

Let Us Pray

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power,
And the glory forever.

Amen.

Matthew 5: 23-25

“Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. Settle with your opponent quickly while on the way to court with him.”

Catholic in Recovery Twelve Steps and Sacraments Study Week 10: Continued Personal Inventory



Catechism of the Catholic Church 1393

“Holy Communion separates us from sin. The body of Christ we receive in Holy Communion is ‘given up for us’ and the blood we drink ‘shed for the many for the forgiveness of sins.’ For this reason, the Eucharist cannot unite us to Christ without at the same time cleansing us from past sins and preserving us from future sins:

*For as often as we eat this bread and drink the cup, we proclaim the death of the Lord. If we proclaim the Lord’s death, we proclaim the forgiveness of sins. If, as often as his blood is poured out, it is poured for the forgiveness of sins. I should always receive it, so that it may always forgive my sins. Because I always sin, I should always have a remedy. **St. Ambrose***

Step Ten: Continued to take personal inventory, and when we were wrong, promptly admitted it.

Going Further

1. What are the daily commitments you have made to participate in the grace that God gives you today?
2. What reminders of God's grace have come into your life recently? How have you found your way back to Him as a result?
3. In what circumstances have the issues of pride, envy, shame, and frustration made their way into your life?
4. Using your own personal rubric or one that is described in this chapter, begin taking a daily inventory. If moments appear where you have wronged someone, humbly admit it as soon as possible.
5. What things are you doing right on a regular basis?
6. Begin a routine of making a gratitude list, creating an accessible way to recall the great gifts God has placed in your life.