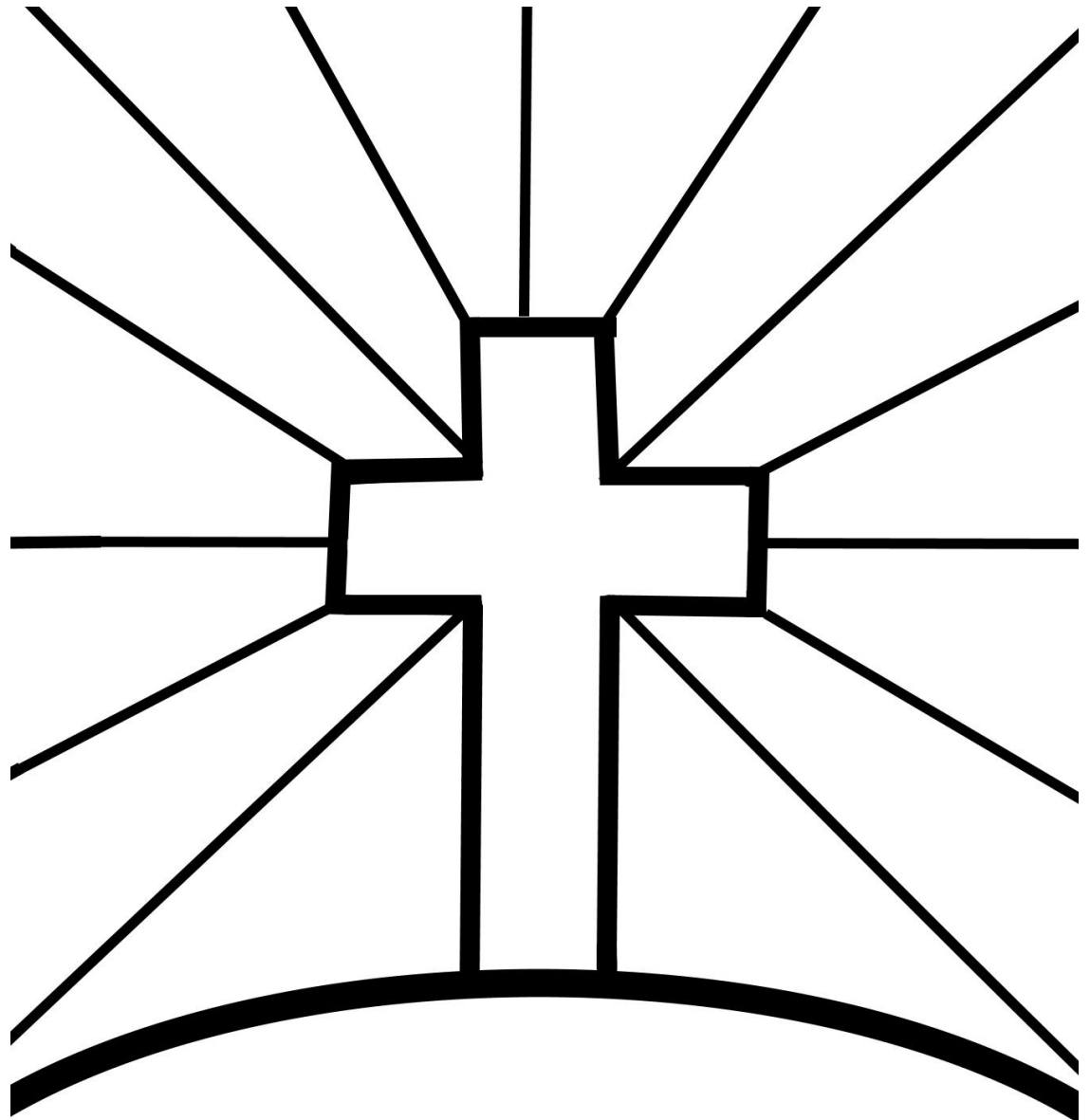


Bring your
final
thoughts,
worries,
concerns,
and hopes
to your
prayer area.
Really
and truly
offer these
parts of
yourself to
God
and trust
he will take
all of it
to his
Sacred Heart.



Take some time and ask the Holy Spirit to be with you.
Look honestly at how you are and how you feel.
Be honest and vulnerable, no one has to see this unless you share it.

1. Write Out Your Worries on the Hill
2. Write Out Your Sins and Struggles on The Cross
3. Write Out Your Hopes for the Future and The Promises of Christ