

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*

(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 to respond biblically instead (Titus 2:11-14)
<p>When my 3-year-old got out of bed during nap time this week, I yelled at him and spanked him on his hand with a spatula. I yelled, "WHEN I SAY GO TO SLEEP, GO TO SLEEP!!" I hit his hand pretty hard with each word. I was not at all in control. Instead, I allowed myself to be controlled by anger and a 3-year-old. This is a common problem during nap time, and I react this way fairly often because I am selfish, and I want to have this time to myself. When I use my time unwisely throughout the day, I am more likely to feel pressured to have free time to accomplish the things I should have done first.</p>	<p>Anger (Ephesians 4:31)</p> <p>Unwholesome speech, Yelling (Ephesians 4:29)</p> <p>Impatience (I Corinthians 13:4)</p> <p>Selfishness</p> <p>Unwise use of time</p>	<p>Kindness, tenderhearted (Ephesians 4:32)</p> <p>Edifying words (Ephesians 4:29)</p> <p>Patience, longsuffering (I Corinthians 13:5)</p> <p>Love for God and Others (Matthew 22:37-40)</p> <p>Wise use of time (Ephesians 5:15-16)</p>	<p>PATTERNS: Anger, unwholesome speech, yelling, impatience, selfishness</p> <p>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.</p> <p>Think biblically.</p> <p>In my prayers, I will thank God for the wonderful blessings He has given to me in my children. I will ask for God's help in overcoming my anger. I will think about what is biblical before I speak or act, especially when dealing with the children.</p> <p>Speak biblically.</p> <p>I will not yell or fuss at the children. I will remain calm when disciplining, instead of losing control. I will speak out of love instead of anger.</p>