

EXAMINATION OF CONSCIENCE

JUNE (even years)

Act of presence of God

1. '*Stay with us, for it is toward evening and the day is far spent*' (Lk 24:29). Jesus Christ has remained in the Eucharist out of love for us. When I pray before the tabernacle do I say the same as the disciples - *Stay with us Lord?*
2. *I am the Bread of Life; he who comes to me shall not hunger; and he who believes in me shall never thirst* (Jn 6:35). What can I do to improve my prayer before Our Lord in the Holy Eucharist and at Mass? Is it there that I find the strength I need to keep going?
3. O Godhead hid, devoutly I adore you (Hymn, *Adoro te devote*). Do I make an effort to adore Jesus present in the Eucharist? How can I encourage my family and friends to share in this desire of mine?
4. Make me believe you ever more and more; in thee my hope, in thee my love to store (Hymn, *Adoro te devote*) What am I doing in order to live with more faith, hope and charity?
5. *If we love one another, God abides in us and his love is perfected in us* (1Jn 4:12). How can I grow in love for those around me? How can I respond better to their need for me to understand and encourage them?
6. Fraternity needs to be expressed in friendship, which achieves its fullness when we desire the good of the other person; their happiness, their faithfulness and their holiness (see Pastoral Letter from the Prelate, 1 November 2019, para 14). How do I express my friendship in giving others my time, praying for them, showing them affection, sharing things with them etc?
7. St Josemaria told us in the Work that he loved us with ***the heart of a father and a mother*** (Letter 6 May 1945, para 23). Do I also feel supported by his affection and do I go to his intercession? Do I try to accompany others with affection? Do I know what their needs are?

Act of contrition