

Begin a New Life

One-Page Worksheet

The issue I'm working on

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 your sin

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 Do all of this as if you were doing it on your own

4.4 Do this once or twice a year as you prepare to commune with the Lord

4.5 Afterward, when the sin you're responsible for recurs, say to yourself, "I do not want this because it's a sin against God"