

Act of presence of God

1. Am I determined to make the most of these days of retreat, so that I may see what God is asking of me and what I can do to love him more?
2. Do I realize that, in order to obtain the maximum from this retreat, I must live a spirit of recollection, keep silence and fight against distractions?
3. Am I taking a deep and sincere look at my life, trying to see areas where God is not satisfied, and where I can improve?
4. Are there some aspects of my life that I am afraid to look at, because God may be asking me to change them, and I feel I am unable to do so?
5. Do I have a close, simple and loving relationship with my Father God?
6. In my everyday life, do I forget that sin is the only real evil, which, with God's grace, I must absolutely avoid?
7. Am I courageous and sincere with myself in avoiding everything that could lead me into sin?
8. Do I ask God for the grace to keep away from anything that might separate me from him? Do I avoid every occasion of offending him or of loving him less?
9. What is my main defect—the defect that, at this moment, represents the greatest habitual obstacle I am faced with—in serving Jesus Christ? Am I really determined to overcome this defect?
10. Do I realize that my frequent falls and sins are a serious obstacle to my achieving real interior life?
11. Do I face up squarely to the unavoidable fact of my death?
12. At the moment of my death, would I give things the same order of importance that I give them now?
13. Would my Father God be pleased with me, if he had to judge me right now?
14. Am I trying to examine my life, to see how it has really been up to now, and to discover what God thinks of it?
15. Do I realize that I need to practice penance, so as to purify myself, and to wipe away the stains of my sins?
16. Do I go to the Sacrament of Confession frequently, so as to obtain pardon from God for my sins, and to obtain the grace I need so as to avoid offending Him in the future?

Act of contrition