

ACTS of Love

A Visit with Jesus in the Most Blessed Sacrament

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A	ADORE	<p>Recognize & Proclaim God's greatness:</p> <ul style="list-style-type: none"> • regard with awe • praise • honor • worship • revere • admire • commend • value • esteem • glorify 	<p style="text-align: center;"><i>EXAMPLES</i></p> <ul style="list-style-type: none"> • <i>I praise</i> you for the landforms that take my breath away: mountains, valleys, hills, deserts, and canyons. • <i>I admire</i> that you do not hold grudges. • <i>I am awed</i> when I see the power of the ocean. • <i>I esteem</i> you because . . . • <i>I glorify</i> you whenever . . . • <i>I am amazed</i> that you . . . • <i>I think</i> that you are WONDERFUL because...
C	CONFESS	<p>Admit my sins, faults, and failings:</p> <ul style="list-style-type: none"> • acknowledge • admit • disclose • divulge • own • reveal • express guilt / sorrow / shame 	<ul style="list-style-type: none"> • <i>I admit</i> that I am selfish with my time. • <i>I feel guilty</i> about the way that I talked to my mother yesterday. • <i>I am ashamed</i> that I did not stick up for Tara when the kids were making fun of her. • <i>I acknowledge</i> that I . . . • <i>I confess</i> that . . .
T	THANK	<p>Express gratitude to God:</p> <ul style="list-style-type: none"> • acknowledge kindness or favor • appreciate • be grateful 	<ul style="list-style-type: none"> • <i>I thank</i> you for the words of comfort that Pam spoke to me at the funeral of my friend. • <i>I appreciate</i> the graces that you gave me in the middle of the family stress last night. • <i>I am grateful</i> for the insight that you gave me today during the Gospel reading. • <i>Thank you</i> for your patience with me. • <i>Thank you</i> . . .
S	SEEK	<p>Make known my needs to God:</p> <ul style="list-style-type: none"> • ask • seek • search • beg • appeal • petition • invite • question 	<ul style="list-style-type: none"> • <i>Please help</i> me know how to handle myself when the kids tease me. • Will you <i>please tell</i> me if I am making the right decision about Eddie? • <i>I feel lonely. What should I do</i> to have friends? • My team wants to win tomorrow. <i>I seek</i> your blessing that we will play our best. • <i>Please give me</i> the courage to do what is right when my peers pressure me.

