

# 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."