

Victory Over Sin Worksheet

A proactive plan to implement biblical change in your life

Victory Over Sin Worksheet (VOSWS) (1 JOHN 5:4-5)			
My Specific Unbiblical Thoughts, Words, Actions (Matt. 7:1-5)	"Put Off" and Biblical Ref(s) (Ephesians 4:22 ; Colossians 3:5-9)	"Put On" and Biblical Ref(s) (Ephesians 4:23-24 ; Colossians 3:10-17)	My Plan Not to Repeat This Sin and to Respond Biblically Instead (Titus 2:2-11014)
List a specific sin that God convicts you in your heart. An area that is either obviously sinful or that you can do better in your Christian walk.	Thoughts, words, actions that you want to put off. List Bible verses to support -- this is very important for it is in vain if we do these from our own ideas, but not according to God's Word.	Thoughts, words, actions that you should put on. List Bible verses to support -- this is very important for it is in vain if we do these from our own ideas, but not according to God's Word.	Detail a plan how you should put off and put on if you encounter the same situation in the future. God will bright up the same situation again and again if He intends you to be refined in this area for your good. It should be a step by step or point by point list of action. Pay attention to this area in the following week. Catch the opportunity to exercise what you write in this column

Example Of

Victory Over Sin Worksheet (VOSWS) (1 JOHN 5:4-5)			
<p>(1) My Specific Failures to Act Biblically (Matthew 7:1-5)</p>	<p>(2) Put-Off and Biblical Reference (Ephesians 4:22)</p>	<p>(3) Put-On and Biblical Reference (Ephesians 4:23-24)</p>	<p>(4) My Plan Not To Repeat This Sin and to Respond Biblically Instead (Titus 2:2-11)</p>
<p>I didn't feel like going into work yesterday because there was a difficult assignment coming to me from my supervisor. Thus, I called in sick and stayed home all day watching TV.</p>	<ol style="list-style-type: none"> 1. Lying (Ephesians 4:25) 2. My selfish interests (Philippians 2:3) 3. Not doing my responsibilities (James 4:17) 4. Living by my feelings (Genesis 4:7) 5. The idea that I just work for supervisor (Colossians 3:23) 6. Wasting time (Ephesians 5:15-16) 	<ol style="list-style-type: none"> 1. Speaking the truth (Ephesians 4:25) 2. The interests of others on my job (Philippians 2:4) 3. Doing my responsibilities (James 4:17) 4. Living obediently to God (Genesis 4:7) 5. Working heartily for the Lord (Colossians 3:23-24) 6. Redeeming the time (Ephesians 5:15-16) 	<ol style="list-style-type: none"> 1. Reconcile by: <ol style="list-style-type: none"> 1. Confessing my sins to God (1 John 1:9) 2. Telling my supervisor the truth about why I was not at work (Matthew 5:23-24) 2. When tempted to call in sick, recite Colossians 3:23-24 . 3. When faced with a difficult assignment at work: <ol style="list-style-type: none"> 1. Pray for God's wisdom on how to handle it (James 1:2-8). 2. Speak the truth (in a loving way) to my supervisor about how to complete the (Ephesians 4:15,25). 3. Recognize that I am to be doing the best job I can because I ultimately work for the lord (Colossians 3:23-24) .