

Spirit of God, make me aware of my sins;
lead me back to you:

For sins against my God:

failing to put my relationship with God first

failing to make time for private prayer
and for worship with others

making important decisions
without listening for God's voice

holding back when God called me
to be an instrument of grace

failing to share the gifts with which God has blessed me

For my private sins:

abusing or neglecting the gift of my body

disrespecting or damaging the gift of human sexuality,
in myself or others

overindulging in food or alcohol

displaying pride, arrogance, or control over others

becoming complacent or self-satisfied

For sins against my families and closest companions:

intentionally hurting or neglecting my loved ones

withholding my love from those closest to me

withdrawing into my own pursuits

arguing too easily

refusing to say I was sorry or to forgive

refusing to say I was wrong

For sins against my communities:

being a disruptive force because of my own ego

fostering conflict and division

intentionally excluding others

being greedy in the face of poverty