

VI. WHEN SHOULD YOU MAKE AN ACT OF CONTRITION?

If you have carefully followed me up to this point, dear reader, let me at once ask this of you: for God and your soul, every evening do not fail to make an act of contrition along with your prayers. Assuredly, it is not a sin to leave it out sometimes, but what I offer is good and useful advice. Do not say that the examination of conscience and perfect contrition are good for priests and for perfect souls; do not say, "I don't have time. In the evening, I am too tired!"

How much time do you need? A half hour? Fifteen minutes? No, a few minutes will suffice. Don't you say some prayers lying in your bed? Well, after praying, think a few moments about the faults and the sins of that day and recite slowly and fervently, at the foot of the crucifix, the act of contrition. Start this evening, and you will not regret it.

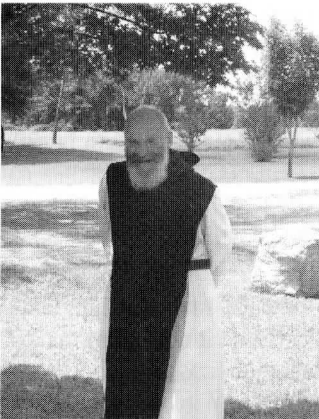
If you should ever have the misfortune to commit a mortal sin, do not remain in this state. Restore yourself by perfect contrition. Restore yourself at once, or at least at your evening prayers, and without delay go to confession.

Finally, dear reader, sooner or later the hour of death will strike for you, and if, God forbid, it comes unexpectedly, you know the remedy, you know where to find the key to heaven.

If you do have the time to prepare yourself, may your last action be an act of love toward God, your Creator, your Redeemer, your Savior, a sincere and perfect act of contrition for all the sins of your life. After that, throw yourself into the arms of divine mercy.

And now I leave you, dear reader. Reread this little book, and put it into practice. Cherish perfect contrition; practice this precious means of obtaining grace, which Providence has placed in your hands. In sum, the true key to heaven. □

Venerable Brother John Collins, O.C.S.O.



Brother John Collins, OCSO was given permission to spend the last years of his life in our Monastery of Christ the King. He was truly a "man's man" and at the same time without question a "monk's monk." He was a true example of "what kind of monk the man ought to be."

Born: September 11, 1927

Professed: August 22, 1954

Died: January 6, 2010

May his soul rest in peace.