

## Points for reflection

Day 1

1. Do I live my life knowing that I am a child of God? Do I tend to forget this when I have to face the everyday ups and downs? Do I get into bad humour or become negative about things, forgetting that I can meet God in the difficulties and he is encouraging me to pick myself up and start again?
2. Do I realise my true self-worth comes from knowing how much Our Lord loves me and then by responding to that love?
3. Do I read a little section of the Gospel each day to centre me for that day in my work and relationships with my family and others?
4. Do I try to bring my Christian faith to bear on all aspects of my life, and to bring Christ's message to those around me, through my conversation and example? Do I take care of moments when we could pray together as a family (e.g. grace before and after meals, the Angelus, perhaps the family rosary)?
5. Do I truly love Jesus Christ in the Eucharist? Do I often visit the church to pray before the Blessed Sacrament? Do I acknowledge Jesus whenever I pass a church, perhaps by saying a silent prayer?
6. Do I remember that the only real evil in life is personal sin? Do I also remember that I need God's grace in order to avoid sin? Do I go to confession regularly?
7. Deliberate venial sin weakens my struggle to live out my Christian life fully and offends God, who is my loving Father. Do I know the ones that I more easily commit and take steps to avoid committing these venial sins?
8. Is there anything in my life, such as a character trait, a personal situation or a bad habit that could be taking me away from Christ? Am I determined to root it out with God's help? Do I realise that it is by reflecting Christ in my own life that I can draw others to Him?
9. St. Paul says that for those who love God everything works to the good. Do I have this conviction and see the difficulties that I encounter as opportunities to grow in virtue or to offer a sacrifice for the sake of my family and others?
10. Do I examine my conscience every day to see where and how I can improve in some small thing the next day?

Act of Contrition

## Points for reflection

Day 2

1. Am I using this retreat to make practical resolutions to put God at the centre of my daily life, e.g. through fixed times for prayer, attending Mass online more often during the week if I can, and a plan of reading that will help me understand my faith better?
2. Do I always try to work in such a way that the task, whatever it is, can be offered to God? Do I do my work/housework, with diligence, patience and good humour, which also make it easy for others to work with me and to help me?
3. Do I understand that the heart of a Christian life is the Mass? Am I a mere spectator at Mass, or rather am I interiorly active, uniting myself to the sacrifice of Christ on the altar? Do I pray for my all my family and friends at Mass?
4. Do I understand the importance of small daily sacrifices when trying to follow Christ? Could I be more good humoured and complain less? Could I be less fussy with food and the way I like things to be done? Do I accept cheerfully the limitations of my financial circumstances or my age and health and offer up the inconveniences they cause me?
5. Am I cheerful and patient with others? Do I apologise when I realise I have treated others badly? Am I over-sensitive, inventing offences where none exist? When I have been hurt by others, do I forgive, remembering the many times I have hurt Our Lord?
6. Do I ask Our Lord to help me see how I can help others to come closer to Him little by little through joyfully sharing my faith with them, praying for them and also talking to them about things that really matter in life?
7. Am I a good listener? Do I give people and especially my family and friends the space and opportunity to tell me their worries without feeling the need to correct them or tell them what to do all the time? Am I understanding with them and do I encourage them to aspire to be better and to grow in virtue themselves?
8. Do I share my beliefs with others in a natural and open way? Do I try to show them the difference that Faith makes and the joy that we have when we realise that our life has meaning and purpose and that we are loved personally by God?
9. Will I finish this retreat with two or three practical resolutions that will help me to bring Christ into my daily life as my friend? Am I asking him and Mary his Mother, to give me the grace to keep these resolutions going?

Act of contrition