

Young people

Act of presence of God

1. Do I often think of the last things—Death, Judgement, Hell and Heaven—so as to renew my determination to save and to sanctify my soul?
2. Do I use the thought of death to steady and strengthen myself, when I see that I am letting myself be over-influenced by the things of this world?
3. Have I accepted the fact that to be a Christian means to seek and to follow Jesus Christ, and to accept the continuous battle against selfishness that this implies? Or am I still looking for a lukewarm and easy way of living my Christianity?
4. Am I determined to make the imitation of Christ the fundamental objective of my life?
5. Do I spend a few minutes, every day, reading the Gospel? Do I read it slowly, trying to get to know Jesus, who must be my model in everything?
6. Do I try to imitate Jesus Christ in that continuous and quiet hard work that marked the thirty years of his hidden life?
7. Do I pray regularly, even if it requires effort? Do I realize that to stop praying means to lose contact with God?
8. Pride is the worst sin, the greatest obstacle to my salvation, which leads me to think that I am not proud. Am I aware of my expressions of pride? Do I ask Our Lady to help me be humble?
9. After a quarrel, do I find it hard to make up or to apologize? If so, may not be there a definite point of pride that I can work on?
10. Do I try to imitate the poverty of Jesus Christ, by using material goods with restraint? Am I generous in giving alms?
11. Am I strict in living the virtues of justice and honesty in all my dealings with other people?
12. Do I try to imitate Jesus Christ who, though He is God, became poor out of love for us, and set us an example?
13. Do I mortify my love for comfort with small sacrifices? Am I temperate and sober at meals and in my social life?
14. Have I made a definite resolution to examine my conscience every night, and to end the day with an act of real contrition?
15. Do I see in frequent Confession a real guarantee of salvation? Do I reflect on how, apart from bringing me God's mercy and pardon, it makes me grow in the virtues of humility and sincerity?
16. Do I understand that one of the best resolutions I could make in the retreat would be to go to Confession every week? Do I realize that the difficulties to be overcome are nothing compared with the benefits to my soul?

Act of contrition