

My Problem

1. What situation am I struggling with? What circumstances are affecting me?
2. How have I been reacting to this issue? (ie. In my thoughts, feelings, speech, and behavior)
3. Why have I been reacting this way? In other words, what am I expecting, demanding, craving?
4. What have the consequences been?

God's Solution

1. What does God's Word say about this issue? (List verses and what they say)
2. What **biblical** beliefs and desires does God want me to have?
3. How should I respond, based on God's Word? (ie. In thoughts, speech, actions). Ask the Holy Spirit to enable you to put this into practice).
4. After applying God's truths, what consequences am I experiencing?

(Adapted from "Vicious & Gracious Circles" teaching by David Powlison)