

## 3<sup>rd</sup> Sunday of Advent : Year B

### An Examination of Conscience as Nativity nears

Settle into prayer.

Ask the Holy Spirit to help you see how God sees you as you pray. In God's presence ask yourself these questions:

1. What gifts have I received during this pandemic that I can be thankful for?
2. Where has God been working during my life in this pandemic? Where have I cooperated with God? Where have I cooperated with the sinful element within me and not been how I want to be for the Lord?

See God's forgiveness coming to you for the times you have not been attentive and responsive to God's presence and love.

See how God's help will guide you through this coming celebration of Jesus' birth. See how God's Spirit will be with you every day of your future.

Adapted from J.S Velti SJ in "Hearts on Fire" ed. M Harter SJ (1993).

**Close with this Act of contrition, or one of your choosing.**

God our Father, I thank you for loving me.

I am sorry for my all my sins,

for what I have done and for what I have failed to do.

I will ask for your grace to help me love others  
in everything I do and say.

Help me to walk in your light, with hope,  
towards Nativity and a New Year.