

JUNE

Act of presence of God

1. *Jesus, I put myself trustingly in your arms, hiding my head on your loving breast, my heart touching yours: I want what you want, in everything (The Forge, 529).* Do I want to have a big and generous heart that understands and knows how to serve, as Christ did?

2. “So often in life, we waste time asking ourselves: ‘Who am I?’ You can keep asking, ‘Who am I?’ for the rest of your lives. But the real question is: ‘For whom am I?’ Of course, you are for God. But he has decided that you should also be for others, and he has given you many qualities, inclinations, gifts and charisms that are not for you, but to share with those around you” (*Christus Vivit*, 286).

3. St Josemaría used to say: *I haven’t needed to learn how to forgive, because the Lord has taught me how to love (Furrow, 804).* Are there people I could understand and love more? Do I ask God to give me the grace to love those who have not treated me well, who have humiliated me, or whom I find difficult to get on with? Do I know how to overlook the defects of others?

4. How do St Josemaría’s teachings nourish my prayer and my relationship with the Lord? Do I ask for his intercession to help me in my family and with my friends?

5. “When seeking to discern our own vocation, there are certain questions we ought to ask. We should not start with wondering where we could make more money, or achieve greater recognition and social status. Nor even by asking what kind of work would be most pleasing to us. If we are not to go astray, we need a different starting point. We need to ask: Do I know myself, quite apart from my illusions and emotions? Do I know what brings joy or sorrow to my heart? What are my strengths and weaknesses? These questions immediately give rise to others: How can I serve people better and prove most helpful to our world and to the Church? What is my real place in this world? What can I offer to society? Even more realistic questions then follow: Do I have the abilities needed to offer this kind of service? Could I develop those abilities?” (*Christus Vivit*, 285).

Act of contrition