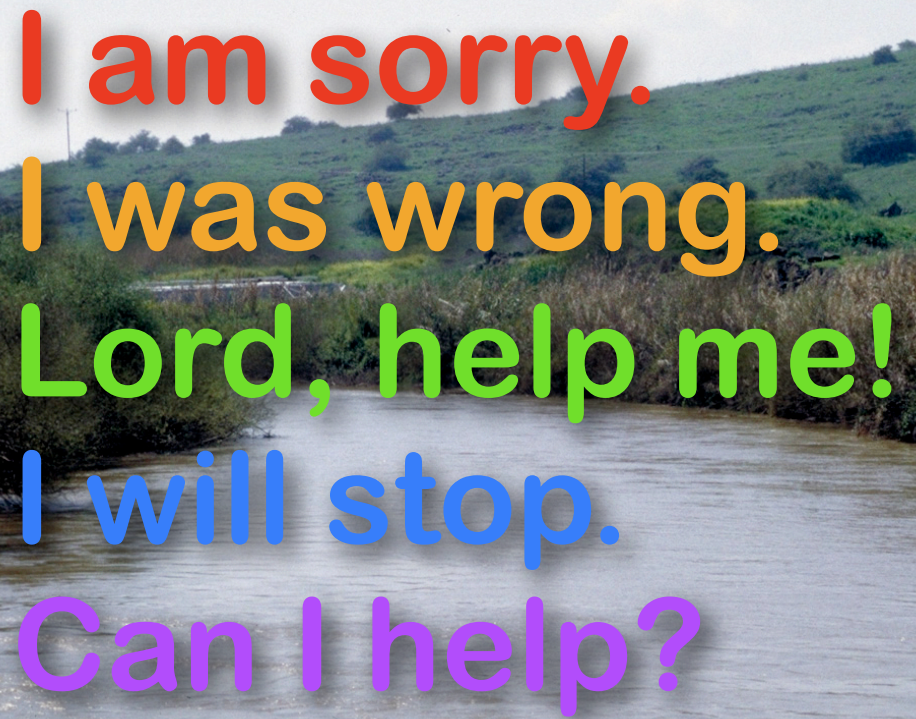


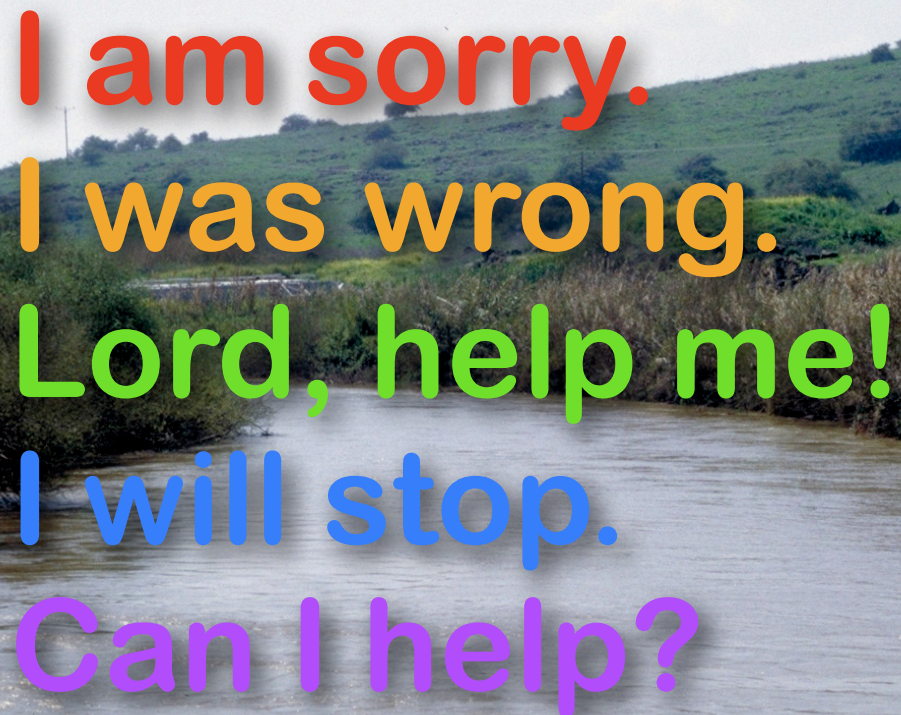
I am sorry.
I was wrong.
Lord, help me!
I will stop.
Can I help?

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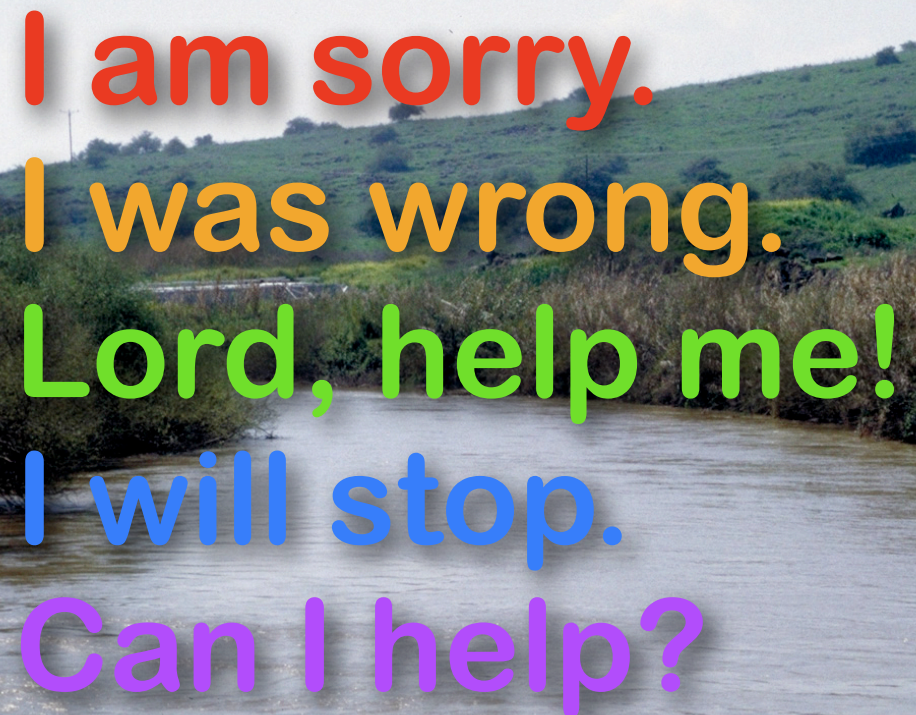
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I am sorry. The LORD is near to those who have a broken heart, And saves such as have a contrite spirit. Psalm 34:18.

If we feel any anxiety when we reflect upon our having done what is evil, it is a sign that we...will afterward allow ourselves to be reformed. AC 5470.

I was wrong. "Father, I have sinned against heaven and before you, and I am no longer worthy to be called your son." Luke 15:18-19.

Confession should be that one sees, recognizes and acknowledges one's evils, and reveals oneself as a wretched sinner. TCR 539.

Lord, help me. God, be merciful to me, a sinner. Luke 18:13.

One who believes in God also says inwardly, "With God's help I will overcome it"; and then prays, and gets help. This is not denied to anyone. Charity 203.

I will stop. "Go and sin no more." John 8:11. "Although I am thinking about this and intending it, I will not do it because it is a sin." TCR 535.

If you afterward abstain from one or another sin which you then discovers in yourself,...you are on the way to heaven. TCR 530.

Can I help? "Bring forth fruits worthy of repentance.... He who has two tunics, let him give to him who has none; and he who has food, let him do likewise." Luke 3:8,11. Live a new life, which must be a life of good. AE 250:3. The truth of faith and the good of charity compose our new life. AC 9296.2.

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