#### **PART 1: ASSESSMENT**

Before you can do battle with a sin, you need to properly assess and understand it. The first part of this battle plan will help you understand the sin, where it came from, how it behaves, and what effects it has had in your life and faith.

What sin are you battling?	How does this sin manifest itself in your thoughts, words, actions, or attitudes?	
What are some words or phrases the Bible uses to describe this sin?	What patterns, attitudes, habits, or circumstances lead you to succumb to its temptation?	
What are some words or phrases the Bible uses to describe someone who commits this sin?	What have been some of the consequences of this sin in your life, faith, family, etc?	
How often do you face the temptation to commit this sin? How often do you commit it?	Have there been times in your life that this sin was not a struggle? What was different in your life at that point?	
How long has this sin been in your life? What was its starting point?	Why do you think you are particularly prone to this sin?	

Other than yourself, who has been negatively effected by your sin?	What Christian virtues are opposed to this sin?	
What may be some of the future consequences in your life, faith, and family if you do not defeat this sin?	What assurances does the gospel give you as you prepare to battle this sin?	
Have you experienced true godly sorrow over this sin? How did that sorrow manifest itself?	What heart idolatries are at the root of this sin?	
PART 2: ACTION		
	dolatries at its root, you are ready to beg	in considering actions you might take against it. And
What is an appropriate and realistic goal in battling this sin?	What radical actions may be appropriate or necessary in battling this sin? Are you willing to take them?	
Do you believe that God can give you victory over this sin? Why or why not?	Are there people whose forgive- ness you need to seek because of the way your sin has negatively effected them? Who are they?	

What Scriptures do you need to meditate on or memorize?		What books or resources will you use as you battle this sin?	
Have you confessed this sin to another Christian? Who? How did it go?		Who will you meet with for encouragement and accountability as you fight this sin? When, where, and how often will you meet?	
	ugh to stop sinning; you also need to find delight its, and by putting on new ones. It is time to consid		Thus, you combat sin in two ways: by putting off old d those things you need to put on.
What patterns, attitudes, behaviors and	habits do you need to put off?	What patterns, attitudes, behaviors	, and habits do you need to put on?

TRACKING SHEET: WEEK						
This week I will focus on put off the following patterns, attitudes, or habits:		This week I will focus on putting on the following patterns, attitudes, or habits:				
Make notes about your succommitted the sin). What wa	Make notes about your success in putting off and putting on. In the third column, make notes about situations in which you felt powerful temptation to commit the sin (or actually committed the sin). What was happening at the time? What did you do? What should you have done? Prepare to discuss the results with your mentor or accountability partner.					
	Put Off	Put On	Temptation & Sin			
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day: 1 2 3 4 5 6						

I commited this sin: