



53a. Scripture's Four C's

*Excerpt from the "Family Consecration Prayer
and Meditation Book"*

Confidence:

- How well have I trusted God?
- Have my fears and worries betrayed my trust in God?
- Do I really believe that God loves me?
- *There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and he who fears is not perfected in love.* (1 John 4:18)
- *Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you.* (1 Pet. 5:6-7)

Conscience:

- How well have I prayed, practiced silence and the Presence of God, and listened to God?
- Do I pause and mentally say "All for" before every decision, activity, or reaction?
- Do I mean when I say "All for" that I am making a spiritual communion and asking for the graces to discern and do God's will for the present moment?
- Do I truly strive to fulfill the responsibility of the present moment?
- Have I used my spiritual and material resources as God has called me to do?
- Have I thanked God for all that He has given me, including the graces to carry my crosses?
- Have I obeyed my superiors, which is a true test of my willingness to surrender my will to God, or do I try to manipulate them?
- Have I fallen from grace by using artificial contraceptives? (All contraceptives are forbidden.)
- Have I sought spiritual counsel from someone who fully subscribes to the teachings of *Humane Vitae* before using natural family planning? (This document clearly outlines the Church's teaching on marriage and life.)
- *He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness.* (1 Pet. 2:24)

Charity:

- How well have I treated others, particularly those in my family?
- Have I taught by good example and loving authority, or have I abused my authority by showing my anger and by not being charitable or just?
- Do I try too hard to change others rather than change myself?
- Have I been a hypocrite by talking about others or looking down on others? The only people with whom Christ really grew angry were the Pharisees when they judged others, St. Peter when he tried to talk Jesus out of carrying the Cross, and those who made irreverent use of God's house!
- How well have I lived my total consecration (i.e., total giving of oneself to Jesus through Mary in union with St. Joseph)?
- Do I guard lawful confidences?
- *Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud, but gives grace to the humble."* (1 Pet. 5:5)
- *If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver my body*

to be burned, but have not love, I gain nothing. Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. (1 Cor. 13:1-7)

Constancy:

- How well have I applied myself to my tasks and responsibilities? Have I gone the extra mile for God?
- Have I remembered that I am in God's presence by turning my mind to Him frequently during the day?
- Have I maintained a positive and patient attitude, looking for the harvest of graces which will enable me to fulfill God's plan in His due season?
- Have I used the grace offered to me in each present moment to say "yes" to God, or do I allow the world, the flesh, or the devil to distract me and therefore offend God by regretting the past or feeling sorry for myself? In other words, do I get caught up in the teeter-totter of fearing the future and regretting the past and so miss the grace of the now? (Graces, both supernatural and actual, are only given to us in the present moment.)
- Do I offend God by worrying about the future? I must remember that the only moment over which I have control is the present moment; which should be offered with fervent love to God!
- *Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour. (1 Pet. 5:8)*



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