THE PRIEST - 3-DAY CONSCIENCE & PEACE EXAMEN

BookAI Studio Pastoral Study Sanctuary | Scripture, Moral Clarity & Peace

DAY 1: GRATITUDE & LIGHT (SEEING CLEARLY WITHOUT SHAME)

Teaching: Classical Christian examination of conscience begins with gratitude, never with self-hatred. Healthy conscience restores; shame isolates.

Daily Action: Tonight, write down two moments today where you gave or received patience.

Reflection Prompt: Where did I act from peace today, and where did I act from fear?

DAY 2: FORGIVENESS WITH HEALTHY BOUNDARIES

Teaching: Documented Christian teaching (Matthew 18; Catechism 2840-2845) defines forgiveness as releasing resentment so bitterness does not rule your soul.

Daily Action: Identify one grudge you are carrying. Pray or resolve to release the bitterness while keeping wise, honest boundaries.

Reflection Prompt: What truth needs to be spoken with gentleness in my family or work?

DAY 3: DISCERNING THE NEXT RIGHT STEP

Teaching: St. Augustine reminds us that our hearts find rest when aligned with truth.

Daily Action: Choose one concrete act of repair, apology, or service for tomorrow.

Reflection Prompt: What is the single most honest step I can take tomorrow morning?
