

EXAMINATION OF CONSCIENCE

OCTOBER 2021

1. St. Josemaria reminds us: “Your ordinary contact with God takes place where your fellow men, your yearnings, your work and your affections are” (*Conversations*, no. 113). Can I apply these words to my own life?
2. Is my hope based on God’s omnipotence and mercy?
3. St. Paul reminds us that God has destined us to be saints from before the foundation of the world. Does my awareness of being so singularly chosen by God lead me to be very ambitious in the struggle for holiness and in my apostolate?
4. “Lift up your eyes, and see how the fields are already white for the harvest” (John 4:35). Am I aware that God has given me the world as an inheritance, and asks me to help in extending his kingdom? Do I broaden my outlook so as to avoid seeing things only from a human point of view?
5. St. Peter exhorts us always to “be prepared to make a defense to anyone who calls you to account for the hope that is in you” (1 Pet 3:15). Do I present Christ’s message clearly and positively, as the only light capable of giving hope?
6. “Truth is the light that gives meaning and value to charity,” says Pope Benedict XVI (*Caritas in veritate*, no. 3). Do I always speak the truth? Do I present it attractively, without trying to impose it on others?
7. “God, in creating us, takes a risk with our freedom. He wants our story to be a true story, composed of authentic decisions, and not a fiction or a game,” St. Josemaria reminds us. How do I respond to this expression of divine confidence?
8. Do I manage to present my faith in all its beauty, as a gift from God, and not just a set of rules?
9. “There is something holy, something divine, hidden in the most ordinary situations, and it is up to each one of you to discover it,” St. Josemaria tells us. Do I discover in my family, in my work, in my relaxation, this hidden, divine “something” which helps me to “materialize” my Christian life?

10. Am I generous in helping apostolic undertakings, including financially? Do I give willingly? Do I encourage others to do so also, explaining to them the great contribution these apostolates make to society?
11. In this month dedicated to the Rosary, am I making use of it to grow in devotion to our Lady? Am I trying to foster the family Rosary, at least on some days? Do I ask her to help me encounter her Son in my daily duties?

Act of Contrition...



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