

STEP 6

REPENTANCE PLAN CHARTS AND EXAMPLES

Example 1

REPENTANCE PLAN: Sin Pattern = lust/sexual fantasy

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? My wife Linda* My friend Jim	Ask for Linda's help. Change my relationship with Jim by limiting how often (and where) we spend time together.	Invest in Linda, God's provision for my sexual needs. Be satisfied and rejoice in my wife (Prov. 5:15–23). Flee lust. Build relationships with godly men. Pursue godly things with godly people (2 Tim. 2:22; Prov. 27:17). Invite Jim to church (Matt. 5:14-16).
WHAT are my triggers or ways I access my struggle? Internet porn on phone and computer Trips to club and talking about females w/Jim	Linda to password-protect internet. Get a phone w/o internet. Tell Jim no more girl talk/flirting. Limit outings with Jim to when others who are good influences can come.	Internet not helpful for me right now (1 Cor. 6:12) Memorize Psalm 101:3–4; 2 Tim. 2:22 Daily Bible/prayer time (Matt. 6:11) Accountability with godly men (Gal. 6:2)
WHEN am I vulnerable? Nighttime after my wife has gone to bed Traveling for work Fishing trips & "guys' night out" with Jim	Go to bed with Linda every night. Reserve Friday nights for dates with Linda rather than "guys night out" with Jim.	Start every morning with Bible (Lam. 3:22–23) Pray every night with Linda (Matt. 19:6) Pray & call accountability partners when traveling or when I am tempted (Psalm 28:7; 1 Thess. 5:14)
WHERE do I frequently struggle? At home on internet At hotels/conferences during business travel At the nightclub with Jim	Avoid home alone; if alone, no internet No nightclub trips Ask hotels to shut off movies or unplug television.	I will seek God in his Word (Psalm 119:11), in prayer (Matt 6:13), and in his people (Prov. 24:6). I will attend church and Christian <i>re:generation</i> regularly (Hebrews 10:24).
WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape? When Linda rejects or disrespects me, or if she is unhappy with me, I cope by trying to find pleasure or affirmation from other women. When I am stressed, I fantasize about women. It is hard for me to say no to Jim when he invites me to the club. I don't want to be seen as "weird," but as "one of the guys."	Try to uncover what I am feeling by writing down emotions/worries/stresses in life. Tell them to the godly men in my life. When feeling insecure, tell Linda. Ask what she notices about my insecurities. When asked to go to the club with the guys, offer alternative locations. Be willing to be the "odd man out" if necessary. Initiate lunch plans at good locations.	I will rely on God's power by growing in knowledge, practicing faithfulness and godliness. God has given me everything I need for godliness in life (2 Peter 1:3–8). I will pursue my wife emotionally and sexually. I will tell her my feelings and stresses. I will pray with her. I will purposefully rejoice over her and delight in her (Proverbs 5:15–23). I will memorize God's word to know and practice his will (Hebrews 4:12). I will seek help from God's people (Hebrews 12:11–13).
HOW am I tempted in my struggle? Are there routine steps or patterns when I am tempted to sin? When I feel rejected by Linda, after she goes to bed, I look at porn on the computer.	I will go to bed with Linda every night—even when I feel rejected. I will pray, examine my hurt with my mentor, and plan to discuss it with Linda. I will let godly men in my life know when I am feeling tempted, asking them for prayer and follow-up.	I will flee lust and run to God for strength through prayer and his Word. I'll ask godly friends and Linda for prayer and help to see my needs, my sins, and point me toward Christ. I will address my hurt and insecurities with the people in my life by learning and practicing the biblical steps of healing.

Example 2

REPENTANCE PLAN: Sin Pattern = Fear of man/codependency

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? I do—how I think Certain people with debating/strong personalities—especially when I have a concern or need to better understand an issue	Before meeting with people, thank God for them by name, and for how God has made them—that he has made all of us different for a purpose. Don't assume I understand another person's motive or behavior. Don't avoid conversations, just because the topic or person may be difficult.	Ask the Spirit to help me remember that relationships are his normal means of refining people to be more like Christ. Pray that I would find my peace in Christ even as my "rough parts" get exposed. Pray God would use us in one another's lives to grow. (Eph. 4:16)
WHAT are my triggers or ways I access my struggle? I don't know.	Next time I feel this way, I will journal what I am feeling. Evaluate what is going on in my life leading up to these feelings. Ask others if they see anything that triggers my insecurity.	Begin asking God to show me if there is anything that triggers my insecurities (James 1:5)
WHEN am I vulnerable? When and I put too much value in what someone else may think of me or how they might respond to me. When I don't have it "figured out" yet and things feel confusing prior to meeting with the other person. When I don't trust the other person.	Practice the habit of sharing what I think/feel before having it figured out. Ask questions to gain understanding. Set aside pride. Be ok with others thinking I am slow to catch on. Assume the best of the other person rather than the worst.	Take extended prayer time to explore insecurities in my heart that have nothing to do with the person or topic. Repent of: <ul style="list-style-type: none"> - Trusting in myself or others more than God (Prov. 3:5-6) - Not being satisfied with God's affirmation of me when others are angry or disappointed with me (Eph. 2) Confess my fears and pride—that I feel the need to have an issue figured out before bringing it up.
WHERE do I frequently struggle? I don't think there is a particular location.	When feeling insecure, I will pray and evaluate my feelings before I decide to ignore an issue or engage in a conversation with a person.	Review the Fear Overview from Inventory Workbook and pick 3 Scriptures to mediate on/memorize.
WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape? I am afraid of losing the relationship or the other person's respect. I don't want to feel out of control. I am afraid of not being heard—that my opinion doesn't matter. I sometimes find my peace in relationships rather than in the LORD.	Remember Step 1, Admit: I have failed (and will fail) in trying to love well but I don't want to neglect having truthful/loving conversation. Remember that I trusting my life and will to God (Step 3). I can trust God even when things are not as I would have them, I lose others' respect, or I am confused. It's my job to be faithful. Commit to peace-making rather than peace-faking. If I am afraid or don't understand, I must have the conversation.	Ask God for faith to receive all affirmation from him as a daughter...to free me to love courageously and be secure in his love (2 Tim. 1:7). Believe God is powerful enough to change my heart to live wisely in this relationship (James 3:17). Ask God to help me please God over man (memorize Galatians 1:10). Ask God to remind me what I REALLY want is a loving, healthy relationship.
HOW am I tempted in my struggle? Are there routine steps or patterns in when I am tempted to sin? Rather than turn to God in prayer and to his Word, I worry about my confusion and relationship. Then, I hold back from communicating with that other person.	When hurt, be humble and admit that I may be negatively interpreting something. Assume the best of the other person. Acknowledge any negative interpretation. When an issue is creating anxiety, set a date to meet/share with the other person.	Ask God to show me where I am off in how I see things or act, to make my heart pure, and to give me a motive of love. Engage with the person and trust God (Matthew 7:3-5).

Example 3

REPENTANCE PLAN: Turn from My Sin of romantic relationships and turn to God

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? Boyfriends Some of my girlfriends who are in and out of relationships regularly and ask me to clubs Guy friends or strangers who flirt, compliment, or show interest in me	Spend a season of singleness and look to godly things to meet my needs and provide my significance. Delete my contact information for old boyfriends. Limit my time with girlfriends that are always encouraging me into relationships. Commit to healthy friendships with guys.	When I feel rejected, go to the Lord. He will take me up (Psalm 27:7–14). He will be my husband (Hosea 2:14–19). He will help when I am needy (Psalm 40:17). I will trust him rather than my understanding (Proverbs 3:5–6), then the Lord will surround me with steadfast love (Psalm 32:10).
WHAT are my triggers or ways I access my struggle? When I feel insignificant, worthless, or unlovable. Sometimes I use sexual encounters with strangers to feel desirable. I find my worth in men noticing me or giving me attention.	Ask godly girlfriends for accountability through my season of singleness. I can build relationships that encourage me to grow in my relationship with Jesus. Examine my motives for how I dress when I know that men will be around. Stay off Facebook. Delete online dating profiles.	Remember that my hope is in God not in a relationship (Psalm 42). His love never ends or fails (1 Corinthians 13). I am fearfully and wonderfully made for a purpose (Psalm 139:13–16; Ephesians 2:10). I can never be separated from the love of Jesus (Romans 8:35–39).
WHEN am I vulnerable? I struggle with feeling worthless when I'm not in a relationship—especially birthdays, romantic holidays, or when I don't have weekend plans. I struggle when I do not receive attention from men that I am around.	Ask friends for prayer during holidays. Schedule activities in advance to have fun with healthy friends. When I have no plans, look for ways to serve others or grow in my relationship with God.	I will set a time daily to rest in Jesus' love and to love him in return. I will read his love letter to me (the Bible), talk with him, and write love letters through my journals to him. On weekends I will serve and worship first (Matthew 6:33). When I feel insignificant I will remember that he paid my ransom for me to know and love him fully (Mark 10:45).
WHERE do I frequently struggle? At the clubs that my girlfriends and I go to. When I am home alone and feeling unloved or isolated	Stop going to clubs or other places that may lead to an ungodly relationship. Consider why I am going to events where I know certain men will be and let others know my intentions.	I'll turn to God in his word (Psalm 119:41–42). I'll turn to his people for encouragement and support (Ecclesiastes 4:12). I'll turn to Jesus for my significance (Romans 8:28–31). Look for people I can help grow their relationship with Christ (like a small group of teenage girls).
WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape? I want to be loved, adored, and cared for. I like the security of a relationship. I want my needs met and want to be needed by others.	When I'm feeling unloved or tempted to seek love in wrong places, I will ask God to show me my real needs, talk through my feelings with my mentor/girlfriends, journal my feelings.	Jesus created me to be a lover—but a lover of him first (Matthew 22:37). I can always approach him for help in my time of need (Hebrews 4:16). I am not alone, Jesus is present and my help in time of need (Psalm 46:1).
HOW am I tempted in my struggle? Are there routine steps or patterns when I am tempted to sin? When I feel lonely or unloved, I look for new relationships or call old boyfriends. Then, I settle for an unhealthy relationship. When I am unhappy I think a relationship will make me happy. When it does not work out I feel rejected, scared, unloved, and worthless.	When I am tempted to find my significance in a romantic relationship, I will call my mentor and accountability partners to let them know how I am feeling. I will write a gratitude list of all of the things that God has provided to meet my needs. I will thank Jesus for his love and look for him to fill my needs.	When feeling lonely or unloved, I will look to Jesus through prayer, his word, and remembering what he has done for me. I will remember who I am in Christ by writing his words on my heart (memorizing Scripture). I will run to him when I feel needy. I will call on his people for support when I am tempted. I will look to him for my significance and contentment—whether single or married.

Example 4

REPENTANCE PLAN: Turn from shame: believing I'm a failure and Turn to God

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? Family (parents, husband, kids) Women who appear or act like they have it all together My mother-in-law	Husband: tell him when his words or actions tempt me to believe the lie that I'm not worth loving. Kids: have realistic expectations for behavior and tell them when I'm hurt. Limit influence of others who aren't authentic/honest. Stop reading magazines/blogs which set unrealistic expectations and tempt me to believe I'm not what I should be.	I need to keep family relationships intact but communicate how I feel and when I'm hurt. Pray, ask for prayer, & prepare for mother-in-law comments (Ephesians 4:15; Genesis 2:24; Hebrews 12:15). Study/memorize who God says I am (Psalm 139:14; Ephesians 2:10; 2 Corinthians 5:17).
WHAT are my triggers or ways I access my struggle? Dwelling on past failures or harmful words from others. Believing that those events or what others say is truer than what God says about me. Trying to ignore my past without dealing with the hurt, sin, and shame of the past.	Communicate with others who know me (husband and close friends) and journal when I am tempted to believe lies. Ask godly friends to help me evaluate if/when I need to change something. Cut out harmful magazines/blogs and ask for accountability. Tell mother-in-law my insecurities about her opinions.	Philippians 4:7-8: God can provide peace that passes understanding and guard my heart/mind. I should dwell on what is noble, right, pure, lovely, admirable, and praiseworthy. Memorize Scripture that affirms my identity in Christ (2 Corinthians 5:17; Psalm 139). Journal about who I am in Christ on bad days. Ask for those who love me to pray for and to remind me of who I am in Christ.
WHEN am I vulnerable? When my husband struggles with lust or porn. When I disagree with my husband and he seems superior or angry. When kids wish that I was "different like other moms." When I make a mistake and have to ask forgiveness, I believe the lie that I am not worth forgiving or worth loving.	When I need to confront my husband or express a differing opinion. Family vacations. When I visit rich neighborhoods or shopping centers or spend too much time reading high-end magazines. When my husband is struggling. When I visit my in-laws.	I will seek God's help: before I confront my husband, after I've made a mistake in how I respond during a confrontation, when visiting people or places that feed my shameful feelings, before/during my mother-in-law's visits.
WHERE do I frequently struggle? In rich neighborhoods or shopping centers. At the pool or beach. Parties and large gathering with more "social people" than myself. In front of my mirror. At my parents' home or in-laws' home. In groups where I feel out of place or vulnerable.	I don't know if I can turn from these places. I think I should keep going to places I listed.	I will pray. Spend time in God's word. Read my journals to be reminded of God's goodness and how he is changing me. Listen to praise music. I will spend quiet time with God each morning before I start the day.
WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape? I am afraid that I am less than others or broken and that this will be discovered by others. I fear that I am a disappointment or will be rejected if people knew the real me. I desire acceptance and affirmation from others.	Talk about my fears and desires with others. Journal how I wish others to respond to me when I am feeling "less-than" or broken and look at why. Open communication about my feelings with those who love me.	Not be afraid because God is with me, will uphold me and strengthen me (Isaiah 41:10). When I trust in God I will not be put to shame (Psalm 25:2). God is the one who will affirm who I am in Christ and take away my shame. He is the one who gives me identity and value.
HOW am I tempted in my struggle? Are there routine steps or patterns when I am tempted to sin? When I recall my past, I remember where I come from and what I've done; believe I'm still that old person. When I am corrected or challenged I become defensive until I am overwhelmed with shame, feeling that I am no good or worthless.	When I am heading into a situation that triggers my insecurities, I will remember who I am in Christ, plan my words and my steps. I will plan my responses if heading into conflict and take time before I respond and talk with others when I feel insecure. I will dwell on things I am thankful for when heading into rich neighborhoods and shopping centers. I will talk to my husband and ask for prayer when heading into situations where I feel insecure.	When I am tempted to believe lies about my worth, I will tell God my fears, mediate on Scripture, call my mentor, and choose to believe who God says I am in Christ. I will remind myself of God's great love for me through Jesus and the grace and mercy he extended me. I will thank him for how he has provided for me.

Example 5

REPENTANCE PLAN: Turn from My Idol of worldly success and Turn to God

<p>IDENTIFY Existing Patterns: List any connections to the sin issue, pattern, or idol for each category below</p>	<p>How will I TURN FROM SIN: Changes I will make to turn from sin and guard myself from old sinful patterns</p>	<p>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)</p>
<p>WHO influences my struggle? Spouse Family (parents and kids) Community leaders My business partner</p>	<p>Refocus time on the people most important to me. Does calendar, thoughts, finances reflect what/who are most important by God's standards? Weekly dates/lunches with wife. Set aside time each week with my kids—do not miss events or let them be interrupted by work. Be home for dinner. Talk with business partner about new time priorities.</p>	<p>My relationship with God takes priority over everything and my significance is found in Christ (Matthew 4:10). I am to give myself up for my wife and be one with her like Jesus did for me (Ephesians 5:23–28). I am the primary teacher of God's love to my kids (Deuteronomy 6:1–9). I am to work for God's glory, not mine (Colossians 3:17).</p>
<p>WHAT are my triggers or ways I access my struggle? Work. I hide behind "providing nice things" for my family, but I would work for success even if it didn't provide those things. I get significance from how I'm regarded by peers. I use computer/phone at home regularly.</p>	<p>Commit to leave the office at specific times each day. Do not let meetings interfere with family time. Shut off business phone/e-mail when at home or kids' events. Limit number of business trips and community events each year. Hire another partner. Develop a plan to reprioritize God, family, and work by God's standards.</p>	<p>Prioritize things that only I can do first (being a child of God, husband, father, son, etc.), then other things next (1 Corinthians 2:2, 7:2–7; Matthew 19:4–6; Ephesians 6:4; Colossians 3:23–24). Memorize these Scriptures and rearrange my calendar, finances, etc., to reflect these priorities.</p>
<p>WHEN am I vulnerable? I struggle more when a business deal is in the works or when I'm away from work (vacations, family events, holidays, etc.). I fear things will fall apart if I turn my focus from it. My family suffers—their time is interrupted and I rarely allow my family to interfere with my workday.</p>	<p>I am tempted when I am feel insignificant, when I get an invitation to speak, when a deal is underway, or when my partner is calling after work hours. I am tempted on vacations, holidays, and when I'm around my dad. I will limit after hours and calls/e-mails to emergency only.</p>	<p>I'll spend every morning with God first. I will prioritize church (even when traveling) and weekly meetings with men from my church for accountability, support, and wisdom. I'll serve at church. I'll share my calendar with my wife and friends, and ask for prayer when tempted. I'll rearrange my work calendar around God and family.</p>
<p>WHERE do I frequently struggle? At work when I am interrupted by family. At home when a business call interrupts family time. On business trips when I have to perform for clients, I sometimes let my ethical lines blur.</p>	<p>Always take calls from wife at work. If in a meeting, text to see if emergency and call when finished. Do not take calls or check e-mail at home. Limit business trips or try to take some family with me. Limit community events. Prioritize kids' events and regular one-on-one time with each kid. Prioritize church involvement.</p>	<p>I will seek God daily in my home. Begin to invite others to Bible study at work. I will become present and active in my church to grow in my relationship with the Lord and relationships with godly men. I will treasure what God treasures (Matt 6:19–21), love what he loves, and serve as he served (Mark 10:45).</p>
<p>WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape? I want to be significant. I want the respect of others and my dad, who was "successful" in business. I feel that approval from the world, community, and my dad are more important than from God and my family.</p>	<p>When I feel pressure to perform at work or fear of failure comes, I will talk with my wife and godly friends about it. Pray about it. Journal why I feel pressure. Have others help determine priorities and work through my fears/feelings rather than letting business dictate priorities. When I want Dad's approval or feel like he disapproves, tell him how I feel.</p>	<p>Eternal, abundant life is found in a relationship with Jesus (John 17:3, 10:10). I am not to live for the approval of men, but God must become greater in my life as I become less (Galatians 1:10; John 3:30).</p>
<p>HOW am I tempted in my struggle? Are there routine steps or patterns when I am tempted to sin? When I feel insignificant, I work harder because I'm good at that. Then my family and marriage suffers. God becomes a lower priority. I am successful at work, but lonely, isolated, a failure at home, and isolated from God.</p>	<p>When tempted, I will talk with wife and godly friends about which business events, community events, and travel are important. I will do the same when holiday and family vacations come and try to get work completed beforehand. I will let others know when I am afraid and ask for prayer. I will set a time to talk with my dad about how much I want his affirmation.</p>	<p>When tempted, I will mediate on God's word (Psalm 119:11; Romans 12:1–2), ask him to remind me of who I am in Christ (Col 1:27), and help me to love others before myself (1 Corinthians 13:2; Phil 2:1–2). I'll ask others to speak into my life to help me manage time and focus (Proverbs 24:6; Gal 6:2). I will glorify God above everything (1 Corinthians 10:31).</p>

Example 6

ABUSE REPENTANCE PLAN: Turn from emotional detachment and turn to God

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? My husband My children Friends that confide struggles to me	Be an emotionally present mother and wife. I am God's provision to meet some of their needs. Ask their forgiveness for withdrawing and faking peace. Grieve the emotional connections destroyed by abuse during my childhood. Rely on God to protect my heart while taking emotional risks with my loved ones. Invite my husband to grieve with me.	Even when I feel worthless, the Lord will take me up (Psalm 27:7-14). The Lord will be my help when I have nothing to offer (Psalm 40:17). I will express my grief to the Lord (Psalm 6). I will trust his way rather than my own understanding (Proverbs 3:5-6), then the Lord will surround me with steadfast love (Psalm 32:10).
WHAT are my triggers or ways I access my struggle? When I perceive that someone I am supposed to be close with has a need, I detach and withdraw. It is hard for me to show affection to my children. When my husband shares his feelings or expresses sexual desires, I retreat. When friends disclose personal struggles, I pull away from the relationship.	Proactively plan ways to show affection to my family, and do it even when I want to withdraw. Listen to my husband's feelings and express my own. When numb, I will ask for time to process my emotions, then write about my feelings (writing helps me express emotion). Then, I will share my feelings with my husband, even if I have to read what I've written. I will initiate sex, but ask my husband for understanding and prayer if I need to pull back. Then, I will initiate sex again later.	I will trust God to protect me emotionally as I make myself vulnerable (Psalm 56:3-11). I will cry out to God first and write down how I feel (Psalm 57:1-3); he will help me be honest about what is going on inside (Psalm 51:6). Then, I will speak the truth for the sake of love and oneness with my spouse (Ephesians 4:15-16). I will initiate physical intimacy with my husband, communicate with him about sex, and invite him to pray with me during seasons that I am struggling with sex (1 Corinthians 7:5).
WHEN am I vulnerable? Not one particular time. I don't think I've ever been able to be emotionally close to anyone. The thought of any type of emotional or physical intimacy shuts me down.	Write a little each day (or a lot during times of struggle) about what I am feeling. Learn to figure out and express my emotions through writing. Then, communicate my emotions with loved ones when I am able to talk about them.	Daily, I will set aside time to rest in Jesus' love and love him in return. He has kept account of my pain and sorrow and can reveal what is broken (Psalm 56:8). God can heal, even restore, what was stolen from me (Joel 2:25). I will cast my burdens on God (Psalm 55:22).
WHERE do I frequently struggle? Mostly with my husband. I know that we are supposed to be "one" but we are isolated in our marriage. He tries, but I withdraw. We don't even really fight—just exist. Mostly, I feel numb rather than "connected" or loved. I haven't cried in over a decade.	Proactively write about my feelings before we spend "couch time" talking about our days. I will try to keep our interactions from being too businesslike or all about kids' activities. I will ask about his feelings. Also, I will be proactive in tenderness and emotional connection with my kids.	Strive for emotional and physical "oneness" with my husband (Genesis 2:24-25). Strive to be emotionally present for my children (Proverbs 31:26-28).
WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape? I want to be loved, adored, and cared for, and do the same for my family. I had to deny my emotions so much through childhood, that I don't know how to express them. It was always safer to feel nothing than to face the pain.	I want God's design for me more than safety. I know that I will risk being injured and memories/fears may return, but I don't want to settle for less than God's best. God created emotions and human connections for a reason. I will memorize Scripture to remind me that God is my shelter and protection.	Jesus created me to be a lover—but a lover of him first (Matthew 22:37). His love never ends (1 Corinthians 13). I am fearfully and wonderfully made for a purpose (Psalm 139:13-16; Ephesians 2:10). I want all that Jesus offers through life in him (John 10:10; Psalm 16:11).
HOW am I tempted in my struggle? Are there routine steps or patterns when I am tempted to sin? Choose safety over emotional connection. I don't believe I have much to offer. I am afraid to feel. I am afraid that emotional intimacy will bring pain. I will disappoint those who look to me to meet their needs. I detach when an opportunity to emotionally connect with a loved one presents itself.	Without Christ I have nothing to offer but brokenness. But, God thinks I am worth the blood of Jesus. I am valuable to him. With the Holy Spirit in me, I can offer the heart of Christ to others. I want to unleash the heart of God in me. I will never meet all of my family's needs, but God wants to use me to meet some needs. He will meet needs I can't. Christ in me will not disappoint. I will memorize Scripture that will remind me of this truth.	Christ has overcome the troubles of this world (John 16:33). He is greater than anything in my past or anything that Satan can throw at me today (1 John 4:4). In Christ, I am not broken but made new so that I can minister to my loved ones, friends, and enemies (1 Corinthians 5:16-17). Through Christ, I am more than a survivor because nothing can separate me from God's unfalling love as his child (Romans 8:37-38).

Example 7

ABUSE REPENTANCE PLAN: Turn from rage and control and turn to God

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? Mostly people in authority over me or people that I perceive as trying to control me (this is usually bosses, girlfriends, or family).	I've been a loner. I trust my instincts for survival rather than the wisdom of others. I often feel that people try to control me, but my instincts are not always correct. I need a trusted group of men who will give me godly counsel when I feel controlled. I will tell my boss and girlfriend of my struggle, so they are not surprised and can help when I get angry.	I will not be a loner (Proverbs 18:1). I will seek wise counsel (Proverbs 12:15). I will trust God's plan over my own instincts (Proverbs 14:12, 3:5-6). I will be honest about my struggle with anger (Proverbs 28:13).
WHAT are my triggers or ways I access my struggle? Whenever I feel trapped or like someone is trying to make me do something their way rather than my way, I feel intense rage. Sometimes I blow up and fight. I may suppress it for a while but it eventually comes out. Releasing my rage on someone feels good and makes me feel powerful.	Ask a few men in my <i>re:generation</i> group to meet with me regularly to check on my anger and give me wise counsel. I need to learn to trust God and others who love God's word more than my instincts. I will also find an outlet for my anger—I will join an exercise club or boxing gym. I will begin to memorize Scripture to help transform my thinking.	Anger is an easier emotion than underlying fear, hurt, disappointment, rejection, or insecurity. I will have others help me explore what is behind my anger so that in my anger I don't sin (Genesis 4:6-7). I will try not to let the sun go down on my anger (Ephesians 4:26). I will try not to give full vent to my anger immediately (Proverbs 29:11). I will memorize these verses along with Ecclesiastes 7:9.
WHEN am I vulnerable? When I feel not in control or challenged. When I feel manipulated by a girlfriend. When I am drinking.	During work stress, I will assume the best of my boss and take time to pray before I respond in anger. When I feel anger building toward my girlfriend, I will take a time out to engage with God through prayer before responding. I will stop going to the bar.	I will seek God's peace and surrender control to him rather than take control (Proverbs 3:5-6). I will pray before responding in anger (Matthew 26:41). When reviled, I will not revile in return, but entrust myself to God (1 Peter 2:23).
WHERE do I frequently struggle? Work. Relationships. On the highway (road rage). At the bar.	I can cut out the bar scene and cut back on my drinking. I will map out several alternate driving routes to see if I can find a less congested route. I will pray for the drivers that cut me off.	Cut out triggers (alcohol) for my rage (Proverbs 20:1). I will bless those who curse me and pray for those who abuse me (Luke 6:27-28).
WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape? I am sure it goes back to when my stepdad raped me. It hurt so bad and there was nothing I could do. He said he would kill my mom if I told anyone, so I stayed quiet. I swore I would never be taken advantage of like that again. I became strong and learned to fight so that I could protect myself. I beat him unconscious when I was 17 and moved out. I want respect from others and security for myself.	I am still afraid to trust God and anyone other than myself because of what happened. I will work to forgive my stepdad. I will choose to trust God with my life and will, even in times of suffering that I don't understand—Christ trusted the Father when he endured abuse for my sake. I want to start by trusting a group of men who love God and his word. I need help letting the Holy Spirit control my life, rather than my fear.	God is with me. He will uphold me and strengthen me (Isaiah 41:10). When I trust in God I will not be put to shame (Psalm 25:2). God is the one who will affirm who I am in Christ and take away my shame. He is the one who gives me identity and value. God will fight for me (Exodus 14:14). I will trust him with my hurt, fears, and future (Psalm 55:22). I will trust godly people in my life (Proverbs 20:18).
HOW am I tempted in my struggle? Are there routine steps or patterns when I am tempted to sin? When I feel trapped or manipulated, I feel rage. Then, I will use every means necessary to get free from the situation and regain control. Then, I want to release that rage. When I rage, I feel alive and powerful. When I don't rage, I feel small, like a weak little boy, and I get depressed.	When I feel trapped or manipulated, and anger rising within me, I will ask for some time to think. Then I will spend time in prayer and seek counsel through the Bible and God's people before I respond in anger. I will be honest about my fears and feelings with those God has put in my life to help me and try to remember that God is my authority and he is in control. I will renew my mind with Scripture memory.	When I am tempted to believe lies about my worth, I will tell God my fears, meditate on Scripture, call men who support me, and choose to believe who God says I am (Ephesians 2:10). If God is for me, who can be against me (Romans 8:31-32)? I will be faithful to trust in God and do good; then I will know his peace (Psalm 37:3).