

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 you're responsible for recurs, say to yourself, "I do not want/will this because it is a sin against God."