

Log List

Specific Plan to “Put Off” and “Put On” new attitudes and behavior so that genuine repentance and change takes place

“Let each of us please his neighbor for his good to his edification” (Romans 15:2)

“Let nothing be done through selfishness or empty conceit but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own interests, but also for the interests of others” (Phi. 2:3-4)

Pick 5 areas where you really want to change to obey God and to please your mate. Make sure the changes you want to make or things you want to do are:

1. Specific and not abstract or vague. We don't change and grow in 'fuzzy land.' (“I want to be nice, or more loving” is too vague. State specifically how you are going to be nice)
2. Attainable – be realistic
3. Biblical – does not ask you to do this? Or do you have a biblical principle as the basis for doing it?
4. Positive and not merely negative – not merely, “I won't be critical,” but “I will express appreciation for a least two things every day.”
5. Something that you can do and will do regardless of what the other person does or doesn't do.

Examples:

I will smile when I enter the house.

I will say “I love you” at least two times a day.

I will call her from work to express my love.

I will lead family devotions once / week

I will plan my day so that I can spend 30 minutes with her.

Anger – Bigney Example of Specific Repentance Plan

Sin: *Getting angry much too quickly with the kids (especially the teenagers)*

Wrong Thinking *(After prayerful reflection: I realized I was saying these things to myself)*

- When I get home, I don't want to deal with any conflict, etc. I've dealt with hard things all day at work and now I just want peace and quiet
- We worked hard when you were little, training you and teaching you what to do. Now... just do it! You're older now. I shouldn't have to repeat myself.
- My teenagers are so selfish and so sinful! It makes me sick.
- I'm done parenting you. Just live it out now.

New Thinking

- I don't deserve a peaceful, conflict-free home. God never promised me that
- God has called me to shepherd my home and train my children – even when they're older and more difficult. It's not an inconvenience; it's a calling.
- My teenagers are not worse sinners than I am – and they're not more selfish than I am.
- I need to see my own sin first, my own sin as worse, and my own sin as what I need to be working on most.
- The conflicts in our home are a window into my own heart and an opportunity God has given me to train my kids for life, and to model godly leadership to them (especially my son, Garrett). Don't squander it.

New Actions

- I will keep my voice down, not get in their face, and ask questions instead of bellowing accusations, ultimatums, and proclamations
- I will stop and pray silently for grace and wisdom *before* I say anything to anyone!
- I will model for my kids (my son, Garrett, especially) how to solve problems in a godly way. I don't want to teach anger.
- I will memorize:

Proverbs 23:26 (NKJV) "My son, give me your heart, and let your eyes observe my ways."

Proverbs 25:28 (NLT) "A person without self control is like a city with broken down walls."

James 1:19–20 (ESV) "Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God."

Proverbs 14:29 (NLT) "People with understanding control their anger; a hot temper shows great foolishness."

**Item That
Needs to Change**

**Write out specific steps to changing in this area. What
will you stop doing? What will you begin to do? How
does your thinking need to change?**

<p>1.</p>	<p>New Ways of Thinking about this area / issue:</p> <p>New Ways of Acting in this area:</p>
<p>2.</p>	<p>New Ways of Thinking about this area / issue:</p> <p>New Ways of Acting in this area:</p>

<p>3.</p>	<p>New Ways of Thinking about this area / issue:</p> <p>New Ways of Acting in this area:</p>
<p>4.</p>	<p>New Ways of Thinking about this area / issue:</p> <p>New Ways of Acting in this area:</p>

5.

New Ways of Thinking about this area / issue:

New Ways of Acting in this area:
