

ARE WE CHRISTLIKE?

1. Do you value Sanctifying Grace more than anything else in the world?
2. Have you made up your mind to avoid everything that might put you in danger of losing Sanctifying Grace by mortal sin?
3. Are you trying to be like Christ in your thoughts, desires, words and actions?
4. Do you receive Holy Communion as often as you can so that you may become Christ-like?

PRAYER

People try to be great and attractive in the eyes of the world. They seek riches, honor and beauty; but I know, dear Jesus, that there is nothing on earth that equals the riches of the Sanctifying Grace contained in one Holy Communion, that there is nothing more beautiful than a soul adorned with grace. The more grace I have, the holier and happier I shall be in time and in eternity, for by grace I know You more clearly, I love You more sincerely and I possess You more securely. How precious is this union between my soul and You, my God and my All.

ARE WE MARYLIKE?

1. Are you meekly subject to God's holy law and wholly dependent on His love as Mary was?
2. Do you realize that it was Our Lord's dying wish that you should belong entirely to His Mother, imitate her example and thus become more like Him?
3. Do you attend Mass, receive Communion and make visits to the Blessed Sacrament frequently, in order to become Mary-like in your devotion to the Holy Eucharist?
4. Do you often prepare yourself for Holy Communion and make your thanksgiving in union with Mary, so that she may make up for whatever is lacking in your devotion and love?

PRAYER

O Jesus, I wish to imitate Your dear Mother, especially in her devotion to You in the Blessed Sacrament of the Altar. It was the summary of her last years on earth. How fervently did she unite herself with You as St. John daily offered the Holy Sacrifice of the Mass in his own home.

ARE YOU JOYFUL?

1. Where do you seek consolation when your heart is sad?
2. Does your love for worldly things prevent Our Lord from giving you that true spiritual joy which alone can make you happy?
3. Do you put as much effort into seeking your joy in God as you do in trying to find satisfaction in the passing pleasures of this world?
4. Are you eager to enjoy the friendship of Jesus in frequent Holy Communions?

PRAYER

O Jesus, help me resolve to tread underfoot all that is low and earthly, so that I may strive to find my rest in You alone. Preserve my soul from sin. It is the cause of all unhappiness in this world, since it deprives souls of your friendship. May my frequent Holy Communions fill my heart with joyfulness that will make serving You a pleasure, even in midst of the greatest sacrifices.

ARE YOU PRAYERFUL?

1. *Are you in the habit of hurrying through your prayers or neglecting them?*
2. *Do you pray with confidence, perseverance, attention and resignation?*
3. *Do you ever speak to God in your heart while you work, walk, ride, wait; and do you make all that you do a prayer, by willing it to be so?*
4. *Do you dream away your time during the Holy Sacrifice of the Mass, or make a poor preparation for Holy Communion or a half-hearted thanksgiving afterwards?*

PRAYER

O Lord, You have given me prayer as an unfailing means of salvation and holiness, and You did promise that my prayers would be heard, "Ask and it shall be given to you, seek and you shall find; knock and it shall be opened to you. For everyone that asks receives, and he that seeks, finds; and to him that knocks, it shall be opened." (Matt 7: 7-8) But this will happen on the condition that I abide in You (live in the state of grace), for You also did say, "If you abide in me, and My words abide in you, you shall ask whatever you will, and it shall be done unto you." (John 15:7)

ARE WE KIND

1. Do you keep kind thoughts in your heart, and are you willing to forgive?
2. Are you in the habit of judging others harshly or speaking of their faults/ Can you see Christ in others?
3. Are you always ready to be of service to others, and do you pray for others, even for those whom you do not like?
4. Do you regard the command of charity as Our Lord's last will and strive to obtain the spirit of forgiving charity by receiving Holy Communion frequently?

PRAYER

O Jesus, when You were about to depart from this world, You did lay upon us Your last commandment that we should love one another. "This is My commandment, that you love one another, as I have loved you." (John 15:12) I must imitate Your example by loving my neighbor with a supernatural love and by being kind toward him, for You have said, "By this shall all men know that you are my disciples, if you have love for one another." (John 13:35)

ARE WE TRYING TO BE SINLESS?

1. Do you hate and shun mortal and venial sin as the greatest evils in the world?
2. Are you in the habit of offending God by any willful thought, word or deed against the virtue of purity?
3. Are you making an honest effort to avoid the occasions of sin and to overcome your main faults?
4. Do you receive Holy Communion every time you attend Mass realizing that It is the most powerful means you have of protecting yourself against temptation and sin?

PRAYER

My life is a continual warfare against the world, the flesh and the devil – those enemies of my soul that lead me into mortal sin – but You have given me Your own mother to help me and to lead me to You. She will lead me to You in Holy Communion. Your Sacred Body, which was born of the Virgin Mary, sanctifies me and in time of temptation helps me.

ARE WE LOWLY?

1. Does your pride make you sensitive, jealous, uncharitable, boastful or angry?
2. Is there in your heart any bitterness against another? Do you refuse to come to terms with anyone? Are you slow to forgive?
3. Does false humility or a lack of humility keep you from going to Confession and receiving Communion often?
4. Do you receive Holy Communion as often as you can and ask Jesus to make you peace-loving and lowly?

PRAYER

I cannot enjoy peace unless I conquer my pride and remain humble and lowly like Jesus and Mary. They are my models and guides. Jesus said, "Take up my yoke upon you, and learn of me, because I am meek, and humble of heart; and you shall find rest to your souls." (Matt 11:29)

ARE WE UNSELFISH?

1. Are you generous with God, as he is generous with you? Do you prove your generosity by keeping the commandments faithfully, receiving the sacraments frequently and praying much?
2. Are you resigned to God's holy will in sickness as in health, as in failure as in success?
3. Do you have the true Christian spirit of sacrifice, or are you selfish, worldly, pleasure-loving?
4. Do you offer yourself in union with Jesus, your Victim, during Holy Mass; do you try to make His spirit of sacrifice your own?

PRAYER

O Jesus, help me to remember that before You did enter heaven as the King of Glory, You did become the Man of Sorrows. Help me to realize that it is only through the Cross that I can attain glory. Mary help me to understand the importance of the cross in my life and help me to embrace it for the glory of God and the salvation of souls.

All of these questions and prayers are taken from the book, "According to the Effects of Holy Communion and the Eight Beatitudes" by Fr. Lawrence G. Lovasik, SVD