

## Simple Steps to a Solution-Oriented Direction

(Lasting Biblical Change)

1. Humble yourself (pray) (2 Chron. 7:14; Js. 4:6-10)
  - Come to Him (Matt. 11:28-30; Heb. 4:12-16)
  - Be honest with God about what's going on
  - Acknowledge who you are in light of who HE is
  - Confess your sin (Ps. 51, 32; 1 Jn. 1:7-10)
  - Ask for wisdom (Js. 1:5)
2. Identify the Problem\Sin Area (relational\circumstantial issues) (Gen. 4:1-7)
  - Evaluate- ask the questions: who, what, when, where, how, why... (Prov. 18:13, 17)
  - Understand (Prov. 4:7) patterns, connections, reasons...
  - Define them (thoughts, attitudes, responses, words, actions [behaviors] emotions...)
3. Discover the Biblical Solutions (2 Tim. 3:16-17; Ps. 119) (God's will on the matter)
  - What's the relevant scripture that relates to these areas?
  - What do I need to repent of? (Prov. 28:13; 1 Thess. 1:9)
  - What must I replace 'put off' – 'put on'? (Eph. 4:20-32)
4. Write out a Practical Specific Plan of Action (Deut. 6:6-9; Prov. 3:3; Acts 15:23)
  - What principles do I need to apply to these – 'issues'?
  - How will I implement these into my life? (Who, what, when, where, how, why???)
  - What "life restructuring needs to take place for change to occur? (people, places, things...)
5. Pray it Into Your Life Daily (1 Jn. 5:14-15; Matt. 26:41)
  - Depending upon the Holy Spirit to produce the change in your life (Eph. 5:18; Gal. 5:16-25)
6. Do it! (Js. 1:22-25) Commit yourself to action\obedience to God (Lk. 22:42)
  - Discipline yourself for the purpose of godliness. (1 Tim. 4:7)
  - The power comes in the doing. (Phil. 4:13)
7. Perseverance – continue consistently – don't give up! (Gal. 6:7-9; 2 Cor. 4:1; 1 Cor. 15:58; 2 Thess 3:13)
  - Stay connected to the Source (Jn. 15:1-11)
8. Accountability (Heb. 3:13) Have someone 'check up' – help, encourage and pray with you.

## What Are Your Spiritual Battles? (Eph 6:10-18)



Take the time to examine yourself (2 Cor 13:5; 1 Cor 11:28). Ask God for wisdom (Js 1:5) and ask Him to “search” your heart (Ps. 139:23-24). The greatest struggle in your life potentially provides the greatest opportunity for spiritual growth. If you respond right by applying God’s Word in these areas you will benefit greatly and endure victoriously. At the depths at which you are honest with God, they are the depths at which God will change you. As you implement a Biblical plan of action/a “prepared response,” depending on the Holy Spirit, you will become more Christ like! As you see the different title headings write in what comes to mind. This will help you to “sort out” every thing categorically. Once you identify and define some of the patterns in various areas of your life you will be ready to take the next steps (which are: prioritize, discover related scriptures, write out the principles in a plan of action, and start to apply God’s truths...) Please use another paper if necessary.



<b>Frustrations</b>	<b>Present Struggles</b>	<b>Reoccurring Problems</b>
<b>Past Hurts</b>	<b>Unresolved Relationships</b>	<b>Guilt Trips/ Past Regrets</b>
<b>Temptations</b>	<b>Unresolved Issues</b>	<b>Willful Sins</b>

<b>Wrong Thoughts/ Attitudes</b>	<b>Responses To _____</b>	<b>Behaviors to Change</b>
<b>Habits to Replace</b>	<b>Worries/Anxieties</b>	<b>Present Stress</b>
<b>Fears</b>	<b>Immediate Crisis</b>	<b>Other Trials/Testings</b>
<b>Unmet Needs</b>	<b>Things I Must Do</b>	<b>Other Conflicts/Challenges</b>

Date:

### Moving in a Solution Oriented Direction

Prioritize Problem Areas	Related Scriptures	Principles/Insights	Practical Applications	Progress ?
1.				
2.				
3.				
4.				
5.				
6.				
7.				

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