

Guide for Making a Monthly Day of Recollection

*Abbreviated, adjusted version taken with permission
from www.St.Josemaria.org*

A monthly Day of Recollection is a time set aside specifically for a Christian to seriously go deeper into our relationship with God. Although we spend time in prayer each day, a Day of Recollection is a time to withdraw a couple of hours from the noise and cares of this earthly life in order to spend some quality time in conversation with God guided by a meditation or reflection preached by the priest, spiritual reading, a talk given by a lay person and an examination of conscience. All who are truly serious about deepening their love and friendship with Jesus Christ will benefit from this monthly time of recollection and prayer.

You are encouraged to take advantage of this Day of Recollection given by a priest of Opus Dei and lay members. You will have the opportunity for confession and prayer before the Blessed Sacrament. If you are not always able to participate in person, the St. Josemaria Institute (www.St.Josemaria.org) makes available resources to make a recollection on your own.

How Can I Make a Good Recollection to help me grow in my interior life?

1. Think of this time you have set aside as a time of conversation with God, a time for deeper reflection, i.e., a sacred time.
2. Be sure to have on hand a notebook and pen for notes and inspirations.
3. Be serious about minimizing any distractions. Silence your phone.
4. As you listen, take notes. By taking notes, you will know the theme of the meditation or talk, you will cut down on distractions, and you will stay on track
5. When the meditation or talk ends, look over your notes and think about what Our Lord is saying to you: Are there things you could work on to deepen your love for him? Are there concrete things about which you can make a resolution?
6. Use the spiritual reading to continue your conversation with God
7. Read each question of the examination of conscience and reflect on what you need to work on in your life. At the end of the examination of conscience, pray an Act of Contrition.
8. Come away from this time of prayer with profound gratitude for what Our Lord has done for you and make two or three concrete resolutions that you can give Our Lord for the month.
9. When your Recollection has ended, remember that these are themes for the entire month. Once a week during the month review your notes in your time of prayer. Work on these themes and resolutions and themes throughout the entire month.
10. As a last suggestion it helps to dress appropriately. Remember this is your appointment with Our Lord. Make yourself presentable...all the way to your shoes!