

**VICTORY OVER FAILURES WORKSHEET (I John 5:4-5)**Page   3   of   3  **Column (4) Expansion**

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

**My contingency plan for overcoming anger:**

As soon as I feel anger or frustration I will **S.T.O.P.**:

**S**urrender my "right" to be angry by confessing my selfishness and anger and asking God to help me stay calm 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 getting angry. Recite my Scripture memory verses which deal with anger.

**O**pen my heart to receive God's peace and calming spirit. I can sing hymns to Mark when I am frustrated with him to calm both of us down.

**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.