

1. The Lord said: “The truth will make you free” (John 8:32). Jesus Christ is the Way, the Truth, and the Life, who frees me from the slavery of sin. Do I talk about him? Do I read and meditate on the Gospel, so that I can pass this wonderful news on to others?

2. Only truth can gratify the soul. Am I sincere and attentive with others as this is way to form friendships?

3. Do I avoid telling lies even if the truth is embarrassing? Am I teaching my family members to be sincere as well as encouraging them to be responsible? Am I kind and understanding with them? Do I trust them?

4. Am I concerned about spreading among my acquaintances the truth about respect for life, marriage, and the family? Can I say that I am doing everything that I can to promote favourable legislation in these matters?

5. Do I give time to projects that will benefit others? Do I try to get my friends and acquaintances involved? What do I do, within my possibilities and together with others, to have a Christian influence on the community, neighbourhood, city, and country? Do I rely on help from God?

6. Have I undertaken any initiative that promotes a culture of life? Do I bear in mind that small efforts such as e-mails to a newspaper or a local authority can be very effective? Do I encourage people who are doing good works? Do I get people I know to invest money where they can hope to have a Christian impact on the culture?

7. “Jesus answered her, ‘Woman, great is your faith. Be it done for you as you desire’” (Matt 15:28). Do I turn to Jesus with confidence, knowing that he always hears my prayer? Am I convinced that what he lets happen to me is for the best, even though he does not seem to be answering my prayer?

8. Do I go to God to begin my life afresh, even though everything seems to have been lost? Do I understand that prayer won’t eliminate difficulties and worries, but will give me the strength to bear them graciously, and that Jesus will hold out his hand to me as he did to Peter when he began to sink in the storm at sea?

9. Do I ask God to give me the faith to do his will?

10. “No one can serve two masters” (Matt 6:24). To follow Christ and be happy, I should not set my whole heart on earthly things. Do I consider the appropriateness of expenditures before I make them?

11. With my example and words do I foster among family members and friends a lifestyle that is sober as regards myself and generous to those in need, which is absolutely necessary for seeing Christ?

12. Jesus had nowhere to lay his head (Lk 9:58). Do I follow Jesus’ example detaching myself from the phone and other gadgets? For example, do I disconnect the phone or set it up on “airplane mode” during part of the day?

12. Am I always willing to put the needs of my neighbour before my leisure, material goods or free time? Do I smile even though this is difficult for me? Do I suggest entertaining pastimes in my family, which will bring everyone closer together? What do I do to be closer to my family members?

13. Do I have a Christian approach to holidays? Am I firm in refusing to give in to forms of entertainment or activities that are unworthy of a child of God, suggesting positive alternatives instead? Do I seek help from our Lady?

*Act of Contrition*