

Young people

Act of presence of God

1. Do I realize that to be a Christian obliges me to spread my faith, by doing apostolate with those around me?
2. Do I realize also that the effectiveness of any apostolate I do depends on the use I make of the supernatural means—prayer and mortification offered for others?
3. Do I understand that if I want to move other people, I must begin by trying myself to lead a fully Christian life?
4. Am I capable of maintaining Christian points of view serenely, but firmly, in my work and in my conversations? Do I, at times, lack the courage to defend truth and justice?
5. Do I realize that I have a real role to play—that God is counting on me—in the task of instilling a true Christian spirit into professional and social life?
6. Do I try to make life pleasant for others, by means of small acts of service, taking a genuine interest in their things, etc.?
7. Do I try to see other people's points of view, making the effort to discover the good points that are always present in each person?
8. Do I avoid all negative criticism, gossip or backbiting? Do I try to be understanding with other people's defects but demanding with my own?
9. Do I regard the Holy Mass as the centre and root of my whole life?
10. How often do I go to Mass and Communion? Could I not be more generous in this point, overcoming my laziness with at least the same determination I put into my human affairs?
11. Do I reflect that the Holy Eucharist is God among us? Do I try to keep my heart focused on the Tabernacle? Do I frequently visit Our Lord in the Blessed Sacrament?
12. Am I ready to embrace my cross of each day lovingly, remembering that to be a Christian means to be a follower of Christ, who taught us to carry the Cross?
13. Do I have a definite plan of regular small mortifications? Am I convinced of the great value that voluntary mortification has when it is united to the Sacrifice of Jesus Christ?
14. Do I complain—even though it is only internally—against the things that do not please me, without seeing God's loving hand in everything?
15. Am I firmly determined to put into practice the resolutions I have made during this Retreat convinced that my holiness depends on my being prepared to begin, and to begin again, continuously?
16. Am I asking Our Lady to obtain God's blessings on my resolutions and the grace for me to carry them out perseveringly?

Act of contrition