

# Repentance: Turn from My Sin of \_\_\_\_\_ and Turn to God

Recovery Issue Part 1

	List the connections to your sin issue, sin pattern or idol	Turn from sin and barricade your ruts	Turn to God
Who	<p><b>List people who influence your struggle</b></p> <p>(Examples: family, spouse, friends, co-workers, acquaintances, enemies, etc.)</p>	<p><b>How can I change these relationships or establish healthy relationships?</b></p> <p>(Examples: end the relationship, new boundaries for the relationship, engage their help with my struggle, etc.)</p>	<p><b>What does the Bible say about the relationships listed? Who can help me follow Christ and God's will?</b></p> <p>(Examples: spouse: love as Christ loved me; drug dealer: end relationship; godly friends: ask for help)</p>
What	<p><b>List what you used to access your struggle and other things joined with this struggle.</b></p> <p>(Examples: internet, phones, other drugs/chemicals, credit cards, job, etc.)</p>	<p><b>What barricades can I put in place to make it difficult to reach my struggle?</b></p> <p>(Examples: no "primer" drugs, internet accountability, stop using credit, change jobs, uncover food/drug stash, etc.)</p>	<p><b>What does the Bible say about the things listed? What can I put in place to direct me towards Christ?</b></p> <p>(Examples: sexual sin: memorize 2 Tim 2:22 ; depression: make gratitude list on bad days)</p>
When	<p><b>List when you struggle.</b></p> <p>(Examples: time of day, day of week, events, holidays, anniversaries, etc.)</p>	<p><b>When can I anticipate temptation and ask for help during those times?</b></p> <p>(Examples: tell others times of temptation, plan activities on high risk days, ask friends to call at certain times, etc.)</p>	<p><b>When will I seek God's will and help? When should I ask others to pray and help?</b></p> <p>(Examples: I will wake at __AM to spend time with God; I will ask __ to pray and call on travel days)</p>

# Repentance: Turn from My Sin of \_\_\_\_\_ and Turn to God

## Recovery Issue Part 2

	List the connections to your sin issue, sin pattern or idol	Turn from sin and barricade your ruts	Turn to God
Where	<p><b>List places where you frequently struggle.</b></p> <p>(Examples: a room of your house, friend's house, bar, neighborhood, etc.)</p>	<p><b>Where should I stop going, keep going or start going?</b></p> <p>(Examples: no bars, change jobs, change play areas, attend church, go to inpatient facility, move, etc.)</p>	<p><b>Where will I seek God? Where would God have me turn for needs?</b></p> <p>(Examples: I'll attend church/recovery each week. I'll go to ___ when tempted. Memorize Psalm 23)</p>
Why	<p><b>List feelings, desires or needs that you tried to fill or escape from with your struggle.</b></p> <p>(Examples: fear, hurt, angry, lonely, sad, worthless, acceptance, security, etc.)</p>	<p><b>When tempted, how can I uncover the need, desire, or feeling my sinful nature is responding to?</b></p> <p>(Examples: 10 min. cool off when angry, journal why I want a snack before eating, talk through feelings w/mentor, etc.)</p>	<p><b>List what the Bible says is God's provision to meet the desires, feelings and needs I listed.</b></p> <p>((Examples: fear: Psalm 27, Phi 4:4-7; security: Psalm 127:1; discouraged: 2 Cor 4:16-18)</p>
How	<p><b>List steps routinely taken as you move towards your struggle.</b></p> <p>(Example: I feel ___, then I'm tempted to ___, then decide to ___, then do ___, and then I feel ___.)</p>	<p><b>List healthy steps to take when tempted or when you anticipate temptation.</b></p> <p>(Example: When I feel ___, I will ___, and contact ___, and I will choose to ___.)</p>	<p><b>How will I turn to God and his provision during times of temptation?</b></p> <p>(Example: When I feel ___, I'll turn to God by ___. When tempted with ___, I'll seek God's strength by ___.)</p>

# Repentance: Turn from My Pattern of \_\_\_\_\_ and Turn to God

## Sinful Pattern Part 1

	List the connections to your sin issue, sin pattern or idol	Turn from sin and barricade your ruts	Turn to God
Who	<p><b>List people who influence your struggle</b></p> <p>(Examples: family, spouse, friends, co-workers, acquaintances, enemies, etc.)</p>	<p><b>How can I change these relationships or establish healthy relationships?</b></p> <p>(Examples: end the relationship, new boundaries for the relationship, engage their help with my struggle, etc.)</p>	<p><b>What does the Bible say about the relationships listed? Who can help me follow Christ and God's will?</b></p> <p>(Examples: spouse: love as Christ loved me; drug dealer: end relationship; godly friends: ask for help)</p>
What	<p><b>List what you used to access your struggle and other things joined with this struggle.</b></p> <p>(Examples: internet, phones, other drugs/chemicals, credit cards, job, etc.)</p>	<p><b>What barricades can I put in place to make it difficult to reach my struggle?</b></p> <p>(Examples: no "primer" drugs, internet accountability, stop using credit, change jobs, uncover food/drug stash, etc.)</p>	<p><b>What does the Bible say about the things listed? What can I put in place to direct me towards Christ?</b></p> <p>(Examples: sexual sin: memorize 2 Tim 2:22 ; depression: make gratitude list on bad days)</p>
When	<p><b>List when you struggle.</b></p> <p>(Examples: time of day, day of week, events, holidays, anniversaries, etc.)</p>	<p><b>When can I anticipate temptation and ask for help during those times?</b></p> <p>(Examples: tell others times of temptation, plan activities on high risk days, ask friends to call at certain times, etc.)</p>	<p><b>When will I seek God's will and help? When should I ask others to pray and help?</b></p> <p>(Examples: I will wake at __AM to spend time with God; I will ask __ to pray and call on travel days)</p>

# Repentance: Turn from My Pattern of \_\_\_\_\_ and Turn to God

## Sinful Pattern Part 2

	List the connections to your sin issue, sin pattern or idol	Turn from sin and barricade your ruts	Turn to God
Where	<p><b>List places where you frequently struggle.</b></p> <p>(Examples: a room of your house, friend's house, bar, neighborhood, etc.)</p>	<p><b>Where should I stop going, keep going or start going?</b></p> <p>(Examples: no bars, change jobs, change play areas, attend church, go to inpatient facility, move, etc.)</p>	<p><b>Where will I seek God? Where would God have me turn for needs?</b></p> <p>(Examples: I'll attend church/recovery each week. I'll go to ___ when tempted. Memorize Psalm 23)</p>
Why	<p><b>List feelings, desires or needs that you tried to fill or escape from with your struggle.</b></p> <p>(Examples: fear, hurt, angry, lonely, sad, worthless, acceptance, security, etc.)</p>	<p><b>When tempted, how can I uncover the need, desire, or feeling my sinful nature is responding to?</b></p> <p>(Examples: 10 min. cool off when angry, journal why I want a snack before eating, talk through feelings w/mentor, etc.)</p>	<p><b>List what the Bible says is God's provision to meet the desires, feelings and needs I listed.</b></p> <p>((Examples: fear: Psalm 27, Phi 4:4-7; security: Psalm 127:1; discouraged: 2 Cor 4:16-18)</p>
How	<p><b>List steps routinely taken as you move towards your struggle.</b></p> <p>(Example: I feel ___, then I'm tempted to ___, then decide to ___, then do ___, and then I feel ___.)</p>	<p><b>List healthy steps to take when tempted or when you anticipate temptation.</b></p> <p>(Example: When I feel ___, I will ___, and contact ___, and I will choose to ___.)</p>	<p><b>How will I turn to God and his provision during times of temptation?</b></p> <p>(Example: When I feel ___, I'll turn to God by ___. When tempted with ___, I'll seek God's strength by ___.)</p>

# Repentance: Turn from My Idol of \_\_\_\_\_ and Turn to God

## Idol Part 1

	List the connections to your sin issue, sin pattern or idol	Turn from sin and barricade your ruts	Turn to God
Who	<p><b>List people who influence your struggle</b></p> <p>(Examples: family, spouse, friends, co-workers, acquaintances, enemies, etc.)</p>	<p><b>How can I change these relationships or establish healthy relationships?</b></p> <p>(Examples: end the relationship, new boundaries for the relationship, engage their help with my struggle, etc.)</p>	<p><b>What does the Bible say about the relationships listed? Who can help me follow Christ and God's will?</b></p> <p>(Examples: spouse: love as Christ loved me; drug dealer: end relationship; godly friends: ask for help)</p>
What	<p><b>List what you used to access your struggle and other things joined with this struggle.</b></p> <p>(Examples: internet, phones, other drugs/chemicals, credit cards, job, etc.)</p>	<p><b>What barricades can I put in place to make it difficult to reach my struggle?</b></p> <p>(Examples: no "primer" drugs, internet accountability, stop using credit, change jobs, uncover food/drug stash, etc.)</p>	<p><b>What does the Bible say about the things listed? What can I put in place to direct me towards Christ?</b></p> <p>(Examples: sexual sin: memorize 2 Tim 2:22 ; depression: make gratitude list on bad days)</p>
When	<p><b>List when you struggle.</b></p> <p>(Examples: time of day, day of week, events, holidays, anniversaries, etc.)</p>	<p><b>When can I anticipate temptation and ask for help during those times?</b></p> <p>(Examples: tell others times of temptation, plan activities on high risk days, ask friends to call at certain times, etc.)</p>	<p><b>When will I seek God's will and help? When should I ask others to pray and help?</b></p> <p>(Examples: I will wake at __AM to spend time with God; I will ask __ to pray and call on travel days)</p>

# Repentance: Turn from My Idol of \_\_\_\_\_ and Turn to God

## Idol Part 2

	List the connections to your sin issue, sin pattern or idol	Turn from sin and barricade your ruts	Turn to God
Where	<p><b>List places where you frequently struggle.</b></p> <p>(Examples: a room of your house, friend's house, bar, neighborhood, etc.)</p>	<p><b>Where should I stop going, keep going or start going?</b></p> <p>(Examples: no bars, change jobs, change play areas, attend church, go to inpatient facility, move, etc.)</p>	<p><b>Where will I seek God? Where would God have me turn for needs?</b></p> <p>(Examples: I'll attend church/recovery each week. I'll go to ___ when tempted. Memorize Psalm 23)</p>
Why	<p><b>List feelings, desires or needs that you tried to fill or escape from with your struggle.</b></p> <p>(Examples: fear, hurt, angry, lonely, sad, worthless, acceptance, security, etc.)</p>	<p><b>When tempted, how can I uncover the need, desire, or feeling my sinful nature is responding to?</b></p> <p>(Examples: 10 min. cool off when angry, journal why I want a snack before eating, talk through feelings w/mentor, etc.)</p>	<p><b>List what the Bible says is God's provision to meet the desires, feelings and needs I listed.</b></p> <p>((Examples: fear: Psalm 27, Phi 4:4-7; security: Psalm 127:1; discouraged: 2 Cor 4:16-18)</p>
How	<p><b>List steps routinely taken as you move towards your struggle.</b></p> <p>(Example: I feel ___, then I'm tempted to ___, then decide to ___, then do ___, and then I feel ___.)</p>	<p><b>List healthy steps to take when tempted or when you anticipate temptation.</b></p> <p>(Example: When I feel ___, I will ___, and contact ___, and I will choose to ___.)</p>	<p><b>How will I turn to God and his provision during times of temptation?</b></p> <p>(Example: When I feel ___, I'll turn to God by ___. When tempted with ___, I'll seek God's strength by ___.)</p>