The Lord loves everyone, and wills to be conjoined to him, but He cannot be conjoined as long as the person is in the delight of evil.... (Apocalypse Revealed 937:3)

- Think about the steps of repentance: examining one's self, acknowledging and confessing evils before the Lord, and wanting to stop doing these evils. Identify and write about one thing that you would like the Lord to help you fight against.
- Or write a prayer that asks the Lord to help you turn away from negative feelings that interfere with your connection to Him. For example: Lord, help me to look toward heaven and turn away from hell. Amen.