

1. Describe the situation or circumstance; where were you? (Pr 18:13, 15, 17)
2. What were you thinking / feeling? (Ps 139:23-24; Eph 4:22-24)
3. What did you want? What did you need? What were you not getting? (Mt 6:19-21)
4. How did you respond? (Lk 6:43-45)
5. What was the outcome or consequence? (Gal 6:7-8)
6. What does the bible say about how you should have responded? (Ja 1:19-25, Ps 119:105)
7. What is God trying to teach you? (1 Peter 1:6-7)
8. What next steps of obedience should you follow?
9. Is there something for which I need to ask for forgiveness? (Ja 5:16; 1 Jn 1:9; Ps 51)