**Repentance Plan: Turn from and turn to God**

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| **IDENTIFY Existing Patterns: List any connections to the sin issue, pattern, or idol for each category below**  | **How will I TURN FROM SIN?Changes I will make to turn from sin and guard myself from old sinful patterns** | **How will I TURN TO CHRIST?Changes I will make to turn to God instead of this sin or idol (use Scripture to determine God’s path/provision)** |
| **WHO influences my struggle?**  |   |  |
| **WHAT are my triggers or ways I access my struggle?**  |  |  |
| **WHEN am I vulnerable?** |  |  |
| **WHERE do I frequently struggle?** |  |  |
| **WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape?** |  |  |
| **HOW am I tempted in my struggle? Are there routine steps or patterns in when I am tempted to sin?** |  |  |