My Problem

	9
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 the Bible says)
2.	What biblical beliefs and desires should rule me?
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?