

Three Steps to retrain your thinking to live a life pleasing to God:

1. Think Biblically how?

- A. Remember that God has promised to care for you in **any** situation
Psa 23:1-6; 37:5; Prv 3:25-26; Mt 10:28-31; Rom 8:28-29, 36-39; 1 Cor 10:13
- B. Confess all of your sinful thoughts to God and ask Him for help in changing your sinful thought patterns.
1 Thes 5:17; Heb 4:15-16; James 1:5; Psalm 139:23-24
- C. Rejoice and give thanks in all situations knowing that endurance in trials helps conform you to the image of Christ. 1Ths 5:16,18 ; Eph 5:20; Rm 5:3-5; Jm 1:2-4
- D. Remember that God's forgiveness of you is the basis for you to forgive others.
Mt 18:21-35; Eph 4:32; Col 3:13.
- E. Anger is not showing love for others... remember that your love for others, demonstrates the love you have for God. 1 Jn 2:9-11; 3:14-16; 4:7-11, 20-21.
- F. A believer is to focus your thoughts on glorifying and pleasing God and being a blessing to others in all situations. Mt 22:37-39; Lk 9:23-24; 2 Cor 5:9, 15; 10:5; Gal 5:16-17; Phil 2:3-4; 4:8; Col 3:2.
- G. When in a tough situation, don't dwell on things that contribute to further sin... Instead discipline your mind to think on things that please the Lord. Christ commanded you to pray for those who persecute you. Phil 4:8; Col 3:2; Mt 5:44
- H. Think kind and tender thoughts toward the very individuals with whom you have been irritated. Focus your thoughts on facing and dealing with the problem (THINK SOLUTION ORIENTED!). 1 Cor 13:4-8; Eph 4:32; Phil 4:6-8; Jms 1:5; 3:13-18.

2. Speak Biblically

- A. Confess your current sins to the Lord and to those whom you have failed to love in a biblical manner, including the sins of failing to complete your responsibilities. Confess any other remembered sins that you have failed to confess earlier. Psa 51:1-4; Jms 5:16; 1 Jn 1:9
- B. Don't talk about your past accomplishments (Prv 27:2; 30:32; 2 Cor 10:18), sorrows or defeats (Phil 3:13-14), worries about the future (Mt 6:34), comparing yourself to yourself and/or others (2 Cor 10:12), or boastfully

promising what you will do in the future (Prv 27:1; James 4:13-16). Instead, edify others by thankfully speaking of the goodness of the Lord and the recent difference He has made in your life, especially in this situation. (Lk 10:20; Eph 4:29; Col 4:6; Heb 13:15; 1 Pt 3:15.

- C. Do not slander, gossip, quarrel or use words that do NOT edify others (Prv 10:18; Eph 4:29, 31; 5:4; Col 3:8; 2 Tim 2:24; 1 Pet 2:1). Instead you are to let your speech be truthful and gracious, according to the need of the moment that you may know how to answer each person (Eph 4:15, 25, 29; Col 4:6).
- D. Do not bring up another's sin in an accusing or vengeful manner, either to others, yourself, or to the person who has sinned
Prv 10:18; 17:9; 20:19; Eph 4:29,31; col 3:8; 1 Pt 2:1
- E. Encourage reconciliation with God and others, being careful to follow biblical guidelines
Mt 5:9, 23-24; Rm 12:18, 2 Cor 2:6-8, 5:18

3. Act Biblically

- A. Forgive others just as God has forgiven you. Remember forgiveness is not extracting payment!
Eph 4:32, Col 3:13
- B. Memorize Scripture and study Scripture specifically related to overcoming anger or bitterness (Ps 119:9, 11, 16; 2 Cor 10:5, Phil 4:8; 2 Tim 2:15). Be bold, memorize psalms, hymns and spiritual songs to help set your mind on the Lord and to be a blessing to others (Eph 5:17-20; Col 3:16).
- C. Pray always with thanksgiving (Phil 4:6; 1 Thes 5:17-18) and according to God's will. Cast all your cares on the Lord (1 Pt 5:7) and pray for those who persecute you (Mt 5:44).
- D. Identify all danger signals – such as situations, places and personal contacts that bring temptation – and take immediate steps to eliminate, flee, or resist the temptation
Ps 1:1; Prv 27:12; 1 Cor 10:13; 15:33; 2 Tim 2:22; Jms 4:7; 1 Pt 5:8-9
- E. Don't associate (close friendship) with others given to anger
Prv 22:24-25
- F. Make amends for your wrongdoing and seek reconciliation with those you have offended (Mt 5:23-24). Remember, even though you have already confessed your sins, you need to actively demonstrate your serious intent to change (Put yourself in the offender's shoes).