

## OCTOBER

Act of presence of God

1. *“Gratias tibi, Deus, gratias tibi!” The life of each of us ought to be a hymn of thanksgiving. Just look how Opus Dei has come about. You, Lord, have done it all...* (Notes from a meditation, 27 March 1975). Do I thank God for the path he has opened with Opus Dei and for the initiatives that the people of the Work promote, together with their friends and acquaintances?

2. *Lift up your eyes, and see how the fields are already white for the harvest* (Jn 4:35). Do I see that God is counting on me to move forward this part of the Church which is the Work? What am I doing to stir up my enthusiasm at the sight of these horizons?

3. St Josemaría reminds us that *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*, 113). Do I understand that in my work, in my entertainment, in my various relationships – wherever I am – I can sanctify myself?

4. The Lord *chose us... before the foundation of the world that we should be holy* (Eph 1:4), St Paul reminds us. Do I long to bring the light, the fire, the warmth and the joy of Christ to everyone, in spite of the difficulties and chiaroscuro of life?

5. *“Do not be afraid of holiness. It will take away none of your energy, vitality or joy. On the contrary, you will become what the Father had in mind when he created you, and you will be faithful to your deepest self... Holiness does not make you less human, since it is an encounter between your weakness and the power of God’s grace”* (*Gaudete et Exsultate*, 32 and 34).

6. *Pray a lot for the Pope. Love him a lot* (Notes from a get-together, 11 May 1965). Do I pray to St Michael for the whole Church, especially for the Pope and the bishops, with the certainty that my prayer can be a real and effective help?

7. *How frankly you laughed when I advised you to put the years of your youth under the protection of Saint Raphael!: “So that he’ll lead you to a holy marriage, as he did with young Tobias, with a woman who is good and pretty – and rich,” I told you, jokingly. And then, how thoughtful you became! when I carried on and advised you to put yourself also under the patronage of that youthful apostle, John: in case our Lord was asking more of you* (*The Way*, 360). Am I asking the Lord to help me see my vocation?

Act of contrition