

**Day 1***Act of the presence of God*

1. “He said to them, ‘Come away by yourselves to a lonely place, and rest a while’” (*Mk 6:31*). Am I trying to speak to Jesus during these days of prayer and silence? Do I open my heart and share my cares and concerns with him? Do I pray before our Lord in the tabernacle, where He is really present?

2. Am I listening to the Holy Spirit and asking for the light, strength and readiness to change whatever I have to change in my life? Am I confident that during this retreat the Paraclete will help me make a deep conversion, for my own good and the good of the whole Church?

3. “See what love the Father has given us, that we should be called children of God; and so we are” (*1 Jn 3:1*). Do I speak to God as my Father, who loves me more than anyone else and is interested in the smallest aspects of my life? Do I abandon myself in his hands? Do I face up to family, professional and social difficulties with the assurance that He is always with me?

4. Through baptism all the faithful “are one in Christ Jesus” (*Gal 3:28*). Do I see others as brothers and sisters, children of God like myself? Do I ask Jesus to cleanse my heart of prejudice, critical spirit and selfishness? Am I concerned for the spiritual and material welfare of all souls?

5. “This is the will of God, your sanctification” (*1 Th 4:3*). Do I really want to be a saint? Am I aware that holiness is the only way to be happy both in this life and in the next? Do I realize that holiness does not consist in doing extraordinary deeds, but in doing the little things of every day with more love for Jesus and for others?

6. Do I see my life as a gift from God, and do I thank Him for everything He has given me? Do I respond to His love by trying to stay close to Him throughout the day by means of some devotional practices?

7. “Brethren, the appointed time has grown very short” (*1 Cor 7:29*). Am I aware that God will ask me to account for how I use my talents? Am I preparing serenely for that moment, examining my conscience daily with sincerity and contrition?

8. In the sacrament of Penance do I see God as a merciful Father who forgives my sins, no matter how great they are? Do I go to confession, “the sacrament of joy,” frequently and humbly, and do I encourage my friends and family members to take advantage of this sacrament?

9. Thanks to the communion of saints, we Christians are never alone. Do I realize that I need the help of other souls, and they need mine? Do I pray for all

souls, including the holy souls in Purgatory, and do I have recourse to their intercession? Do I place my talents at the service of the people I live with?

10. “Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master” (*Mt 25:21*). Am I inspired by the thought that, one day, with God’s help and the help of others, I will get to heaven where I will enjoy forever God’s company and the company of those I have loved here on earth? Am I confident that while here on earth I will never lack His help and that of my Holy Mother Mary?

*Act of contrition*