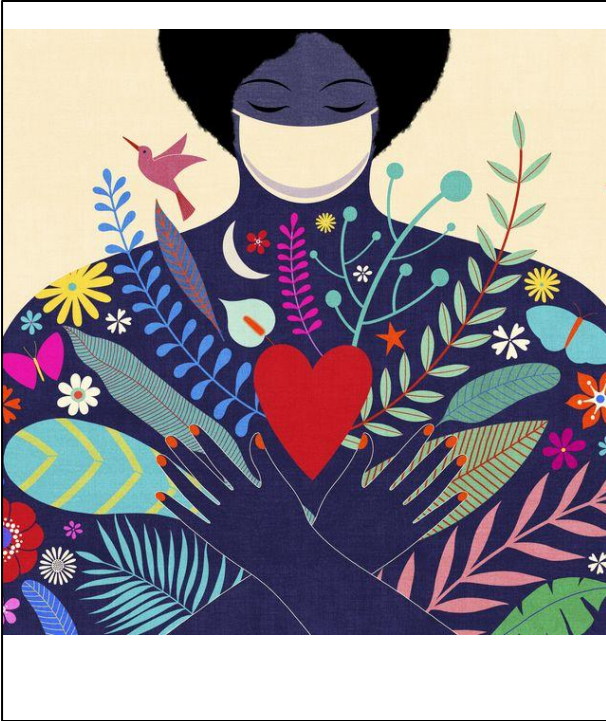




A Racial Justice  
Examination of Conscience



## Gratitude

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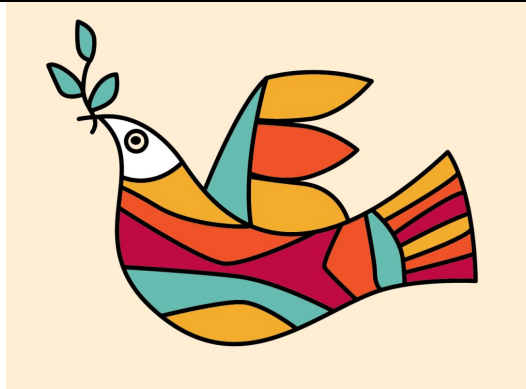
Express gratitude for the native lands that we occupy.

Reflect on the rights you have that our justice system sees as racial privileges.

Give thanks for the gifts you have been given to aid in the fight against racism.

Acknowledge the diverse cultural contributions of immigrants and persons of color.

We are on [Lenape](#) lands.

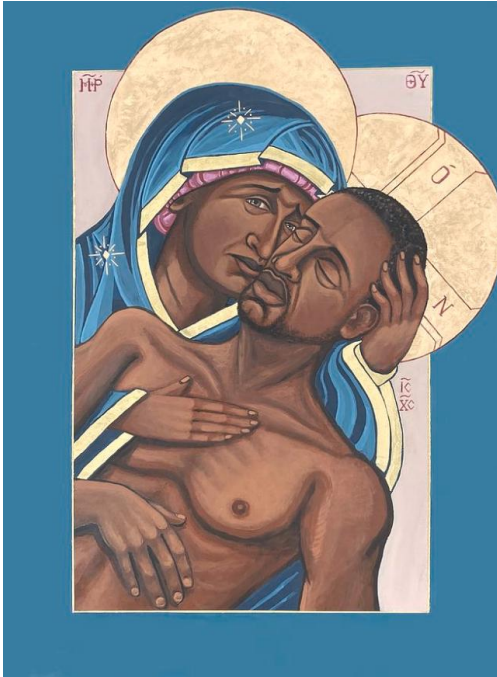


## Grace

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Ask God for the grace and courage to honestly review your past with an accepting heart.

Pray for openness to what God wants to show you.



## Review

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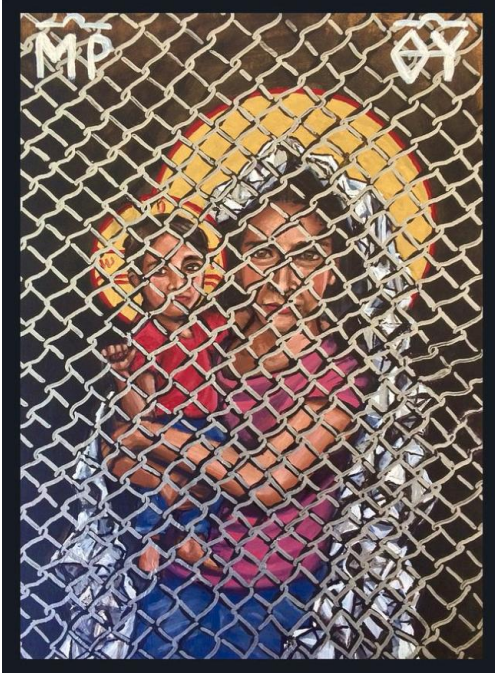
Have I prayed, earnestly and regularly, for an end to racism and an increase in the understanding of the equal dignity of all those created in the image of God?

Have I sought ways to better educate myself about the structures of sin that perpetuate racism and may have an unknown effect on the way I live my life?

Have I tried to gain a deeper understanding of the privileges and blessings I enjoy in my life and how these same privileges and blessings may not be enjoyed by others because of their race?

Have I been conscious of the existence of racism in world, naming it and recognizing it as a structure of sin?

Sources: [Fr. Randy Dollins](#); [Ignatian Solidarity Network](#); [Patrick Saint-Jean, S.J.](#)  
Image Source: [Kelly Latimore](#), "Mama"



## Review

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When have I failed to notice or respond to the needs of my Black brothers and sisters? Have I turned a blind eye to racial injustice? How? Why? How is my compliance, my inaction and my sense of fear directly or indirectly contributing to maintain this structure?

How have I benefited from social and systemic racism today? Think about the community you live in, the social networks to which you belong. How have Black people been excluded from those spaces?

Have I prayed for and actively sought after a greater understanding of systemic racism and been willing to enact real changes in my life to combat it?

Have I been willfully ignorant of the racism that I know exists, choosing to be insensitive by ignoring it?

Sources: [Fr. Randy Dollins](#); [Ignatian Solidarity Network](#); [Patrick Saint-Jean, S.J.](#)  
Image Source: [Kelly Latimore](#), "Mother of God: Protectress of the Oppressed"



## Review

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Have I looked for opportunities to enter into dialogue about racism with those whom I would not ordinarily converse?

In your place of work/service, did you use all available resources to make things culturally sensitive for your coworkers or clients, or did you assume American Western whiteness as the status quo?

Have I desired to overcome my indifference to racial violence and pushed myself past ignoring it?

Sources: [Fr. Randy Dollins](#); [Ignatian Solidarity Network](#); [Patrick Saint-Jean, S.J.](#)  
Image Source: [Mark Doox](#), "Our Lady of Ferguson"



## Review

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Have I asked God to forgive me for the times that I have contributed to racism, consciously or unconsciously, through jokes, conversations, criticisms, use of influence, or complaints?

Did you speak up when a friend/relative/coworker said or acted in a problematic way, or did you choose silence over action?

Have I asked God to forgive my friends, family members, and ancestors who have deliberately participated in and perpetuated the sin of racism, and for a conversion of their hearts?

Sources: [Fr. Randy Dollins](#); [Ignatian Solidarity Network](#); [Patrick Saint-Jean, S.J.](#)  
Image Source: [Kelly Latimore](#), "La Sagrada Familia"



## Freedom

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Ask God to transform you through His merciful compassion.

Pray for internal freedom to let go of whatever inhibits your ability to love your neighbor.





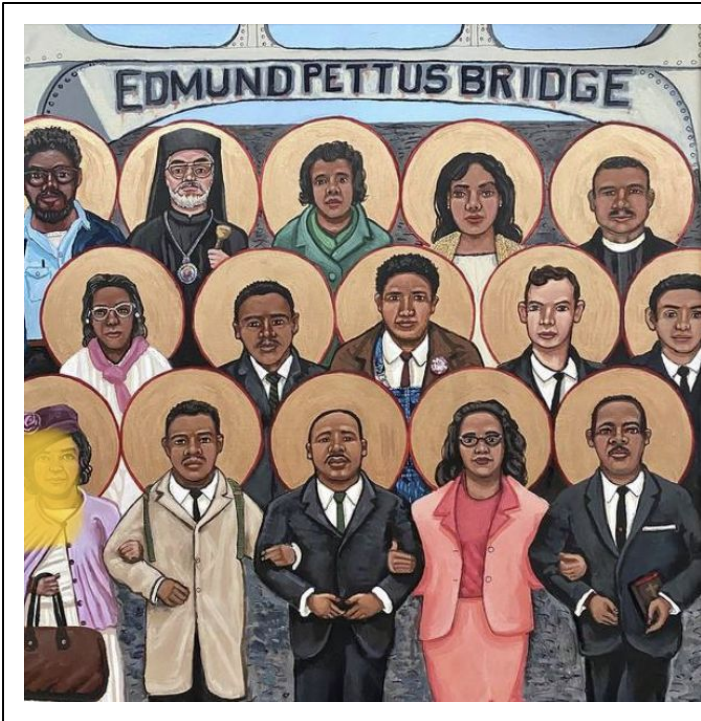
## Renewal

Pray for guidance, perseverance, and awareness for the future.

How can I open my heart to make room for the transformation to deeper love  
which God calls us all to?

Pray for the courage, insight, and self-awareness to continue to grow as an ally  
for racial justice.

Image Source: [Terrance Osborne](#), "Solidarity"



When our eyes do not see the gravity of racial justice,  
Shake us from our slumber and open our eyes, O Lord.

When out of fear we are frozen into inaction,  
Give us a spirit of bravery, O Lord.  
When we try our best but say the wrong things,  
Give us a spirit of humility, O Lord.

When the chaos of this dies down,  
Give us a lasting spirit of solidarity, O Lord.  
When it becomes easier to point fingers outwards,  
Help us to examine our own hearts, O Lord.

God of truth, in your wisdom, Enlighten Us.  
God of hope in your kindness, Heal Us.  
Creator of All People, in your generosity, Guide Us.

Racism breaks your heart,  
break our hearts for what breaks yours, O Lord.  
Ever present God, you called us to be in relationship  
with one another and promised to dwell wherever  
two or three are gathered. In our community, we are  
many different people; we come from many different  
places, have many different cultures. Open our  
hearts that we may be bold in finding the riches of  
inclusion and the treasures of diversity among us.  
We pray in faith.

Image Source: [Kelly Latimore](#), "The Saints of Selma"

Prayer: "[Shake Us from Our Slumber](#)" by Dr. Martin Luther King, Jr.