

**VICTORY OVER FAILURES WORKSHEET (I John 5:4-5)**Page   2   of   2  **Column (4) Expansion**

(4) My plan not to repeat this sin and to respond biblically instead (Titus 2:11-14)

**Speak biblically.**

I will look for ways to bless my Mother-in-law by praising her for all of the ways she helps me when she comes to visit. I will do this by finding at least two things on which to complement her each day while she is staying with us. I will complement her in front of the children, and in front of my husband. I will apologize to her for my unpleasant attitude. I will pray for her each day she is with us, and at least once a week when she goes back home.

**Act biblically.**

In my scripture memory, I will memorize Proverbs 23:7, and I Corinthians 13:5 using my scripture memory plan. I will recite these verses to myself whenever I am tempted to think critically of someone else. Instead of seething inwardly when my Mother-in-law does something that I think needs to be changed, I will lovingly approach her with my reasons for feeling the way that I do, and seek to come to a compromise. When dealing with the children, and their eating habits, I will gently remind her that they need to be taught to make healthy choices, instead of just getting mad and throwing a fit in my own mind.

**My contingency plan for overcoming anger:**

As soon as I begin to think critically of someone I will **S.T.O.P.**:

**S**urrender myself unto God to do His will instead of trying to control the situation with my thought life. I will confess my selfishness and sinful thoughts and ask God to help me purify my thoughts and to give me wisdom in dealing with the situation at hand.

**T**hink of the situation logically, reminding myself that no situation is worth being disobedient to God by thinking sinfully. I will recite my Scripture memory verses which deal with critical thinking.

**O**pen my heart to receive God's peace and calming spirit. Allow God to cleanse my thought life and help me to focus on pleasing Him, instead of pleasing myself.

**P**repare for God's blessings, knowing that He will richly bless those who seek to do His will. I will keep my focus on the prize rather than on the problem. I will remind myself that God is working in the current situation to make me more Christ-like as I am obedient to His will.

**If I fail to keep my plan:**

I will confess my sinful behavior to the Lord and seek to be reconciled to those against whom I have sinned.

I will start on my basic plan again immediately, making adjustments as necessary.