

ACTS PRAYER

ADORATION

Adoration is when we recognize and adore God for who He is.

Take time to adore God. Think about who God is—Creator, Savior, All-loving, Good. Think of your favorite titles for God. Journal your prayer of adoration below:

CONTRITION

Contrition is when we recognize our sinfulness and ask for God's mercy.

Make a short *Examination of Conscience* by reviewing your thoughts, words, and actions since your last confession. Also, think about your behaviors toward God, your behaviors and interactions with others, and your behaviors with yourself. Journal your prayer of contrition below.

After your *Examination of Conscience*, pray the *Act of Contrition*:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

THANKSGIVING

Thanksgiving helps us to acknowledge all that God has done for us and allows us to understand the Lord's love in a deeper way.

Take time to thank God for specific people, things, and events in your life. Nothing is too big or too small to be an object of our thanksgiving. Journal your prayer of thanksgiving below:

SUPPLICATION

Supplication means to ask for something. We can ask for ourselves (petition) and for others (intercession). Just like thanksgiving, nothing is too big or too small for us to ask. Journal your prayer of supplication below:

“Christ does not force our will. He takes only what we give Him. But He does not give Himself entirely until He sees that we yield ourselves entirely to Him.”

- St. Teresa of Avila