

## *Consideration*

### *Humility and Gentleness*

In all humility, gently name your sins and failings. However, also, in true humility, gently thank God for any good that you have accomplished or blessings that you enjoy. Resolve to avoid any particular sins in the future. Likewise, ask for the grace to make good use of your gifts, talents and blessings. In all this, ask for the grace to discern between what you can strive to accomplish and those things that you must leave to the goodness of God's mercy and the efforts of others.

### *An Act of Contrition*

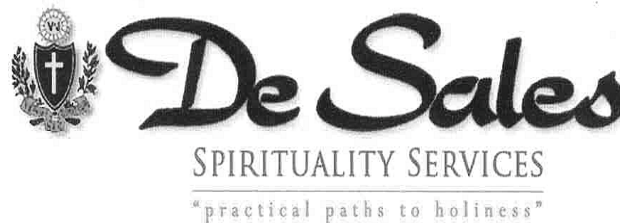
"My God, I am sorry for my sins with all my heart. In choosing to do wrong, and in failing to do good, I have sinned against you as well as my brothers and sisters. With your grace I firmly resolve to do penance, to sin no more, and to avoid whatever might lead me to sin in the future."

### *Thanksgiving*

Thank God for the gift of your life. Thank God for the ability to learn from your success and setback. Thank God for the opportunity to start over each day.

## **A Direction of Intention**

"My God,  
I give you this action.  
Please give me the grace to  
conduct myself during it  
in a manner most  
pleasing to you.  
In advance I offer to you  
all the good that I may do  
and accept any difficulty  
I may meet therein."



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## **SALESIAN PERSPECTIVES**

# ***The Power And Promise Of Reconciliation***

**Based upon the  
Spiritual Directory of  
St. Francis de Sales**

**De Sales  
spirituality  
Services**



## **Considerations and**

### **Examination**



#### **Consideration**

*The Two Great Temptations*

*Living in the Past*

*Living in the Future*

On any given day, how much time and energy do we spend revisiting things from our past? On any given day, how much time and energy do we spend worrying or focusing upon the future? On any given day, how much time and energy do we spend doing both?

#### **Consideration**

*The Power of the Present Moment*

To the extent that we live in the past or live in the future it allows us very little time or energy to live in the only space in which we have the most influence: the present.

Ironically, living in the present allows us to understand or reinterpret our past in new ways. Ironically, the only real way of preparing for the future is

to live each present moment to the fullest.

Put another way, it is the present moment that allows us to integrate our past with our future in ways that promote health, happiness and holiness.

In God there is not past or future: in God, there is nothing other than an endless and eternal series of NOW. Therefore, we are most like God when we make every effort to live each moment, each now as it comes.

#### **Consideration**

*Hope and Aspiration*

Related to the challenges associated with living in the present are the virtues of hope and aspiration.

Hope is the realization that many of the good things for which we long are dependent upon the good will and good choices of others. Put another way, hope involves the realization that there are many things in life that we cannot control.

Aspiration is the realization that many of the things for which we long are dependent upon the efforts and choices that we make. Put another way, aspiration involves the realization that, like God, we have creative power: there are indeed some things over which we have direct influence.

#### **Consideration**

*The Present Moment*

*Remedy for Fear*

*Remedy for Anxiety*

*Remedy for Regret*

#### **Consideration**

*The Need for Reconciliation*

*Source of Healing*

*Process of Integration*

#### **Examination**

*Status of Your Soul*

Any examination of conscience, however brief or detailed, should focus on four facets of our lives:

1. How is your heart in relationship to God?
2. How is your heart in relationship to yourself?
3. How is your heart in relation to your neighbor?
4. How is your heart in relation to the world, to the created order in which you live every day?

In addition, ask yourself the question: How well do I use the gift of each and every present moment? How much time do I waste living in the past? How much time do I squander living in the future?