

Day 3

Act of the presence of God

1. “Come and see” (*Jn 1:44*): Philip invited Nathanael to come and meet Jesus. Am I eager to share with the people around me, starting with my own family, the joy of being close to Jesus? Do I try to have many friends, and do I speak to them about God and the Church?

2. “Jesus wept. So the Jews said, ‘See how he loved him!’” (*Jn 11:35-36*). Do I truly love my family members and friends? Do I support them with my prayer, especially in sorrow or illness? Am I forgiving; am I grateful; do I say sorry whenever necessary; am I quick to acknowledge my mistakes?

3. In daily life am I sensitive to the needs of others, especially my wife and children? Do I “discover” Jesus in the people who ask me for help? Am I charitable with everyone without exception? Do I aspire to imitate Jesus, who “went about doing good” (*Acts 10:38*) in the world?

4. “This is my body which is given for you. Do this in remembrance of me” (*Lk 22:19*). Do I give great importance to Sunday Mass? Do I take all the steps possible to get there, together with my family? Do I really participate, listening to the Word of God and uniting myself to the Sacrifice of the Altar?

5. Do I hunger for the Eucharist? Do I see it as food for my soul? Do I receive Holy Communion frequently, and do I prepare myself well? Do I spend some minutes in adoration and thanksgiving after Mass, opening my heart to our Lord and sharing my joys, plans and concerns with him?

6. “If any man would come after me, let him deny himself and take up his cross daily and follow me” (*Lk 9:23*). Do I offer to God small sacrifices throughout the day that make life more pleasant for others, such as smiling when I am tired, spending less time on my own things in order to be with my wife and children, controlling my bad temper, etc.?

7. Through his Passion and Death, Jesus changed suffering into a path of salvation. Do I see the illnesses and difficulties God sends me as an opportunity to be united to Jesus on the Cross? Do I contemplate Christ crucified in order to understand the meaning of pain, offering it for the salvation of souls?

8. “The Lord has truly risen” (*Lk 24:34*). Does Christ’s resurrection fill me with hope, and do I communicate this to others? Does it inspire me to struggle against whatever separates me from God and imprisons me in myself? Do I have a winning mentality and fight against any pessimism? [*continues overleaf*]

9. Do I trust in the grace of the Risen Christ to be an apostle and bring the joy of the Gospel to all sectors of the world? Do I joyfully let down the nets in my apostolate, realizing that God counts on me to seek souls, one by one?

10. “With one accord [they] devoted themselves to prayer, together with the women and Mary the mother of Jesus” (*Acts* 1:14). Do I have recourse to our Lady, like the first Christian community, when faced with the exciting panorama of holiness that awaits me? Am I placing in Mary’s hands the resolutions of this retreat, trusting in God my Father?

Act of contrition