

*Act of Presence of God*

1. Do I make an effort to know the teachings of the Church well in order to become holier and be more apostolic in my daily occupations? Do I set a fixed time, daily or weekly, to study the Catholic faith in greater depth?

2. Do I know the *Catechism of the Catholic Church* and its *Compendium* well? Do I have copies which are within reach? Do I let my friends know about them?

3. Our Lord sharply rebukes the “blind guides” who do not lead the people along a safe path when they seek their guidance? Am I well informed about the Church’s teaching on the ethical issues that are discussed among my acquaintances, or do I speak of these things superficially and with a considerable lack of knowledge? Do I feel responsible for passing on to them what I myself am learning? Do I consider how I might explain these matters so that they will be better received?

4. John Paul II wrote that he used to ask for advice about the books he was thinking of reading, saying “not everything is valuable and useful. It is important to know how to choose and to consult others about what is worth reading” (*Rise, Let Us Be on Our Way*, Jonathan Cape, 2004, pp. 93-94). Do I try to get a moral assessment of the books or films that interest me? Am I able to explain to my family and colleagues the advantages of acting in this way?

5. Do I have a plan of life, that is, a schedule for my day that includes certain moments especially dedicated to time with God? More specifically, do I look for Jesus Christ every day, in the Bread and the Word: in the Eucharist and in prayer?

6. Holy Mass makes Christ’s sacrifice on the Cross present on the altar. During this pandemic, is the Mass still the most important event of my day? Have I developed the habit of attending the celebration of the Eucharist online accompanying our Lord at least with my heart?

7. Do I plan my day in a Christian way? Do I foresee when I am going to read the Gospel, pray the Rosary, and make an examination of conscience?

8. Am I sincere with myself in what I look for while using the media? Do I examine my true motives?

9. Do I value spiritual direction as a kind of school for knowing and dealing better with Jesus Christ? Do I make use of it regularly?

10. Have I considered that even in this situation of confinement seeking advice is not difficult?

11. Do I open my heart with simplicity and let myself be known in spiritual direction? Do I accept the advice given to me with a conscientious and supernatural spirit, all the time knowing that it is up to me to decide personally on what I must do?

12. I know that I shall not always be able to find a definitive solution to every situation. Am I open to the mystery in all of this? Is my attitude one of faith and confidence in the love God has for me?

13. Do I pray to the Virgin Mary to strengthen my Christian vocation? Does it help me to remember that She will protect me at the hour of my death?

*Act of Contrition*