

## ACTS of Love

A Visit with Jesus in the Most Blessed Sacrament

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