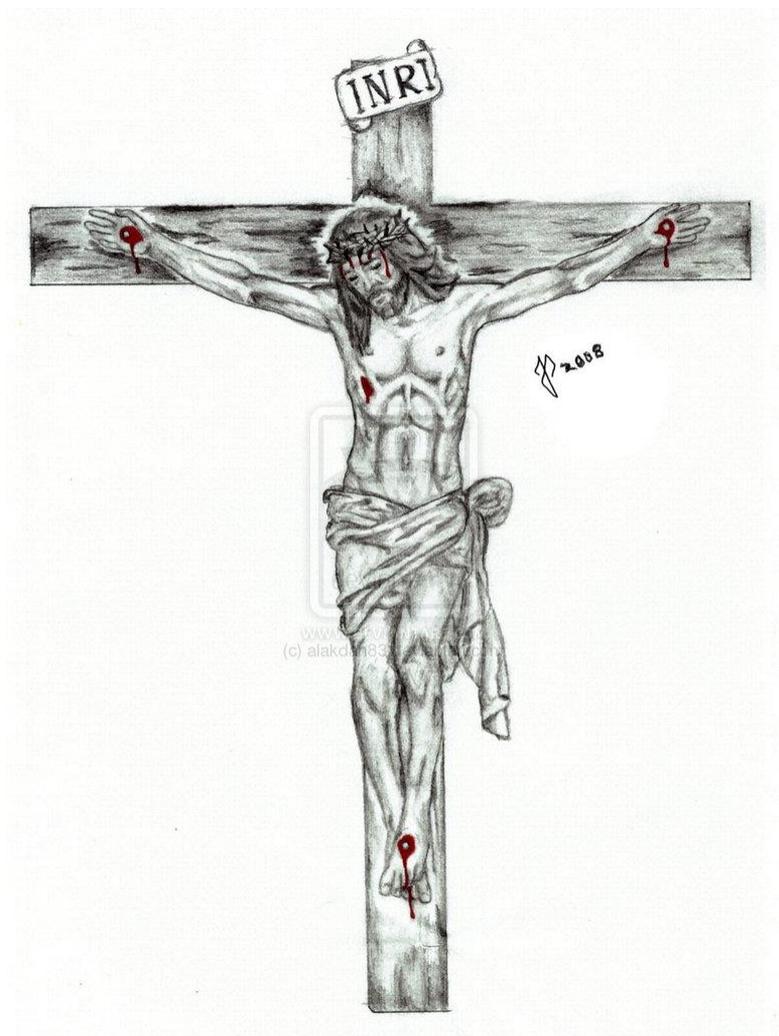


Lenten Devotional: Penitential Self-Examination & Stations of the Cross



Penitential Self-Examination



PRIDE is putting self in the place of God as the center and objective of our life, or of some department thereof. It is the refusal to recognize our status as creatures, dependent on God for our existence, and placed by him in a specific relationship to the rest of his creation.

Irreverence. Deliberate neglect of the worship of God every Sunday in HIS church, or being content with a perfunctory participation in it. Disregard of other Holy Days or of additional opportunities for giving God honor. Failure to thank God or to express our gratitude adequately.

Disrespect for God or holy things by deliberately treating them, in thought, word or deed, in a profane, contemptuous or overfamiliar manner. Use of holy things for personal advantage, or the attempt to bribe or placate God by religious practices or promises.

Sentimentality. Being satisfied with pious feelings and beautiful ceremonies without striving to obey God's will.

Presumption. Dependence on self rather than on God, with the consequent neglect of the means of grace—sacraments and prayer. Dispensation of ourselves from ordinary duties on the grounds that we are superior persons. Satisfaction or complacency over our spiritual achievements. Refusal to avoid, when possible, immediate occasions of temptation. Preference for own ideas, customs, schemes or techniques. Foolish optimism.

Failure to recognize our job as a divine vocation, or to offer our work to God. Unwillingness to surrender to abide in Christ, to let him act in and through us. Failure to offer God regularly in intercession the persons or causes that have, or should enlist our interest and support.

Distrust. Refusal to recognize God's wisdom, providence and love. Worry, anxiety, misgivings, scrupulosity, or perfectionism. Attempts to discern or control the future by spiritualism, astrology, fortunetelling or the like. Magic or superstition.

Over-sensitiveness. Expectation that others will dislike, reject, or mistreat us; over-readiness so to interpret their attitude, or quickness to take offense. Unfounded suspicions.

Timidity in accepting responsibility, or cowardice in facing difficulty or suffering. Surrender to feelings of depression, gloom, pessimism, discouragement, self-pity, or fear of death, instead of fighting to be brave, cheerful and hopeful.

Disobedience. Rejection of God's known will in favor of our own interests or pleasures. Disobedience of the legitimate (and therefore divinely ordained) laws, regulations or authority of the church, state, parents, teachers, etc.; or slow and reluctant obedience. Failure when in authority to fulfill responsibilities or consider the best interests of those under us.

Refusal to learn God's nature or will as revealed in scripture, expounded in instructions or expert advice, or discernible through prayer, meditation or the reading of religious books. Absorption in our own affairs, leaving little time, energy or interest for the things of God.

Violation of confidence. Breaking of legitimate promises or contracts. Irresponsibility. Treachery. Unnecessary disappointment of another, or the causing of shame or anxiety to those who love us.

Impenitence. Refusal to search out and face up to our sins, or to confess them or admit them before God. Disregard of our sins or pretense that we are better than we are. Self-justification or discounting our sins as insignificant, natural or inevitable. Selfrighteous comparison of ourselves with others.

Refusal to accept just punishment or to make due reparation when possible. Deceit or lying to escape the consequences of our sins, or allowing another to suffer the blame for our faults. Overcompensation or attempts at self-reform or self-vengeance, to avoid surrender to God in humble penitence.

Shame (hurt pride), sorrow for ourselves because our sins make us less respectable than we like to think we are, or because we fear punishment or injury to our reputation, rather than sorrow for what sin is in the eyes of God. Refusal to admit that we were in the wrong or to apologize. Refusal to

accept forgiveness from God or others. Doubt that God can forgive our sins, or failure to use the means of getting assurance of his forgiveness when we need it. Unwillingness to forgive ourselves.

Vanity. Crediting to ourselves rather than to God our talents, abilities, insights, accomplishments, good works. Refusal to admit indebtedness to others, or adequately to express gratitude for their help. Hypocrisy. Pretense to virtues we do not possess. False humility. Harsh judgment on others for faults we excuse in ourselves.

Boasting, exaggeration, drawing attention to ourselves by talking too much, by claiming ability, wisdom, experience, or influence we do not have, or by eccentric or ostentatious behavior. Undue concern over, or expenditure of time, money, or energy on looks, dress, surroundings, etc., in order to impress others; or deliberate slovenliness for the same purpose. Seeking, desiring or relishing flattery or compliments.

Arrogance. Insisting that others conform to our wishes, recognize our leadership, accept our own estimate of our worth. Being overbearing, argumentative, opinionated, obstinate.

Snobbery. Pride over race, family, position, personality, education, skill, achievements or possessions.

ANGER is open rebellion against God or our fellow creatures. Its purpose and desire is to eliminate any obstacle to our self-seeking, to retaliate against any threat to our security, to avenge insult or injury to our person.

Resentment. Refusal to discern, accept or fulfill God's vocation. Dissatisfaction with the talents, abilities, or opportunities He has given us. Unwillingness to face up to difficulties or sacrifices. Unjustified rebellion or complaint at the circumstances of our lives. Escape from reality or the attempt to force our will upon it. Transference to God, to our parents, to society, or to other individuals of the blame for our maladjustment; hatred of God, or antisocial behavior. Cynicism. Annoyance at the contrariness of things; profanity or grumbling.

Pugnacity. Attack upon another in anger. Murder in deed or desire. Combativeness or nursing of grudges. Injury to another by striking, cursing or insulting him; or by damaging his reputation or property. Quarrelsomeness, bickering, contradiction, nagging, rudeness, or snubbing.

Retaliation. Vengeance for wrongs real or imagined, or the plotting thereof. Harsh or excessive punishment. Hostility, sullenness, or rash judgment. Refusal to forgive, or to offer or accept reconciliation. Unwillingness to love, to do good to, or to pray for enemies. Boycotting or ostracizing another for selfish reasons. Spoiling others' pleasure by uncooperativeness or disdain, because we have not got our way, or because we feel out of sorts or superior.

ENVY is dissatisfaction with our place in God's order of creation, manifested in begrudging his gifts and vocations to others.

Jealousy. Offense at the talents, success or good fortune of others. Selfish or unnecessary rivalry or competition. Pleasure at others' difficulties or distress. Belittling others.

Malice. Ill-will, false accusations, slander, backbiting. Reading false motives into others' behavior. Initiation, collection or retailing of gossip. Arousing, fostering or organizing antagonism against others. Unnecessary criticism, even when true. Deliberate annoyance of others, teasing or bullying.

Contempt. Scorn of another's virtue, ability, shortcomings, or failings. Prejudice against those we consider inferior, or who consider us inferior, or who seem to threaten our security or position. Ridicule of persons, institutions or ideals.

COVETOUSNESS is the refusal to respect the integrity of other creatures, expressed in the inordinate accumulation of material things; in the use of other persons for our personal advantage; or in the quest for status, power or security at their expense.

Inordinate Ambition. Pursuit of status, power, influence, reputation, or possessions at the expense of the moral law, of other obligations, or of the rights of others. Ruthless or unfair competition. Putting self or family first. Conformity to standards we recognize as wrong or inadequate in order to get ahead. Intrigue or conspiracy for self-advancement.

Domination. Seeking to use or possess others. Overprotection of children; refusal to correct or punish lest we lose their affection; insistence that they conform to our ideal for them contrary to their own vocation. Imposing our will on others by force, guile, whining, or refusal to cooperate. Over-readiness to advise or command; abuse of authority. Patronizing, pauperizing, putting others under a debt of

gratitude, or considering ourselves ill-used when others' affection or compliance is not for sale.

Respect of persons, favoritism, partiality, flattery, fawning, or bribery to win support or affection. Refusal to uphold the truth to fulfill duties, to perform good acts, or to defend those wrongfully attacked, because we fear criticism or ridicule, or because we seek to gain the favor or approval of others. Leading, tempting or encouraging another to sin.

Avarice. Inordinate pursuit of wealth or material things. Theft, dishonesty, misrepresentation, or sharing in stolen goods. Cheating in business, taxes, school or games. Making worldly success the goal of our life or the standard for judging others.

Prodigality. Waste of natural resources or personal possessions. Extravagance or living beyond our income, to impress others or to maintain status. Failure to pay debts. Gambling more than we can afford to lose, or to win unearned profits. Unnecessary borrowing or carelessness with others money. Expenditure on self of what is needed for the welfare of others.

Penuriousness. Undue protection of wealth or security. Selfish insistence on vested interests or on claimed rights. Refusal to support or help those who have a claim on us. Sponging on others. Stinginess. Failure to give due proportion of our income to Church and charity, or of our time and energy to good works. Failure to pay pledges promised to the Church or charities, when able to do so.

GLUTTONY is the overindulgence of natural appetites for food and drink, and by extension the inordinate quest for pleasure or comfort.

Intemperance. Overindulgence in food, drink, smoking, or other physical pleasures. Fastidiousness, fussiness, demanding excessively high standards, or diletantism. Condemnation of some material things or pleasures as evil in themselves, attempting to prohibit their use rather than their abuse.

Lack of Discipline. Negligence in keeping the days of fasting or abstinence, or failure to use other needed means of self-discipline. Neglect of bodily health—not getting sufficient rest, recreation, exercise or wholesome nourishment. Failure to use or to cooperate with available medical care when ill. Use of sickness as a means of escape from responsibilities.

LUST is the misuse of sex for personal gratification, debasing it from the holy purpose for which God has given it to us.

Unchastity. Violation of the Church’s marriage laws. Lack of consideration for one’s partner in the use of the marital relationship. Refusal to fulfill the purpose of Holy Matrimony in the bringing forth and giving adequate care to children, or to take our full share in the responsibilities or work involved. Unfaithfulness to one’s spouse. Sexual indulgence outside matrimony, in thought or act, alone or with others.

Immodesty. Stimulation of sexual desire in others by word, dress, or actions; or in one’s self by reading, pictures, or fantasies. Collecting or recounting dirty stories.

Prudery. Fear of sex or condemnation of it as evil in itself. Refusal to seek adequate sexual instruction or the attempt to prevent others from obtaining it. Stimulation of excessive and harmful curiosity by undue secrecy. Repression of sex.

Cruelty. Deliberate infliction of pain, mental or physical.
Tormenting of animals.

SLOTH is the refusal to respond to our opportunities for growth, service or sacrifice.

Laziness. Indolence in performing spiritual, mental or physical duties, or neglect of family, business or social obligations or courtesies. Procrastination of disliked tasks. Busyness or triviality to avoid more important commitments. Devotion of excessive time to rest, recreation, amusement, television, or the like. Waste of employer's time, or shoddy or inadequate work.

Indifference. Unconcern over injustice to others, especially that caused by currently accepted social standards; or unmindfulness of the suffering of the world. Failure to become adequately informed on both sides of contemporary issues or on the Christian principles involved. Neglect of duties to state or community. Failure to provide adequately for, or to treat justly those in our employ.

Ignoring of needy, lonely or unpopular persons in our own or the parish family, or in the neighborhood; or unwillingness to minister to them. Insufficient attention to the religious and other needs of our family. Failure to fulfill our obligation of Christian missionary witness, or to take a full and informed part to make the church's unity and holiness a manifest reality on earth.

Stations of the Cross

Jesus Is Condemned to Death (Mark 15:8-15)

ALMIGHTY GOD, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through the same thy Son Jesus Christ our Lord. *Amen.*

Jesus Takes Up His Cross (Mark 15:16-20)

O LORD God, whose blessed Son, our Saviour, gave his back to the smiters and hid not his face from shame; Grant us grace to take joyfully the sufferings of the present time, in full assurance of the glory that shall be revealed; through the same thy Son Jesus Christ our Lord. *Amen.*

Jesus Falls the First Time (Philippians 2:5-11)

O GOD, who knowest us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright; Grant to us such strength and protection, as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord. *Amen.*

Jesus Meets His Blessed Mother (Lamentations 2:13)

ALMIGHTY God, we entrust all who are dear to us to thy never-failing care and love, for this life and the life to come; knowing that thou art doing for them better things than we can desire or pray for; through Jesus Christ our Lord. *Amen.*

The Cross Is Laid Upon Simon of Cyrene (Luke 23:26)

ALMIGHTY and merciful God, of whose only gift it cometh that thy faithful people do unto thee true and laudable service; Grant, we beseech thee, that we may so faithfully serve thee in this life, that we fail not finally to attain thy heavenly promises; through the merits of Jesus Christ our Lord. *Amen.*

Veronica Wipes the Face of Jesus (Isaiah 53:2-5)

DIRECT us, O Lord, in all our doings, with thy most gracious favour, and further us with thy continual help; that in all our works begun, continued, and ended in thee, we may glorify thy holy Name, and finally, by thy mercy, obtain everlasting life; through Jesus Christ our Lord. *Amen.*

Jesus Falls a Second Time (Isaiah 53:6-7)

ALMIGHTY and everlasting God, who, of thy tender love towards mankind, hast sent thy Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility; Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. *Amen.*

Jesus Meets the Women of Jerusalem (Luke 23:27-31)

O GRACIOUS Father, we humbly beseech thee for thy holy Catholic Church; that thou wouldest be pleased to fill it with all truth, in all peace. Where it is corrupt, purify it; where it is in error, direct it; where in anything it is amiss, reform it. Where it is right, establish it; where it is in want, provide for it; where it is divided, reunite it; for the sake of him who died and rose again, and ever liveth to make intercession for us, Jesus Christ, thy Son, our Lord. *Amen.*

Jesus Falls the Third Time (Lamentations 3:1, 2, 5-8, 16, 19)

O MOST loving Father, who willest us to give thanks for all things, to dread nothing but the loss of thee, and to cast all our care on thee, who carest for us; Preserve us from faithless fears and worldly anxieties, and grant that no clouds of this mortal life may hide from us the light of that love which is immortal, and which thou has manifested unto us in thy Son, Jesus Christ, our Lord. *Amen.*

Jesus Is Stripped of His Garments (John 19:23-24)

O LORD God, whose blessed Son, our Savior, gave his back to the smiters and hid not his face from shame; Grant us grace to take joyfully the sufferings of the present time, in full assurance of the glory that shall be revealed; through the same Jesus Christ our Lord. *Amen.*

Jesus Is Nailed to the Cross (Mark 15:22-24a, 27, 28)

O GOD, who sparest when we deserve punishment, and in thy wrath rememberest mercy; We humbly beseech thee, of thy goodness, to comfort and succour all prisoners, especially those who are condemned to die. Give them a right understanding of themselves, and of thy promises; that, trusting wholly in thy mercy, they may not place their confidence anywhere but in thee. Relieve the distressed, protect the innocent, awaken the guilty; and forasmuch as thou alone bringest light out of darkness, and good out of evil, grant to these thy servants, that by the power of thy Holy Spirit they may be set free from the chains of sin, and may be brought to newness of life; through Jesus Christ our Lord. *Amen.*

Jesus Dies on the Cross (Mark 15:33-37)

ALMIGHTY and everlasting God, who, of thy tender love towards mankind, hast sent thy Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility; Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. *Amen.*

Jesus Is Taken Down From the Cross (Lamentations 2:11-12)

O LORD Jesus Christ, who by thy death didst take away the sting of death: Grant unto us thy servants so to follow in faith where thou hast led the way, that we may at length fall asleep peacefully in thee, and wake up after thy likeness; through thy mercy, who livest with the Father and the Holy Ghost, one God, world without end. *Amen.*

Jesus Is Laid in the Tomb (Matthew 27:57-60)

GRANT, O Lord, that as we are baptized into the death of thy blessed Son, our Saviour Jesus Christ, so by continual mortifying our corrupt affections we may be buried with him; and that through the grave, and gate of death, we may pass to our joyful resurrection; for his merits, who died, and was buried, and rose again for us, the same thy Son Jesus Christ our Lord. *Amen.*



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