

EXAMINATION OF CONSCIENCE – MAY, even years, Dads' Recollection

Act of presence of God

1. "My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Savior" (Lk 1:46-47). Like Our Lady, do I recognize and wonder at the good things God works in me—and in the people around me, like my family, friends, and colleagues? Do I give thanks to God for this in my prayer sometimes?
2. "For He has looked upon the humility of his handmaid" (Lk 1:48). How can I grow in humility by learning to appreciate, accept, and give thanks? Do I apologize when pride gets the better of me in the little frictions of daily life and work? Am I asking Our Lord to help be more understanding of my loved ones and my coworkers, customers, etc?
3. Do I listen to my wife and children patiently to show them that I love and understand them? Do I make the effort to spend time with them every day? Am I trying to develop common interests with my wife and each of my older children to deepen my friendship with them?
4. "And his mother treasured all these things in her heart" (Lk 2:51). Following our Lady's example, how can I open my heart to the Lord in prayer, sharing my problems and my joys with him?
5. "And they did not understand the saying which he spoke to them.... And his mother kept all these things in her heart" (Luke 2:50-51). Do I trust God as Mary does, realizing that some things can only be understood over time through prayer?
6. The Blessed Virgin Mary intercedes as our Mother for our needs. Do I pray the Rosary with piety and trust? Do I try to gather my children and grandchildren to honor our Lady with this devotion? Do I pause to meditate on each mystery, and do I try to model this for my family?
7. Does it ever strike me that St. Joseph did the same chores at home that I do, in the company of Jesus and Mary? Do I ask him to make my house bright and cheerful like Nazareth? And am I asking him to help me be more fun at home?
8. Do I turn humbly to the Blessed Virgin to grow in chastity? Do I realize that my purity is a direct expression of love and respect for my wife, and will deepen our bond?
9. "Do whatever he tells you" (Jn 2:5). How often do I turn to Mary to help bring the people in my life closer to God? "Many conversions, many decisions to give oneself to the service of God have been preceded by an encounter with Mary" (*Christ is Passing By*, 149).
10. "The Spirit of the Lord will rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord" (Is 11:2). What gifts of the Holy Spirit should I ask for—for myself, my wife, and my family—to help us be more like Christ?
11. "...the fruits of the Spirit are love, joy, peace, patience, gentleness, kindness, goodness, faith, meekness, temperance" (Gal 5:22-23). Which of these fruits could I cultivate more purposefully with the grace of God?

Act of Contrition