



Examination of Conscience First Advent Day of Recollection

1. Do I spend time with God on a daily basis? Do I prepare for time with Him, like I would a date? Have I missed the obligation of Sunday Mass (virtual or in-person) during the pandemic? Insofar as it can be done, do I keep a crucifix or image of our Lady close by to help me live in the presence of God? Am I trying to raise the spiritual level of my surroundings?
2. *“Nonsectarianism. Neutrality. Old myths that always try to seem new. Have you ever stopped to think how absurd it is to leave one's Catholicism aside on entering a university, a professional association, a cultural society, or Parliament, like a man leaving his hat at the door?” The Way by Josemaria, 353.* Have I compartmentalized my relationship with God (worshipping on Sunday but forgetting about Him the rest of the week)? Do I separate my relationship with God from other parts of my life?
3. Am I too attuned to the voice of Satan and not attuned enough to the voice of God the Father? Am I reflecting too much on my defects and faults versus the love that God has for me?
4. Am I avoiding saying yes to the Lord? What's holding me back?
5. What temptations keep me from growing in relationship with God?
6. Do I struggle to see God in the hard moments of my life? Am I missing the lessons that God is trying to teach me? Do I see and hear Him in the midst of anxiety, fear and stress?
7. *“It is with the smallest brushes that the artist paints the most exquisitely beautiful pictures” St. Andre Bessette.* Do I see God in the small things in my life?
8. Do I trust God as Mary did, realizing that it is normal not to understand everything that happens?
9. Considering the betrothal period, one to two years, of Mary and Joseph, have I grown impatient with God's timing in my own life? Am I trying to rush God's timeline for my life, when in reality I know that I am not in control?
10. When the Holy Family fled from King Herod there were people along the way that welcomed them. Have I welcomed the stranger, those marginalized, into my own life? Have I tried to promote among my friends and family some initiative to help the needy? Do I give my friends and family an example of serving others?



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11. Do I take part in the initiatives and organizations of my neighborhood, my city and country? Do I help advance initiatives for the betterment of society? Do I participate in political discussions at whatever level, on my own responsibility and out of concern for the common good? Or, like Herod, have I put politics over Jesus?
12. As the Bride of Christ, we the Church, are called to understand and defend the Church and Christ. Do I succeed in presenting clearly and positively the message of Jesus Christ which alone can bring hope to the human heart?
13. Have I reached out to friends and family who might be lonely during this pandemic?
14. Have I fully allowed myself to be loved by God?
15. “Your ordinary contact with God takes place where your fellow men, your yearnings, your work and your affections are. There you have your daily encounter with Christ.” (Conversations, n. 113). How well do these words of St. Josemaria apply to my life? Do I put love of God into my daily work, confident that his words of Life will give me a joy that no one can take away?
16. Have I allowed doubt, the cynicism of our time and/or despair to override my world-view, instead of embracing the hope of Christ?
17. Do I base my hope on the all-powerful mercy of God?