

Day 2*Act of the presence of God*

1. “In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him” (1 Jn 4:9). Do I strive to become Jesus’ friend? Do I read and meditate on the Gospel daily in order to get to know him better?

2. Do I strive through daily prayer to strengthen my friendship with Jesus? Do I ask myself what he would do in my situation? Do I compare his reactions to mine, and humbly ask him to help me become more like him?

3. When contemplating Christ’s poverty in Bethlehem, do I realize that I need “a heart in love, not an easy life, to achieve happiness” (*Furrow*, no. 795)? Do I place my trust in God, and not in material things? Do I believe that Jesus is always close beside me, especially when I experience financial, family or health worries, or when I am out of work?

4. Am I detached from my belongings and am I generous in sharing them with those in need? Am I on guard against consumerism, so that it does not hinder my openness to God and to my neighbor? Do I foster a temperate lifestyle at home, beginning with my own example?

5. Saint Joseph received the blessed mission to look after the Holy Family. Do I relish my vocation as husband and father? Am I aware of how much my family needs my presence at home? Do I spend time talking with my children? Do I know them well—how they spend their free time, who their friends are, what they read, how they use the Internet? At the same time do I balance fatherly concern with a respect for their freedom and the desire to help form their conscience? Do I spend time with them and do things together with them like play sports and go on excursions, etc.?

6. Am I resolved to be truly faithful to my wife, trusting in the special grace we received in the sacrament of marriage? Do I renew our love every day with a smile, listening attentively, and showing affection in practical ways? Do I appreciate how essential holy purity is in helping that love grow?

7. Jesus was known as the carpenter’s son (cf. Mt 13:54). Do I try to work like Christ would in my place? Do I try to be exemplary in my professional dealings, fulfilling what is required, observing the law, etc.? How do I treat my colleagues, clients, or employees?

8. “What will it profit a man, if he gains the whole world and forfeits his life?” (Mt 16:26). Do I preserve a proper order of priorities in my work, ensuring that professional ambition doesn’t harm my relationship with God and

others? Is my family my number one priority; if necessary am I prepared to renounce some professional plan, despite its appeal?

9. Do I set high goals in professional life, out of love for God and a spirit of service? Do I realize that the fruitfulness of my work does not depend on being successful, but on working conscientiously and offering it up to God? Do I see apparent failures as a pathway to conversion and growth?

10. As a help to live my faith well in the midst of earthly concerns, do I attend means of Christian formation and go to spiritual direction regularly? Do I make my own what I learn there and apply it to my daily life?

Act of contrition