

VICTORY OVER FAILURES WORKSHEET (I John 5:4-5)Page 1 of 2*(if applicable) Name of person I have failed to love God's way* Matthew

(1) My specific unbiblical thoughts, words, and actions (Matthew 7:1-5)	(2) "Put off" & reference(s) (Ephesians 4:22; Colossians 3:5-9)	(3) "Put on" & reference(s) (Ephesians 4:24; Colossians 3:10-17)	(4) My plan not to repeat this sin and to respond biblically instead (Titus 2:11-14)
<p>This Saturday, when Matthew told me that his Science project was due on Friday, I became quite angry at him. (He had not yet started on it!) I yelled at him, "You know, I ought to just let you get an F on your report for being so irresponsible. I can not BELIEVE you waited this long to tell me about this!"</p>	<p>Anger (Ephesians 4:31)</p> <p>Unwholesome speech (Ephesians 4:29)</p> <p>Yelling (Ephesians 4:29)</p>	<p>Kindness, tenderhearted (Ephesians 4:32)</p> <p>Edifying words (Ephesians 4:29)</p> <p>Edifying words (Ephesians 4:29)</p>	<p>PATTERNS: Anger, unwholesome speech, yelling,</p> <p>My basic plan for overcoming my use of unwholesome speech and yelling 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)</p> <p>Think biblically.</p>
<p>On Wednesday, when helping him with his project, he just kind of bummed out on me. He has been sick and feeling pretty bad all week. I yelled at him again, "You need to get up and get moving on your project. I am willing to help you, but I WILL NOT do it for you. I don't even know why I care about it - YOU SURE DON'T SEEM TO!!"</p>	<p>Anger (Ephesians 4:31)</p> <p>Unwholesome speech (Ephesians 4:29)</p> <p>Yelling (Ephesians 4:29)</p>	<p>Kindness, tenderhearted (Ephesians 4:32)</p> <p>Edifying words (Ephesians 4:29)</p> <p>Edifying words (Ephesians 4:29)</p>	<p>I will thank God for the wonderful blessing that Matthew is to me every day. If something like this happens again, I will remind myself that Matthew is not generally characterized by this type of behavior. I will ask for God's help in overcoming my unwholesome speech and yelling. I will be calm and 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). I will think about what is biblical before I speak or act.</p>