

**VICTORY OVER FAILURES WORKSHEET (I John 5:4-5)**Page 1 of 3*(if applicable) Name of person I have failed to love God's way* Mark

(1) My specific unbiblical thoughts, words, and actions (Matthew 7:1-5)	(2) "Put off" and biblical reference(s) (Ephesians 4:22; Colossians 3:5-9)	(3) "Put on" and biblical reference(s) (Ephesians 4:22; Colossians 3:10-17)	(4) My plan not to repeat this sin and respond biblically instead (Titus 2:11-14) to
<p>When Mark asked me to move a small box, I became irritated that he wouldn't just do it himself, and I shoved it out of his way in a rude manner, and said, "There! Now stop being so lazy!" He became really upset. I was focused on me (I didn't want to stop what I was doing to bless someone else), instead of focusing on pleasing God and others.</p> <p>Later, when Mark hit John, I got right in his face and yelled at him, "YOU HAVE GOT TO STOP HITTING! DO YOU UNDERSTAND ME?"</p>	<p>Anger (Ephesians 4:31)</p> <p>Unwholesome speech (Ephesians 4:29)</p> <p>Selfishness</p> <p>Anger (Ephesians 4:31)</p> <p>Yelling (Ephesians 4:29)</p>	<p>Kindness, tenderhearted (Ephesians 4:32)</p> <p>Edifying words (Ephesians 4:29)</p> <p>Love for God and Others (Matthew 22:37-40)</p> <p>Kindness, tenderhearted (Ephesians 4:32)</p> <p>Edifying words (Ephesians 4:29)</p>	<p><b>PATTERNS:</b> Anger, unwholesome speech, yelling, selfishness</p> <p><b>My basic plan for overcoming anger is to think, speak and act biblically in order to become more and more Christ-like every day and to train myself (by reason of use) to discern both good and evil. (Hebrews 5:14)</b></p> <p><b>Think biblically.</b></p> <p>I will thank God for the wonderful blessings He has given to me in my children. I will confess my sinful thoughts to God. I will ask for God's help in overcoming my selfishness and anger. I will stop complaining in my mind about things before they even happen. I will focus my mind on the blessings in my life, instead of the problems, or perceived problems that I must deal with. I will be content even during times of stress, knowing that if I am faithful to act in accordance with the Word of God, He will bless my efforts and help me to grow into the image of Jesus Christ. I will seek to please God with my thought life by dwelling on things which are true, honest, just, pure, lovely, of good report, virtuous, and praise worthy (Philippians 4:8), instead of dwelling on things that I allow to irritate me. I will think about what is biblical before I speak or act, especially when dealing with Mark.</p>