

Begin a New Life

One-Page Worksheet

Issue to be Processed

Date

Step 1. Examine Yourself.

Actions & Words

Thoughts

Intentions

Desires & Will

A Prayer from the Heart:

Step 2. Recognize and Acknowledge...

2.1 Recognize and Acknowledge Your Sin.

2.2 Accept Responsibility.

2.3 Confess Your Sin before the Lord.

Step 3. Pray to the Lord.

- Beg for His Help and Power in Resisting It.

Step 4. Begin a New Life.

4.1 Stop Doing It... ("Having Completed Steps 1 through 3, Abstain from Your Sin...")

4.2 ...And Live a New Life.

4.3 All of This is to Be Done as if You Were Doing It on Your Own.

4.4 Do This Once Or Twice a Year When You Are about to Take Part in Holy Communion.

4.5 Afterward, When the Sin of Which You Are Guilty Recurs, Say to Yourself, "I Do Not Want/Will This Because It is a Sin against God."