

EXAMINATION OF CONSCIENCE

OCTOBER (odd years)

Act of presence of God

1. **'Gratias tibi, Deus, gratias tibi!' The life of each of us ought to be a hymn of thanksgiving. Just look how Opus Dei has come about. You, Lord, have done it all...** (Notes from a meditation given by St Josemaría on 27th March, 1975). Do I thank God for the Work and for the initiatives that the people of Opus Dei promote together with their friends and acquaintances?
2. **'Lift up your eyes and see how the fields are already white for the harvest'** (Jn 4:35). Do I see that perhaps God is counting on me to carry out this part of the Church which is the Work? What am I doing to stir up my enthusiasm at the sight of these horizons?
3. St Josemaría reminds us that **'your ordinary contact with God takes place where your fellow men, your yearnings, your work and your affections are. There, you have your daily encounter with Christ'** (*Conversations*, 113). In which of these areas could I be more aware of Our Lord's presence and make him better known?
4. The Lord **'chose us...before the foundation of the world that we should be holy'** (Eph 1:4), St Paul reminds us. Knowing that I was chosen by God with a special love, what great horizons do I set myself? How can I share them also with my spouse and children?
5. **'Holy Michael, the Archangel, defend us in the day of battle. Be our safeguard against the wickedness and snares of the devil'** (Prayer to St Michael). Could I trust more in the Archangel Michael's protection as a patron of the Work?
6. **'Pray a lot for the Pope. Love him a lot.** (Notes from a get together with St Josemaría 11 May 1965). Do I pray for the whole Church and especially for the Pope and the Bishops, trusting that my prayer can be a real and effective help?
7. The Rosary is **'a powerful weapon to enable us to win in our interior struggle and to help all souls'** (Prologue, *Holy Rosary*). What needs do I entrust to Our Lady through the Rosary? Do I pray the Holy Rosary, if I can, with my family?

Act of contrition