

*Act of Presence of God*

1. Do I thank God for the gift of divine filiation? Do I deal with God as the Father full of merciful love who has sent his Son to save us? Do I ask the Holy Spirit to help grow in my life as a child of God? Is my happiness evident in the charity with which I treat others?

2. Do I ask Jesus Christ to help me turn to God the Father with complete confidence? Do I see in his words and actions the model for my holiness? Does my life reflect what Jesus has said: "As the Father has loved me, so have I loved you; abide in my love" (John 15:9)?

3. "For all who are led by the Spirit of God are sons of God" (Rom 8:14). Do I ask the Holy Spirit to give me the confidence to call on God my Father?

4. Do I read and meditate on the Holy Gospel every day? Do I try to put myself into the Gospel narratives, as one more of the people in the scene, and compare my life with that of Jesus? Do I teach my friends to read the Gospel?

5. Do I reflect with wonderment on the hidden life of Christ and how it sheds light on man's ordinary existence in the world? Do I realise that the hidden work of Jesus is an invitation for me to live with my sights fixed on God, cheerfully and generously?

6. Like Jesus Christ, do I want to do in everything the will of my Father God who always wants what is best for me? Have I given my heart entirely to God? Is there something inconsistent in my life as a Christian that keeps me from getting close to God?

7. The Acts of the Apostles tell us that Jesus "went about doing good" (Acts 10:38). Do I endeavour to treat others well, to work with the utmost perfection, and to be grateful? When I notice my mistakes, do I say sorry to God, and then, with his help, begin again?

8. In the Magnificat our Lady prays: "My soul magnifies the Lord, and my spirit rejoices in God my Saviour" (Luke 1:46-47). Is Advent for me a time of joyful preparation for the coming of the Lord?

9. "And they went with haste, and found Mary and Joseph and the babe lying in a manger" (Luke 2:16). Am I doing all I can at home to create an atmosphere of expectation of Christmas? Do I make use of the crib at home to remind visitors of the Christian meaning of these holidays?

10. The Gospel tells us that Jesus was obedient to Joseph and Mary and that his Mother "kept all these things in her heart" (Luke 2:51). Following her example do I see how God is at work in my family?

11. Do I give an example of generosity, mutual respect, order, and cheerfulness at home?

12. Do I ask Mary, the Mother of Jesus and our Mother, to help purify my heart so that I can live this time of Christmas with joy?

*Act of Contrition*