

APRIL (odd years)

EXAMINATION OF CONSCIENCE

Act of presence of God

1. *This is my body, which is given for you* (Lk 22:19). Do I ask God for more faith so as to really discover his true presence in the Holy Eucharist? Do I try to grasp what it really means to receive Holy Communion? Could I do more to help those around me to appreciate the value of the Holy Mass?
2. *The one who eats this bread will live for ever* (Jn 6:58). Do I have the habit of placing my life, with its joys, sorrow, difficulties and so in, in his hands, knowing that he will always accompany me and make my journey towards eternal life easier?
3. *I have earnestly desired to eat this Passover with you before I suffer* (Lk 22:14). Do I desire to go to church whenever I can, perhaps once a day if possible, so as to visit Our Lord and talk to him, to adore him and to thank him for being there in the tabernacle?
4. Do I try to offer my whole day in the Holy Mass so that Our Lord may accept, bless and unite it to his own sacrifice? Does it fill me with confidence to know that in this way my life has redemptive value even if it has difficulties and dark moments?
5. *Jesus, having loved his own who were in the world, loved them to the end* (Jn 13:1). *He loved me and gave himself up for me* (Gal 2:20). Have I often prayed about this – Jesus has given his life and the very last drop of his Blood for me?
6. Does meditation on Our Lord's life, especially on the mystery of his Passion and Death, move my heart to make acts of love and sorrow for my sins and make me want to be more generous?
7. In the face of life's difficulties, do I try to pause and remember that God is always by my side and that nothing that happens to me, whether it seems 'good' or 'bad', is a matter of indifference to him? Do I realise how lucky I am to have God as my father and friend, and that my whole life is safe in his hands?
8. When the good thief on the cross asked Jesus to remember him in the Kingdom, Our Lord did not hesitate to reply: *'Truly I say to you, today you will be with me in Paradise'*. (Lk 23:43). Do I feel welcomed in the same way by Our Lord and do I also know how to welcome everyone into my own heart, just as they are? Do I take a real interest in them?

Act of contrition