

Daily Conversion Reflection

Conversion is accomplished in daily life by gestures of reconciliation, concern for the poor, the exercise and defense of justice and right, by the admission of faults to one's brethren, fraternal correction, revision of life, examination of conscience, spiritual direction, acceptance of suffering, endurance of persecution for the sake of righteousness.

—Catechism of the Catholic Church, 1435

Spend time reflecting on each of these actions of daily conversion, putting your understanding of each in your own words and getting specific about how each would take shape in your life.

Gestures of reconciliation: _____

Concern for the poor: _____

Exercise and defense of justice and right: _____

Admission of faults to one's brethren: _____

Fraternal correction: _____

Revision of life: _____

Examination of conscience: _____

Spiritual direction: _____

Acceptance of suffering: _____

Endurance of persecution for the sake of righteousness:
