

*Act of Presence of God*

1. “Your ordinary contact with God takes place where your fellow men and women, your yearnings, your work and your affections are. There you have your daily encounter with Christ” (*Conversations*, 113). How well do these words of St Josemaría apply to my life?

2. Do I turn to St Josemaría, the one John Paul II called “the saint of ordinary life” (*Address in Praise of Saint Josemaría Escrivá*, October 7, 2002, no. 2) to help me raise my sights to Christ in my home, my work, and relaxation? Am I delighted by the thought that whatever it is that I am doing, however trivial, can be made into a conversation with God?

3. God “chose us in him before the foundation of the world, that we should be holy and blameless before him” (Eph 1:4). Do I intend to make this universal call to holiness resonate among my friends? First of all, with the example of my cheerful effort to correspond to the love that God has for me?

4. Do I base my hope on the all-powerful mercy of God?

5. St Peter instructs us to “always be prepared to make a defence to anyone who calls you to account for the hope that is in you” (1 Pet 3:15). Do I succeed in presenting clearly and positively the message of Jesus Christ which alone can bring hope to hearts?

6. If I am ever defeated in some battle, do I turn to God with humility, convinced that he will help me to remedy the situation and will once again bring me back to him?

7. Do I put love of God into my daily work, confident that his words of Life will give me a joy that no one can take away? Do I ask my Guardian Angel to help me be a sower of joy at home and at work?

8. Do I realise that God has given me the world for my inheritance, and is asking me to work for the extension of his kingdom. Do I try to be mindful of this broader vision so that I don’t look at things from a purely human perspective?

9. Do I help those who tend to consider themselves in control of their destiny to understand that Christ is their only Saviour? Do I encourage my friends to read the Gospel and become familiar with Jesus’ life and renew their life of faith?

10. Do I take part in the life of my community, school, city and country? Do I participate in political discussions, at whatever level, on my own responsibility and out of concern for the common good?

11. As the Pope reminds us, do I take seriously the moral dimension of my purchases? Do I consider the moral positions and agendas of the companies I buy from? Is that awareness also prudently taken into account and seriously balanced at the time of accessing websites, etc.?

12. Do I try to make known the grandeur of the Christian faith with its respect for everyone’s freedom? Do I defend freedom of worship in secularised environments? Do I make it clear that freedom of religion entails the free public expression of religion as well as the private practice of it?

13. During this month of the Rosary, is there someone I could show how to pray it?

*Act of Contrition*