

Idol:

Evidenced by (the sin):

Where/how this is manifested in my life:

Examples: *Specific areas where I see this sin in my life*

Wrong Thinking: *What am I saying to myself? What am I believing?*

New Thinking:

New Actions:

Verses to memorize:

Example of How to Repent of Idols

Plan of Action:

By God's grace I will work hard to implement new thinking and acting...



“Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting.”

Psalms 139:23-24

Idol of “Comfort and Recognition” – evidenced by Self-Pity / Complaining

Saying entirely too much in moments of despair, fear, or frustration

Examples: *Specific areas where I see this sin in my life*

- going on and on to someone about parenting woes or some leadership responsibility I’m facing
- guilty of exaggeration and excessive drama and negativity
- saying too much at times when people ask how I’m doing

Wrong Thinking: *What am I saying to myself? What am I believing?*

- I have it so hard.
- I am overwhelmed.
- I can’t do all this.
- It’s not fair.

New Thinking

- God is faithful and He is in this trouble, and He’s up to something good.
- Because I feel so weak and overwhelmed, this is a perfect time for God to display His power and greatness.
- I don’t need to solicit pity from other people. God sees me, loves me, and has not abandoned me.
- How can I serve this other person right now? It’s not all about what’s going on with me right now. Don’t dump on them. Bless and edify them.
- I can count this moment as joy (James 1:2-4) knowing that God is making me more complete through this. Therefore, a good day is not a day without trouble or interruptions; a good day is one that makes me more complete.

New Actions

- I will not say everything that I feel in the moment. I will sift, limit, and choose my words carefully.
- I will not recount the present difficulties and feel sorry for myself. Instead I will choose to think how incredibly blessed I am!
- My goal is to encourage and edify the person to whom I’m speaking. I don’t want them to walk away feeling like they need a spiritual ‘shower’ to shake off the gloom and doom that I just spewed all over them.

Verses to memorize:

Proverbs 29:11 (NKJV) “A fool vents all his feelings, but a wise man holds them back.”

Philippians 2:14–16 (ESV) “Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.”

Idol of “I Deserve a Break and right to control my own time” – evidenced by Anger

Getting angry much too quickly with the kids (especially the teenagers)

Examples: *Specific areas where I see this sin in my life*

- I know this is a problem – and was so convicted one night when I went into a rage when my son who told his sister to put her headphones on because he hates her music. Of course, it started a big fight, so I jumped up and followed him downstairs to get in his face and yell.

Wrong Thinking: *What am I saying to myself? What am I believing?*

- I don’t want to hear them fighting.
- I’m sick of it. I shouldn’t have to repeat myself.
- I want them to just do the right thing.
- I trained them as children and shouldn’t have to get involved now.

New Thinking:

- I don’t deserve a peaceful, conflict-free home. God never promised me that
- God has called me to shepherd my home and train my children – even when they’re older and more difficult. It’s not an inconvenience; it’s a calling.
- I need to see my own sin first, my own sin as worse, and my own sin as what I need to be working on most.
- The conflicts in our home are a window into my own heart and an opportunity God has given me to train my kids for life, and to model godly leadership to them (especially my son). Don’t squander it.

New Actions:

- I will keep my voice down, not get in their face, and ask questions instead of bellowing accusations, ultimatums, and proclamations.
- I will stop and pray silently for grace and wisdom *before* I say anything to anyone!
- I will model for my kids (my son, especially) how to solve problems in a godly way. I don’t want to teach anger.

Verses to memorize:

Proverbs 25:28 (NLT) “A person without self control is like a city with broken down walls.”

James 1:19–20 (ESV) “Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.”

Titus 2:2 (NLT) “Teach the older men to exercise self-control, to be worthy of respect, and to live wisely. They must have sound faith and be filled with love and patience.”