

GUARDING MY HEART AND MIND: HEART-PROBING JOURNALING PROMPTS

1. WHAT ARE AT LEAST TWO SINS THAT I FALL INTO EASILY?
2. WHAT ARE THE TRIGGERS OR SOURCES THAT LED ME TO COMMIT THESE SINS?
 - A. THIS MAY TAKE TIME AND PRAYER TO DETERMINE.
 - B. THE TRIGGER(S) AND SOURCE(S) THAT LEAD YOU TO SIN COULD BE A VARIETY OF THINGS. FOR INSTANCE, IT COULD BE A CERTAIN PERSON OR GROUP OF PERSONS IN YOUR LIFE. MAYBE IT'S A CERTAIN TYPE OF MUSIC, PODCAST, SHOW, SOCIAL MEDIA, OR OTHER SOURCE OF ENTERTAINMENT.
3. IN WHAT WAY DO I HAVE ACCESS TO THESE TRIGGERS? (EXAMPLE: IF THE TEMPTATION IS SCROLLING FOR HOURS ON SOCIAL MEDIA THEN THE WAY YOU HAVE ACCESS WOULD BE VIA YOUR PHONE, TABLET, COMPUTER, ETC.)
4. HOW COULD I PRACTICALLY LIMIT MY ACCESS TO THIS SIN?
5. WHO IS AT LEAST ONE PERSON THAT I CAN TRUST AND DEPEND ON TO KEEP ME ACCOUNTABLE WHILE PRACTICING SELF-DISCIPLINE IN THIS AREA OF MY LIFE? (NOT EVERYONE WILL HAVE SOMEONE FOR THIS AND THAT'S OK. YOU CAN ALSO ALWAYS REACH OUT TO ME (SARAH) THROUGH OUR CONTACT PAGE. I WANT TO ALWAYS BE HERE TO HELP LEAD YOU CLOSER TO GOD.)
6. WHAT IS AT LEAST ONE WAY I CAN PRACTICALLY ENFORCE THESE LIMITATIONS ON MY TEMPTATIONS AND SIN CYCLES?

BONUS: CHOOSE AT LEAST ONE VERSE TO READ THROUGHOUT THE WEEKS TO COME AND BECOME FAMILIAR WITH. CHOOSE ONE THAT WILL HELP YOU OVERCOME TEMPTATION.

NOTE: THIS IS HARD TO DO. REMEMBER THAT YOU NEED TO COMPLETELY RELY ON GOD TO FULLY GET AWAY FROM YOUR SIN FOR GOOD. HE LOVES YOU, AND HE KNOWS WHAT IS BEST FOR YOU. LET THAT FACT ALONE BE MORE THAN ENOUGH OF A REASON TO RUN TO GOD AND TURN AWAY FROM THE DEVIL COMPLETELY.

HANG YOUR ANSWERS UP SOMEWHERE THAT YOU WILL SEE IT OFTEN TO REMIND YOURSELF DAILY OF THE THINGS YOU HAVE RECOGNIZED ABOUT YOUR TEMPTATIONS AND SINS. ENFORCE THE PRACTICAL HABITS YOU LISTED ABOVE DURING YOUR DAY AND WEEK. YOU CAN DO THIS WITH THE STRENGTH YOU CAN RECEIVE FROM GOD THROUGH THE HOLY SPIRIT. DON'T EVER FORGET THE MIGHTY GOD WHO HAS YOUR BACK ALL THE TIME.