

Set your minds on things that are above, not on things that are on earth (Colossians 3:2).

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup> Do not be conformed to this world, *but be transformed by the renewal of your mind*, that by testing you may discern what is the will of God, what is good and acceptable and perfect (Romans 12:1-2).

\*Note – look up and meditate on every Scripture in this document.

Use the plan below to attack the reoccurring sin problem - heart idol you have been discussing with your counselor (Romans 8:13). Reflect on the situation(s) that bring this sin or idol to the surface. i.e. What leads you into giving in to temptation? Then prayerfully work through the plan below asking the LORD to help you with each step along the way.

**1. Your Situation.** Who, what, where, when? Summarize what happened:

**2. Your Behavior.** What did you say, do, and feel in response to what happened? Summarize your words, actions, and emotions, especially the negative ones:

**3. Your Thoughts and Desires.** What were you thinking or wanting in the midst of this situation? Summarize your attitudes, thoughts, desires, motives, etc., that might have motivated the wrong behavior. Note any “good desire, bad master” dynamics (inordinate or ruling desires).

**4. Agree with God.** What lies have you believed about the issue or situation?

**5. Accept Responsibility.** How has believing those lies manifested itself in your attitudes, emotions, actions (answer all three)? In what ways have you made provision for the flesh (Romans 13:14)?

**6. Affirm the Truth.** What truths from Scripture do you need to embrace at this time? i.e. What characteristics and promises of God do you need to dwell on?

Renew your mind (your thinking) by the Word of God using passages your counselor has led you through, asked you to memorize, or you have prayerfully dug up on your own. What do these teach you?

**7. Act on the Truth.** What specific step(s) of action do you need to take to align your life with God's Truth?