

The Wounds of Christ's Feet

- How can we console the wounds of His feet
- How can we not nail down His work by our own lack of movement?
- Are we attached to one place, one mission, to a certain people?
- Are we intrepid like Our Lady and always ready to go whenever and wherever the Kingdom of God needs me?
- Are our feet nailed down by our own caprices and self-will?
- Are our feet immobilized by our own comfort and control?
- Are we ready to simply pack and go wherever they need us to go, to the new place in the geography of Their designs?
- Do we go in simplicity, or does a drama take place in our hearts when we are sent across the mountains and oceans to bring the good news?
- Are we allowing Satan to nail us down through our own attachment to places, missions or people?
- What if we are the ones resisting the movement? Would Jesus shake His sandals and give the grace to someone else?

The Wound of Christ's Heart

- Do we spend time in prayer contemplating the wounds, the sufferings of love that Jesus endured on the Cross?
- How much do we dwell in our past wounds instead of walking towards the Cross and uniting our wounds and sufferings to His to give them purpose and fecundity?
- Jesus loved us to the extreme! Have we learned to love in this way?
- Is love a word that we use indiscriminately or lightly but without truly intending to live all the consequences that love will lead us to or demand from us?
- Are we willing to stand at the foot of the Cross in fidelity to Jesus, to His love and to His sufferings, or are we seeking to stay away, walk at a distance from the sorrowful mysteries of our own lives and not embrace them with the same love with which Jesus embraced His?

- Are we so sensitive that we react to any difficulty creating unnecessary drama or issues, calling undue attention to our participation in the Cross of Christ?
- Are we before the Cross in reverent silence, so as to hear the few words that Jesus was able to utter from the Cross?
- Do I think of others, beginning with our own religious family or our family when we are experiencing the sorrowful power of the Cross?
- Do we keep silence before the Crucified One like Our Lady, the Mother of the Redeemer, the Mother of the Crucified One?
- Do we keep the silence of St. John, whose silence allowed him to be an eyewitness with a deep contemplation of the mystery of the One who was pierced?
- Do we allow those seven words spoken from the Cross to pierce our hardened hearts?
- Are we so blinded by selfishness that we do not stop before the Cross and see with our own eyes what love looks like?
- Do we hear the seven last words of Christ and respond to them with loving obedience?
- Do we discern with a mind of love to acquire true wisdom?
- Do we have a reflective mind filled with the love of Christ that allows us to reason in the order and logic of love?
- Are our choices and thought processes inspired by love and all that love implies, or rather by emotion, selfish reactions, fast solutions, a quick temper, or mediocrity?
- Do we truly live our calling to be pierced for others to have life?
- Do we know that life requires the necessary piercing of our hearts to be able to be born
- Do we know that giving the life of Christ to others will lead us to be like Him, persecuted, opposed, envied, and even imprisoned, through obstacles or doors that are closed in front of us?
- In all things, when the lance is thrust against us, do we respond with oblation love and life-giving purity like Jesus?
- Are we willing to have our hearts truly pierced to be like Him?
- Do we even understand the meaning of being pierced, or do we call our purifications, necessary mortifications in all areas, penances that deliver us from sin, being pierced?



By His Wounds We Are Healed

Examination of Conscience

Based on Mother's Lenten Letter,
"Let us Console and Heal the
Wounds of Our Lord Jesus Christ!"

March 1, 2022



The Wounds of Christ's Face

- How do we use our eyes?
- Is curiosity a sin in my eyes?
- Are our eyes filled with criticism and judgment?
- Are they being wasted by looking at superficial things instead of using them to read the Word of God and to contemplate Him through reading, studying and looking at the Crucified Lord?
- Are my eyes covered in blood like the Lord's? That means, do I allow the Blood of Christ to purify our sense of pride, control, selfishness, and even envy that enter into our hearts through our eyes?
- Do we keep silence in our mouth but speak louder with our gestures of complaint, irony, or judgment of others?
- Is my face a reflection of Our Lady's face?
- Is it a reflection of the face of Christ?
- Does my face show the world the power of love and the true beauty of a redeemed soul?
- Is our face one of peace, serenity, kindness, mature sorrow, and simplicity in gestures? Are my gestures in full harmony with the conversion of heart that we really seek to accomplish?
- The Wounds of His Face are to transform our own faces since we are called to be a living reflection of the face of Our Lady and of Jesus. Can anybody find Their faces in ours? Only penance and mortification in our eyes and gestures will accomplish this task.
- What do we hear?
- Do we really pay attention when I am being spoken to, or given an instruction?
- Do I really hear the Lord's Word when it is being proclaimed, allowing it to transform the interior realities of our being?
- Do I listen to what I want, being selective in my hearing? Do I hear what I want to hear, not the truth of what is being said to us?
- Do we waste our time and our potentiality of hearing by speaking superficial things, or by listening to such, by not really paying full attention when we are being taught or the Truth is being proclaimed to us?
- Do we want to seek those who will tell me what I want to hear, or do we manipulate the information I communicate to obtain a selfish, self-seeking benefit even if it offends charity?



- How do we use the gift of speaking?
- Is our mouth a channel of peace, wisdom, order, integrity, honesty, and sincerity? Or are our words wasted in superficiality, vanity, pride, rebelliousness, or passive or active resistance?
- Do we use this power, the power of the Word to allow good and wisdom to edify others, or do we seek attention for ourselves?
- Do we give a witness of vanity or use our words for self-defense or to blame others for my own faults?
- Which of those areas in my words need to be exorcised by His powerful silence?

The Wound of His Shoulder

- How do we live this calling to follow Christ in fidelity and in total disposition to carry our daily crosses in the same way that He carried His Cross for us?
- How many times do we want others to carry our crosses instead of having enough love to embrace my own?
- How many times have we called a simple difficulty, an opposition to our will, or small persecutions a "cross"?
- How are we so prompt to use the word "cross" for the sufferings that we have caused ourselves because of our own sins, wrongful behavior, imprudence, lack of charity and even by a demeanor that is rejected by others?
- How much we carry in our hearts, like resentment, because someone did not treat us the way we expected or we wanted?
- How do we deny ourselves?
- How do we postpone our own interests for the common good?
- How do we resist changes when our plans are changed by circumstances?
- How attached are we to ourselves in all dimensions, instead of denying or forgetting about ourselves?
- Are we even capable of truly denying ourselves or do we enter into frustration, sadness, anger or rebelliousness when I am called to deny myself?
- Are we really radical in our following of Christ?
- Do we settle very comfortably in our life with the Lord even when it is a life that is not truly radical and coherent with our calling? And if we carry our crosses, do we do it in silence?
- Do we know how to suffer without complaining or murmuring alone or with others?
- Are we willing to carry the cross to the point that it opens wide the wound of our shoulder? Or do we leave it as soon as it bothers us somehow?
- How can we truly console this wound? – by carrying our crosses as true disciples.

The Wounds of His Hands

- How do we console the wounds of His Hands? Do we use our hands with the same humble disposition of service? Or do we use them to possess things, people, positions, power, control, or riches?
- Do we use our hands to touch the sufferings of humanity, or do we preserve them in selfishness?
- Do we use our hands to work hard, or do we see this work as stifling our freedom and comfort?
- Do we understand that our hands are to build and create something good, not to destroy or to be used in mediocrity?
- Are our hands nailed by the slavery of our own sins?
- Do we enslave the work of the Lord and Our Lady because of our lack of conversion?
- Do we free His hands and the hands of Our Lady to go about the urgent need of building a world of peace and love, truth and life, or are our hands too busy being used for the things we like to do, when we like to do them and for or with whom we like to do them?
- Are our hands restrained by our lack of inner freedom?
- Are our hands scourged by the sins of laziness and pride?
- Are our hands nailed to the ways of the old self?
- Are our hands those of constant, simple, humble and unconditional service without counting the cost or the price we have to pay?

