

## APRIL

## Act of presence of God

1. *This is my body, which is given for you* (Lk 22:19). Am I asking God to help me discover him in the Eucharist, to be more aware each day of the grace that it means to receive Communion? What am I doing to try to help those around me to appreciate the value of the Holy Mass?

2. *The one who eats this bread will live for ever* (Jn 6:58). Do I make a habit of putting my life – with its joys, sorrows, difficulties and so on – in his hands, knowing that he always accompanies me and so makes my journey towards eternal life easier?

3. *I have earnestly desired to eat this Passover with you before I suffer* (Lk 22:14). Do I desire to go to church whenever I can, to visit the Lord and to talk to him, to adore him, to thank him?

4. Do I try to bring my day to the Holy Mass as an offering, so that the Lord may accept it, bless it and unite it to his sacrifice? Does it fill me with confidence to know that in this way my life is redemptive, even if it does not lack real shadows and difficulties?

5. *Jesus, having loved his own who were in the world, loved them to the end* (Jn 13:1). *He loved me and gave himself up for me* (Gal 2:20). What does it mean to me to know that Jesus has given his life and the very last drop of his Blood for me?

6. Does meditating on the Lord's life, especially on the mystery of his Cross, move my heart to love-sorrow for my sins and make me more generous?

7. In the face of life's difficulties, do I try to pause and remember that God is always by my side and that nothing that happens to me, whether good or bad, is a matter of indifference to him? Do I realise how lucky I am to have God as my father and friend, and that my life is in his hands?

8. When the good thief, on the cross, asked him to remember him in the Kingdom, Jesus Christ did not hesitate to welcome him: *And he said to him, "Truly I say to you, today you will be with me in Paradise"* (Lk 23:43). Do I feel welcomed by the Lord? Do I know how to welcome everyone into my own heart, just as they are? Do I take an interest in their concerns?

## Act of contrition