

EXAMINATION OF CONSCIENCE

JUNE(odd years)

Act of Presence of God

1. 'Receive the Holy Spirit' (John 20:22). Do I believe that God the Father has taken possession of my life in Baptism, incorporated me into Christ's life and sent the Holy Spirit?
2. Do I realise that Christian life implies a constant dialogue with the Trinity, and that the Holy Spirit leads me to that joyful intimacy? Do I have recourse to the Holy Spirit in prayer to help me identify with and share all mankind's noble aspirations, and to sanctify my own life?
3. To work with the freedom Christ has won for us, do I desire to strip myself of selfishness, of all reliance on material security, and truly live by faith?
4. Do I value spiritual direction as a school to get to know Christ better? Do I open my heart in all frankness to seek the light of the Holy Spirit? Do I accept responsibly the advice I get, realising that it is up to me to decide what to do?
5. Do I read and meditate on the Gospel to contemplate how Christ behaved during his hidden life and ensure that my work is a worthy offering, pleasing to God?
6. Does my work naturally lead me to God, or in practice do I regard it as unrelated to my Christian life? Do I realise that with the help of God's grace and using common sense, I have to find the right balance amid my different responsibilities?
7. Do I lovingly take care of the work of the home, knowing it to be an important task?
8. "Fear not, therefore; you are of more value than many sparrows" (Matt 10:31). When life is particularly tough (work problems, unemployment, etc.), do I place myself in God's hands? Do I ask him to give me peace, to shorten the trials, and to help me do whatever I should to resolve them?
9. In this month of the Sacred Heart of Jesus, do I ask him to give me a good heart, capable of feeling others' suffering, one that can alleviate their anxieties with the balm of charity?
10. Do I have recourse to St Josemaría, "the Saint of ordinary life", to bring light and joy into my family, my work and my friendships? Am I familiar with his life, and do I meditate on his writings?
11. St Josemaría has particular fondness for me because I receive formation from the Work he founded by God's Will. What can I do to spread devotion to him?
12. Do I ask St Josemaría to help me in my apostolate to love my friends and speak to them courageously about God, without putting them under pressure?
13. Do I bring my heart to the Sweet and Immaculate Heart of Mary, so that She purifies me and leads me to the Sacred and Merciful Heart of Jesus?

Act of Contrition

