

SANCTUARY

YEAR 1, 30th Sunday of Ordinary Time/YEAR 1, 3rd Sunday of Lent/YEAR 3, 5th Sunday of Lent

Print the "Examination of Conscience" handout, one for each participant.

Pass out the "Examination of Conscience" page and a writing instrument to each participant. Instruct everyone spread out and imagine that they are in their own "sanctuary".

Explain that the reason we make examinations is to become aware of the hurt we have caused ourselves and others by running away from God. Explain that we need to hear that we are forgiven in confession and just as Moses lifted the serpent in the desert (Numbers 21:4-9), God wills to heal us through the sacrament of confession; therefore, an examination of conscience, is an intimate moment of apology, hope, love and renewal (a meeting place with God, aka: a sanctuary).