

I. Regarding the Resort of sin:

Ask yourself: Where/what do you resort to when having a rough day (i.e. What action or reaction is normal, typical for you when disappointed/discouraged/lonely/hurt/overwhelmed/stressed/exasperated/annoyed/irritated, fearful, troubled, etc.)?

- At this point, where do you turn? _____

(i.e. some place/thing/person/response/activity/thoughts/physical location/online place/mood/group of people /form of entertainment/sexual habit.)

Summarize: I have a history of going to _____ when I'm upset, etc. (which helps meet my need)

The confession to God then would be: I have replaced you, Lord, with _____

II. Regarding the Roots of sin:

Where (specifically) do I see places in my life of...

- Not Trusting God (Unbelief):
- Selfishness:
- Pride:

III. Regarding the Rationale for sin:

A. We all have reasons for what we do. But what do you "tell" yourself and others for unbiblical behavior?

Ask yourself: What justification do I use when I give into _____ (a sinful, self-indulgent behavior)? e.g. I'm

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Ask yourself: What justification do I use when I give into _____ (a sinful, self-indulgent behavior)? e.g. I'm

tired/stressed/always been this way/parents are this way/newly saved/my roommate is....

B. Have you ever said to yourself, in essence, “I deserve/am entitled to _____ (something sinful)”?

- How does this reveal proud/wrong thinking & underlying selfish reasoning?
- What needs to be confessed and turned from?

Confession to God then could begin: Lord, I have tried to legitimize doing _____, but...

IV. Regarding the Reward of sin

Ask yourself: What selfish reward do I get/receive from my “sinful resort”?
(List 3-5 things):

And finish the blank: “I indulge myself because of _____.”

How could confession to God begin?

V. Regarding the Rebel (myself)

Ask yourself: Where, specifically, have I defied God or biblical truth to participate in my sin?

What has giving into this sin revealed about my *leanings/inclinations /affinity/fondness/ preferences/fleshly corruption/value system, etc.?*

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VI. Regarding the Rescuer (Jesus) – Romans 7: 18-25 (24)

How could Luke 4:18, 19 help me (cf. Isaiah 61:1,2)?

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