

Training in Righteousness — What is my specific plan? (*How will I do what God commands me to do?*)

SCENARIO FOR CLOSING GROUP EXERCISE

BIBLE STUDY AND APPLICATION FORMAT

Sin pattern that I need to change

Biblical Reference

Teaching — What is the commandment or principle?

Reproof — What do I need to lay aside or put-off?

Correction — What do I need to start doing or put-on?

Training in Righteousness — What is my specific plan? (*How* will I do what God commands me to do?)

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HYPOTHETICAL SCENARIO

A husband comes home from work and is consistently angry. He doesn't like his job or people at his job. The kids are not cooperating when he gets home. So he just lets his mouth go, yelling at his wife and children, slamming doors at times, and being in a bad mood overall. But he is a believer, and has agreed to do a Bible study on the subject. He recognizes that he has an anger problem, and it is the task of this group to help him study through it. The approach is not to be based on opinion, but on the Scriptures.

SAMPLE BIBLE STUDY AND APPLICATION FORMAT

BIBLE STUDY AND APPLICATION FORMAT

Sin pattern that I need to change

Anger with my family members

Biblical Reference

Ephesians 4:31-32

Teaching — What is the commandment or principle?

Put away bitterness, wrath, anger, clamor, slander, malice, but instead be kind, tenderhearted, and forgive.

Reproof — What do I need to lay aside or put-off?

Speaking before considering others, speaking harshly, slamming doors, and scowling

Correction — What do I need to start doing or put-on?

Show kindness by listening to the others and thinking first, then speaking in a kind, tender-hearted way, forgive others and ask forgiveness for sins committed.Training in Righteousness — What is my specific plan? (*How will I do what God commands me to do?*)**I will deliberately think, before I even get home, of ways I can be kind to my family.****I will pray for guidance and review my plan.****When arriving home, I will greet the family cheerfully and ask them how their day went and ask questions about the details to show interest in their welfare.****When there is an argument, I will immediately investigate the situation by asking questions that are aimed at getting facts only, not opinions and not voicing my conclusions until everyone involved has presented the facts as they understand them.****I will invite the family to help me with my anger problem and ask them to join me in conducting a Bible study on the subject of anger during family devotions.**

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BIBLE STUDY AND APPLICATION FORMAT

(based on II Timothy 3:16-17)

Biblical Reference	Teaching What is the commandment or principle?	Reproof How have I failed to live by it?	Correction What do I need to do?	Training in Righteousness What is my specific plan - how will I do it?

BIBLE STUDY AND APPLICATION FORMAT (EXAMPLE 1)

(based on II Timothy 3:16-17)

Biblical Reference	Teaching	Reproof	Correction	Training in Righteousness
What is the commandment or principle?	How have I failed to live by it?	What do I need to do?	What is my specific plan - how will I do it?	
I John 3:17	We don't demonstrate God's love in us if we are not willing to share with others.	Example of an incorrectly done worksheet		
		I tend to be very selfish and to take care only of my own needs. I stockpile for the future instead of sharing.	I need to learn to be more generous and be more willing to share.	I will read verses on generosity. I will ask God to give me a generous nature. I will love my neighbor!
I John 3:17	We don't demonstrate God's love in us if we are not willing to share our lives as well as material goods with others.	Example of a correctly done worksheet		
		I became aware of a woman at church whose children needed new winter coats. Her husband is disabled and unable to work and cannot afford to buy coats. Even though I knew that our family could help, I reasoned that my kids and I also needed new coats. After all, I can't be responsible for everyone.	In reality, only one of my children really needs a coat. The others only want new ones of a more current style. I need to buy the one needed coat for my child and use the rest of the money to buy coats for this family in need.	1. Pray for God's guidance and strength in carrying out a plan to help this family. 2. Call a family meeting. Explain the need to my family, present my plans to help another family, and get my family's ideas on how we can help. 3. With my family, review verses on sharing and pray for our part in meeting this need. 4. Contact the leaders in my church to alert them of the needs of the other family and tell of my family's plans to help. 5. Call the woman in need. Explain to her how my sharing shows my love to the Lord and provides a blessing for her family as well as my own. 6. Schedule a shopping trip so her family can pick out the coats they need. 7. Perhaps take their family to lunch as part of the shopping trip.

BIBLE STUDY AND APPLICATION FORMAT (EXAMPLE 2)

(based on II Timothy 3:16-17)

Biblical Reference	Teaching	Reproof	Correction	Training in Righteousness
	What is the commandment or principle?	How have I failed to live by it?	What do I need to do?	What is my specific plan - how will I do it?
Example of an incorrectly done worksheet				
Psalms 119:11	I should treasure God's Word in my heart (or mind).	I haven't been memorizing God's Word.	I need to start memorizing Scripture.	I will ask God to help me start memorizing Scripture and will memorize one verse a week.
Example of a correctly done worksheet				
Psalms 119:11	I should treasure God's Word in my heart (or mind).	Instead of having a plan of regular Scripture memory, I am watching more than three hours of television daily. I have not even tried to develop a plan of memorizing Scripture. In fact, I have been lazy, saying that any memory work is too hard for me. I have made excuses for my failure to the Lord.	In the next four weeks, I will memorize four verses on the subject of obedience. While I am memorizing the four verses, I will seek to develop a plan for Scripture memory for the rest of the year.	1. I will pray daily for God's help in memorizing His Word. 2. Using a concordance, I will find four verses on obedience that are significant to my life and write them on small cards. 3. The first week, I will carry one memory verse card with me and use it in spare moments to memorize this verse (for example, standing in line, walking alone, waiting for and riding on the bus). 4. I will tell my family of my plan and request that they ask me to recite my verse(s) every day. 5. I will add one new memory verse card each week that I will carry with me and memorize during my spare moments (I will review my previous verses). 6. During this month, I will also choose four verses on the subject of salvation for the next month's memory work. I will also review my four verses on obedience during the next month.

Put Off, Put On

Galatians 2:20: "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."

- we are to live by faith

- the old me (trying to earn salvation on my own) is dead

Ephesians 4:22-24: "...that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness."

Romans 13:14: "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."

	"Put Off"	"Off" Verses	"On" Verses	"Put On"
1	Adultery	Mat 5:27-28	Pro 5:14-19	Marital fidelity
2	Alcoholism	Pro 20:1	Pro 23:30	Abstinence
3	Anger	Pro 29:22	Gal 5:22-23	Self-control
4	Bitterness	Heb 12:15	Eph 4:32	Tenderhearted and forgiving
5	Boasting (Conceit)	1Co 4:7	Phl 2:3	Esteeming others
6	Bodily harm	1Co 3:16-17	1Co 6:19-20	Glorify God in body
7	Burying talents	Luk 12:48	1Co 4:2	Developing abilities
8	Cheating	2Co 4:2	2Co 8:21	Honesty
9	Complacency	Rev 3:15	Rev 3:19	Zeal
10	Covetousness	Luk 12:15	Heb 13:5	Contentment
11	Critical spirit	Gal 5:15	Col 3:12	Kindness
12	Discontent	Heb 13:5	1Ti 6:8	Contentment
13	Disobedience	1Sa 12:15	Deu 11:27	Obedience
14	Disrespect for authority	Act 23:5	Heb 13:17	Honor authority
15	Easily irritated	1Co 13:5	Pro 19:11	Not easily provoked
16	Evil speaking	Jas 4:11	Pro 15:30	Good report
17	Evil thoughts	Mat 5:19-20	Phl 4:8	Pure thoughts
18	Fleshly music	Eph 4:29-30	Eph 5:19	Edifying music
19	Flirtation	Pro 7:21	1Pe 3:4	Gentle, quiet spirit
20	Following the crowd	Pro 1:10	Pro 3:7	God-fearing
21	Fornication	1Co 6:18	1Th 4:3	Abstinence
22	Gambling	Pro 28:20-22	Luk 16:11	Good stewardship
23	Gluttony	Pro 23:21	1Co 9:27	Discipline
24	Gossip	1Ti 5:13	Eph 4:29	Edifying speech
25	Hatred	Mat 5:21-22	1Co 13:3	Love
26	Homosexuality	Lev 18:22	1Th 4:4-5	Moral purity
27	Hypocrisy	Job 8:13	1Th 2:3	Sincerity
28	Idle words	Mat 12:36	Pro 21:23	Bidle tongue
29	Idolatry	Deu 11:16	Col 1:18	Worship God only
30	Immodest dress	Pro 7:10	1Ti 2:9	Modesty
31	Impatience	Jas 1:2-4	Heb 10:36	Patience
32	Incest	Lev 18:6	1Co 7:2, 5	Moral purity
33	Inhospitable	1Pe 4:9	Rom 12:13	Hospitable
34	Irresponsibility (Family/Work)	Luk 16:12	Luk 16:10	Responsibility
35	Irreverence in church	Ecc 5:1	Psa 89:7	Reverence

"Put Off"		"Off" Verses	"On" Verses	"Put On"
36	Irritation of others	Gal 5:26	Phl 2:3-4	Preferring in love
37	Jealousy	Gal 5:26	1Co 13:4	Trust
38	Judging	Mat 7:1-2	Jhn 8:9; Jhn 15:22	Let God search my heart
39	Lack of love	1Jo 4:7,8,20	Jhn 15:12	Love
40	Lack of moderation	Pro 11:1	1Co 9:25	Temperance
41	Lack of rejoicing always	Phl 4:4	1Th 5:18	Rejoice
42	Laziness	Pro 20:4	Pro 6:6-11	Diligence
43	Left first love	Rev 2:4	Rev 2:5	Fervent devotion
44	Losing temper	Pro 25:28	Pro 16:32	Self-control
45	Love of money/Greed	1Ti 6:9-10	Mat 6:33	Love God
46	Lust	1Pe 2:11	Tts 2:12	Pure desires
47	Lying	Eph 4:25	Zec 8:16	Speak truth
48	Moral impurity	1Th 4:7	1Th 4:4	Moral purity
49	Murder	Exd 20:13	Rom 13:10	Love
50	Murmuring/Complaining	Phl 2:14	Heb 13:15	Praise
51	Neglect of Bible study	2Ti 3:14-17	Psa 1:2	Bible study/Meditation
52	No burden for the lost	Mat 9:36-38	Act 1:8	Compassion/Witnessing
53	Pornography	Psa 101:3	Phl 4:8	Pure thoughts
54	Prayerlessness	Luk 18:1	Mat 26:41	Praying
55	Preferential treatment	Jas 2:1-9	Luk 6:31	Love neighbor as self
56	Presumption on the future	Pro 27:1	Jas 4:14-16	Trust God's will
57	Pride	Pro 16:5	Jas 4:6	Humility
58	Procrastination	Pro 10:5	Pro 27:1	Diligence
59	Profanity	Pro 4:24	Pro 15:4	Pure speech
60	Rebellion	1Sa 15:23	Heb 13:17	Submission
61	Retaliation (Getting even)	Pro 24:29	Rom 12:19-20	Return good for evil
62	Selfishness	Phl 2:21	Jhn 12:24	Self denial
63	Slothfulness (Not doing best)	Pro 18:9	Col 3:23	Wholeheartedness
64	Stealing	Pro 29:24	Eph 4:28	Working/Giving
65	Stinginess	1Jo 3:17	Pro 11:24-25	Generosity
66	Strife/Contention	Pro 13:10	Jas 3:17	Peace
67	Stubbornness	1Sa 15:23	Rom 6:13	Brokenness
68	Temporal values	Mat 6:19-21	2Co 4:18	Eternal value
69	Unbelief	Heb 3:12	Heb 11:1, 6	Faith
70	Unfaithfulness	Pro 25:19	Luk 16:10-12	Faithfulness
71	Unforgiving Sprit	Mar 11:26	Col 3:13	Forgiving spirit
72	Ungratefulness	Rom 1:21	Eph 5:20	Gratefulness
73	Witchcraft/Astrology/Horoscopes	Deu 18:10-11	Deu 6:5	Worship of God
74	Worldly entertainment	Pro 21:17	Gal 5:16	Spiritual pursuits
75	Worry/Fear	Mat 6:25-32	1Pe 5:7	Trust
76	Wrath	Jas 1:19-20	Pro 15:1	Soft answer
77	Wrong friends	Psa 1:1	Pro 13:20	Godly friends
78	Wrong motives	1Sa 16:7	1Co 10:31	Spiritual motives

Put off, put on passages: Ephesians 4:22-31; Colossians 3:5-17

GUIDELINES: THE "THINK AND DO" LIST

Renewing your mind is accomplished by God (*Philippians 2:13*) and is essential for you to mature in Christ (*Romans 12:1-2; Ephesians 4:22-24; Colossians 3:10*). You should endeavor to view every situation from God's perspective (*Philippians 4:4-9; Colossians 3:1-3, 15-16*) and to be obedient to God's Word in every circumstance (*John 14:23-24; Philippians 4:8-9; Colossians 3:17; James 1:25*). Renewing your mind is linked to putting off the practices of the old self, with its sinful actions and desires and, in its place, putting on the new self which leads to maturity in Christ (*Ephesians 4:22-24; Colossians 3:8-10*). Remember that your thoughts, speech, and actions are all deeds (part of the "doing level" of your problems) and are indicators of what is in your heart (*Matthew 15:18-20a; Mark 7:20-23*).

For further teaching on renewing your mind, see: RENEWING YOUR MIND (Lesson 7, Pages 6-7).

The purpose of the "THINK AND DO" LIST (Supplement 10) is to help you plan *now* to have a biblical thought life and to have a biblical plan to overcome temptation. In essence, this list is a supplement to the **VICTORY OVER FAILURES WORKSHEET** (Supplement 8) as it applies to your sinful thoughts and resultant actions. It is a contingency plan designed to help you deal with your thought life. Listed below are some guidelines to help you develop your personal "THINK AND DO" LIST.

I. It is important to develop a "THINK AND DO" LIST in order to:

- A. Establish a new, biblical pattern for thoughts and actions in areas where you have been tempted and have previously sinned (e.g., anger, worry, disagreements, child-discipline situations, being unfaithful in daily responsibilities, etc.) (*Romans 6:13; II Corinthians 10:5; Colossians 3:2, 5-15; Titus 2:11-12*).
- B. Plan ahead for times when you know that trials (temptations or tests) may very well come (e.g., upcoming major surgery, major events, or decisions in your life, projected absences from your normal responsibilities of daily life, etc.) (*Proverbs 3:5-6, 16:3; I Corinthians 10:13*).
- C. Live blamelessly before God and others rather than for self, even in the areas sometimes unseen by men (*Psalms 44:20-21; Jeremiah 17:9-10; Matthew 5:16; Philippians 2:12-16; I Peter 2:12*).

II. As you develop your "THINK AND DO" LIST, include the following:

- A. Recognize the circumstances, responsibilities, and relationships in which you have developed a habit of unbiblical thoughts and actions.
 1. **In the left-hand column (Labelled "My Temptations and Sinful Thoughts")** - List the time(s) of day or circumstances when you know you are tempted to sin in your thought life. Remember that even the smallest amount of time that you do not think biblically is still sin (*James 4:17*). It is not a matter of degree or length of time that determines whether you sin; rather, it is anything that is not done God's way (i.e., not according to the Scriptures) (*I John 3:4b, 5:17a*).
 2. **In the center column (Labelled "What I Should Be Thinking In This Situation")** - Corresponding to all the qualities listed in *Philippians 4:8*, list specific thoughts that you ought to have in your times of temptation. This means that instead of dwelling only on the temptation or on the problem, you must think about the solutions that God's Word gives to deal with your present circumstance. Do

not merely list "nice, good" things to think about that ignore the problem; instead, list specific things you should be thinking in this particular circumstance. List the specific truths from Scripture that apply in this situation for hope and change. Also list what God's Word tells you is true about the Lord, His provision, and His work in your life within this particular circumstance (*Psalms 19:14; 119:9, 50, 92, 101, 105, 143; I Corinthians 10:13; Philippians 4:8-9; James 1:2-4*).

3. **In the right-hand column (Labelled "What I Should Be Doing As A Result of My New Biblical Thinking")** – Based on the biblical perspective gained from your study in the center column, develop a specific plan of action to deal with this situation. Remember, it is not your responsibility to change others or to manipulate the situation (*Ezekiel 18:20; Romans 12:9a*); rather, you are to do your own responsibilities to glorify the Lord (*Colossians 3:17, 23-24*) and to bless others (*Romans 12:9-21; Colossians 4:5-6; I Peter 3:8-12*).
- B. Carry your "THINK AND DO" LIST with you as long as necessary to help you develop a pattern of dealing with temptations in a biblical manner.
 - C. The moment you recognize temptation, begin to practice your biblical plan for dealing with your thoughts. If necessary, pull out your "THINK AND DO" LIST to help you remember your plan.

"THINK AND DO" LIST

Problem: $\square$

My Temptations and Sinful Thoughts (Matthew 15:19; James 1:14-15)

What I Should Be Thinking in This Situation
(*Psalm 19:14; Philippians 4:8*)

What I Should Be Doing As a Result of My New Biblical Thinking (*Philippians 4:9*)

Problem: _____ Page _____ of _____

"THINK AND DO" LIST- EXPLANATION

My Temptations and Sinful Thoughts (Matthew 15:19; James 1:14-15) On a blank "THINK AND DO" LIST, follow the instructions below.	What I Should Be Thinking in This Situation (Psalm 19:14; Philippians 4:8) On a blank "THINK AND DO" LIST, list what you should think in all areas below.	What I Should Be Doing As a Result of My New Biblical Thinking (Philippians 4:9)
The Temptation of Sinful Thoughts: In this column, list the sinful thoughts you are tempted to think or ways in which you sinned in your thought life (I Corinthians 11:31) and confess them as sin to the Lord (I John 1:9). The Incident(s) in Which I Sinned: Describe the incident or occasion in which you sinned in your thoughts. List people involved, where you were, time of day, how long the incident lasted, and any other pertinent information. Remember to take full responsibility for your thoughts and not blame others. This will help you gain God's perspective on how your thinking influences your actions (based on Ezekiel 18:20; I Corinthians 11:31; Ephesians 4:15; James 1:13-14). What I Did As a Result of My Sinful Thoughts: Describe what you did (how you spoke and acted) as a result of your sinful thinking (based on I Peter 1:14-17). The Times of Day or Occasions That I Am Repeatedly Tempted in This Way: If this is part of a repeated pattern, list times, locations, people, etc., when you are tempted and frequently sin in your thought life (based on I Corinthians 11:31; I Peter 5:8).	a) True: What is true of this situation and about yourself, from a biblical perspective? (refer to I Corinthians 10:13; Galatians 5:17; Philippians 4:19; James 1:13) b) Honorable: What can you do that will give most honor to the Lord? (refer to I Corinthians 10:31; Colossians 1:10; I Thessalonians 5:17, 22; Hebrews 4:14-16) c) Right: What is the right way for you to respond to the temptation? (refer to Psalm 119:11; Matthew 4:4-10) d) Pure: What must you do to keep yourself pure in this situation? What steps should you take to flee from this temptation? (refer to II Timothy 2:22; I Peter 3:8-16; I John 3:3) e) Lovely: What lovely thing could the Lord be doing in your life through this very situation? What opportunities is God giving you to show His character to others? (refer to Romans 8:28-29) f) Of good repute: How can you follow the example of Christ in this situation as His ambassador? (refer to II Corinthians 5:20; I Peter 2:21-23) g) Excellent: What can you do to keep a clear conscience and show yourself blameless right now? (refer to II Corinthians 1:12; Philippians 2:14-16, 3:13-16) h) Worthy of praise: In this situation, for what can you praise the Lord? (refer to II Corinthians 1:3-5; Colossians 3:16-17; Hebrews 13:15)	In this column, write a specific step-by-step plan for doing all the things you determined to do in the second column. List even the simplest steps, such as: • what to pray at the very time of temptation (based on I Thessalonians 5:17; James 1:5) • what verses to review for hope and perspective (based on Psalm 119:11; Romans 15:4) • what steps to take in solving the problem (based on James 1:22-25) • what you will do to get the focus off yourself (based on Luke 9:23-24; II Corinthians 5:14-15; Galatians 5:16-17) • what to do to bless the very people who are part of this situation (based on Romans 12:14; Ephesians 4:29; I Peter 3:8-9) • what you will say to give praise and give thanks to the Lord for His work in your life through this circumstance (based on Psalm 34:1, 71:5-8; Ephesians 5:20; I Thessalonians 5:18) • how you will do any correction in gentleness and what you will say that will be focused on restoration, not condemnation (based on Romans 12:18; Galatians 6:1-4)

"THINK AND DO" LIST- EXAMPLE Page <u>1</u> of <u>2</u>		
Problem: My husband comes home late on Thursday evenings	What I Should Be Thinking in This Situation <i>(Psalm 19:14; Philippians 4:8)</i>	What I Should Be Doing As a Result of My New Biblical Thinking <i>(Philippians 4:9)</i>
My Temptations and Sinful Thoughts <i>(Matthew 15:19; James 1:14-15)</i> The Temptation of Sinful Thoughts: I love down my husband in my thoughts, thought of revenge against him, judged him, and had thoughts of self-pity about my rights. The Incident(s) in Which I Sinned: My husband came home late again in this past Thursday night. This seems to be a pattern on Thursdays, and I have not really talked with him about why he is late. (I have fretted, worried, fumed, and reviled my husband in my thoughts most of the past twenty times he's been late). What I Did As a Result of My Sinful Thoughts: I burned his dinner to "show him that I'm not a maid to cater to his whims." I snapped at him when he walked in the door, refused to kiss him, and gave him the silent treatment the rest of the evening. I criticized him openly in front of the children. I've asked his forgiveness, and I have greeted him kindly, (as per my plan in the VICTORY OVER FAILURES WORKSHEET). However, I still become upset and am tempted to give him the silent treatment. I really have a hard time for the 3 hours before he gets home. The Times of Day or Occasions That I Am Repeatedly Tempted in This Way: Every Thursday evening for two months and often during the week. I have made excuses to my	TRUE- It is true that my husband comes home late regularly on Thursday evenings. However, instead of just getting angry and judging my husband, I need to plan to discuss with him the reason for this lateness (Ephesians 4:25-26). HONORABLE – I need to formulate a plan for how I will ask him, so that I will have a forgiving spirit and not blow up at him while trying to solve the lateness problem (Mark 11:25; Ephesians 4:29; Colossians 4:6). RIGHT – Begin to deal with my thoughts when the temptation begins – 3 hours before my husband's arrival and not just before he walks in the door. Plan how I will greet him when he walks in by blessing him instead of tearing him down in my mind. (1 Peter 3:8-12). PURE/WORTHY OF PRAISE– Review my memorized Scriptures to gain perspective of what the Lord is doing in me. This will keep my mind pure with the Word, not just with my opinion of the situation (Psalm 19:8; 119:9, 11). When possible, think of songs of praise to the Lord or listen to Christian music (Ephesians 5:19; Colossians 3:16). To avoid lying to the children about why their father is not home on Thursday evenings, I will plan how to tell them their father is late in a loving manner without bitterness or being critical of their father (Romans 14:10, 13; Ephesians 4:15, 31). LOVELY/OF GOOD REPUTE – Plan how to show my husband a different response – one of patience, kindness, and loving concern – rather than the unkind one he has been receiving when he comes in (1 Corinthians 13:4-5).	When I realize that my husband will be late or when I think about it during the week: * Pray. Ask God to help me control my thoughts, to give me the wisdom and grace to deal with this situation without sinning against God or my husband. Thank the Lord for His provision of strength to handle this opportunity. * Write what I will say to my husband when he arrives to avoid manipulating him or being unloving in my speech. * Sing Scripture set to music to remind myself of God's work in my life. Recite verses I have been memorizing lately (for example: Ephesians 4:29-32; Colossians 4:6; 1 Peter 3:8-12). * Write how I will ask my husband for help in solving the problem of his Thursday schedule. Ask if the lateness will be a regular occurrence on Thursdays. Ask the reasons for his lateness on Thursdays. Would it be possible to call me if he will be later than usual? Make alternate plans for Thursdays in the event that my husband's schedule will not change (I could feed the children earlier, and he and I can eat later). * If my husband is still not home, begin to do some extra responsibilities that I don't complete at other times (such as ironing, needlework, writing letters to relatives, etc.) I will also complete responsibilities that will bless my husband (such as housecleaning, ironing his clothes, etc.). * If appropriate this evening (after my husband has had time to eat his dinner and relax from his trip home), ask him if we can talk about what we can do together to

Problem: My husband comes home late on Thursday evenings		Page 2 of 2	
"THINK AND DO" LIST			
My Temptations and Sinful Thoughts (Matthew 15:19; James 1:14-15)	What I Should Be Thinking in This Situation (Psalm 19:14; Philippians 4:8)	What I Should Be Doing As a Result of My New Biblical Thinking (Philippians 4:9)	
children about their father's lateness. Now I even criticize him openly in front of the children.	EXCELLENT – Plan how to redeem time wisely while waiting for husband to come home (Ephesians 5:16). I will set aside time to pray for him (Philippians 4:6-7). Plan how to be the mother I ought to be to train my children in the ways of the Lord (Proverbs 22:6; II Timothy 3:16-17; Hebrews 5:14, 12:11).	solve the situation that seems to lead to an unusual schedule on Thursdays. Ask questions to determine if our family schedule needs to be altered to allow for more flexibility on Thursdays. Work at solving the problem; don't attack husband. Every evening before bedtime, I will thank God for my husband, listing the blessings that are being provided for our family. During this prayer time, I will also thank God for giving me this opportunity to grow into a more Christlike wife. Ask God to help me use this experience to be the Christlike example to my children that I ought to be in word and action.	