

EXAMINATION OF CONSCIENCE

FEBRUARY (odd years)

Act of Presence of God

1. "This is my body which is given for you" (Luke 22:19). Do I realise what a wonderful gift God has given us in the Eucharist? Do I try to attend Holy Mass and receive Holy Communion more often than just Sundays and holy days?
2. "He who eats this bread will live for ever" (John 6:58). Do I try to spend some time in thanksgiving after Holy Communion? Do I see Jesus as King, Physician, Teacher and Friend? Do I place my joys, sorrows and difficulties in his hands, uniting them to his Sacrifice?
3. "For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes" (1 Cor 11:26). Do I realise that at Mass the Sacrifice of Calvary is made present again, on behalf of mankind? Do I seek God's forgiveness in the sacrament of Penance, regularly and whenever I need to? When I go to church, do I try to be recollected and prayerful before Mass starts?
4. The first disciples "devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers" (Acts 2:42). Do I do everything I can to ensure that my whole family attends Mass together? Do I pray for them all, for the Church, for the Pope and the Bishops, for the Work and its apostolates, and for my own needs?
5. "The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel" (Mark 1:15). Do I ask God, especially during Lent, for the grace to fall more in love with Him? Does meditation on our Lord's Passion move me to make the resolution never to sin again? Do I make atonement whenever I see God offended?
6. "When you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you" (Matt 6:17-18). Do I look for little mortifications to make life pleasant for others? Do I always try to smile? Do I accept disappointment cheerfully?
7. "Forbearing one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive" (Col 3:13). Am I good at defusing the little arguments and disagreements that arise at home? Do I avoid complaining in front of the children so as not to give them bad example? Do I count on the help of the Guardian Angels to identify the needs of my husband and children? Do I find it difficult to forgive?
8. "Whatever your task, work heartily, as serving the Lord and not men" (Col 3:23). At work do I always try to finish things well, for love of God? Have I discovered the value of the hidden work that only God sees?
9. "And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these" (Matt 6:28-29). Am I a slave to fashion? Do I have to have the latest model? Do I give in to whim? Am I temperate? Do I try to foster my children's sense of responsibility, suggesting to them that they might give up some little treat or

luxury from time to time? Do I teach them how to dress properly, so that their image reflects who they are – children in the presence of their Father, God?

10. Our Lord challenged the rich young man in their conversation. Do I speak about God to young people, and does my own example show them how rewarding it is to be generous with him? Do I encourage them to show solidarity towards the needy by spending time helping them? Do I ask the Guardian Angels to help me to overcome embarrassment, laziness, and the fear of being criticised?

11. “A sword will pierce through your own soul also” (Luke 2:35). Do I discover the presence of the Blessed Virgin, Mother of Jesus and our Mother too, at Mass and all day long, and do I love God’s will as She does?

Act of Contrition