

## EXAMINATION OF CONSCIENCE

May (odd years)

### *Act of Presence of God*

1. And his mother kept all these things in her heart” (Luke 2:50-51). Do I trust God as Our Lady does, and do I realise that I will only understand some things with the passage of time?
2. Do I consider how our Lady would carry out the same tasks as I do at home? Do I ask her to make my house bright and cheerful, like hers was?
3. Do I entrust my family members to the Our Lady who is our Mother – my children, my nephews and nieces, my grandchildren, and my friends’ children also?
4. They brought children to Jesus for him to bless them. Do I welcome each son or daughter as a gift from God, and an expression of God’s confidence towards me and my husband? Do I foster generosity in receiving each new life joyfully, even though it means making sacrifices? If God hasn’t given me children, do I take it as an invitation to love my spouse more and to extend my love beyond the bonds of flesh and blood, in service to others?
5. Do I have recourse to Our Lady, asking her help so that my children, and the children of my acquaintances, grow closer to God? If God were to give any of my children a vocation to dedicate themselves to Him, would I generously accept that with gratitude? Do I also help my friends to consider this in regard to their own children?
6. As at the wedding feast of Cana, Mary intercedes with God for all our needs. Do I say the Rosary devoutly and trustingly? Insofar as possible, do I honour Our Lady by saying the family Rosary at home?
7. Trusting in God’s presence in my home, do I ask him to give my family life a deep and genuine charity which helps us all to overlook any small daily disagreements that arise?
8. Do I appreciate that there cannot be genuine joyful love in marriage without the virtue of chastity? Do I have humble recourse to the Our Lady in order to grow in this virtue? Do I count on the grace of the sacrament of marriage to be faithful to my husband?
9. Do I realise that pride is the greatest enemy of harmony between spouses? Am I willing to give way in unimportant things? Do I give in to anger, impatience, laziness, disorder, or doing my own thing? Do I say sorry, even if it’s difficult? Do I avoid gossiping or being judgmental?
10. “Where your treasure is, there will your heart be also” (Matt 6:21). Do I realise that, in order to follow Christ and be happy, I cannot set my heart on earthly goods? Is this obvious whenever I consider making a purchase?
11. Do I practise the works of mercy, and do I contribute to the material needs of the Church, for example by supporting the apostolic work of Opus Dei, or other enterprises?

12. By my own example and words, do I foster a sober life-style in my family and among my friends, in accordance with a spirit of Christian poverty?

13. "Do not be afraid; go and tell my brethren to go to Galilee, and there they will see me" (Matt 28:10). Do I trust in the grace of the risen Jesus to put the resolutions of this recollection into practice? Do I ask Our Lady for help?

*Act of Contrition*