



## YOUR ACTION PLAN FOR 2019

**PUT OFF:** What sinful behavior do you want to focus on putting off?  
(Col 3:5-14; Eph 4:22-32)

**PUT ON:** What characteristic do you want to focus on putting on?  
(Col 3:5-14; Eph 4:22-32)

**SCRIPTURE:** What passages of Scripture will shape your focus this year?

**PRAYER:** How can your brothers or sisters best pray for you in this area?

**STUDY:** What is your plan of study? How will you become an expert on what the Bible says about this area? What Christian books will you read that will help you grow in this area?

**ACTIONS:** What steps will you take to put your sin to death? What steps will you take to practice righteousness in this area?

**ACCOUNTABILITY QUESTIONS:** These are questions you really don't want people to ask you, but that will be edifying and for your sanctification—becoming like Christ!



## SAMPLE ACTION PLAN FOR 2019

**Become quick to listen, slow to speak and slow to become angry.**

**PUT OFF:** Anger in all its forms

(coldness, sarcasm, yelling, rage, disrespect, silence, self-anger)

**PUT ON:** Compassion, kindness, humility, gentleness, patience (Col 3:12)

### SCRIPTURE:

- James 1:20  
“For man’s anger does not bring about the righteous life that God desires.”
- 1 Cor 13:5  
“It (love) is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.”
- Eph 4:30-32  
“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
- All of Colossians chapter 3!

### PRAYER

- Pray that I am not rude/self-seeking in my interactions with my family
- Pray that I will walk in the Spirit and not my flesh
- Pray that I will daily remember who the LEAST important person in the room is
- Pray that I will build my house, not tear it down
- Pray that I am able to forgive just as in Christ God forgave me
- Pray that I am able to identify what emotion I am truly experiencing instead of resorting to anger as a mask to my heart

### STUDY

- Meditate on Colossians 3
- Read War of Words by Paul Tripp

### ACTIONS

- Daily spend time in the word, putting on the full armor of God
- Talk with my wife about frustrations before they become major issues
- When my wife and I begin to disagree, pray before continuing the conversation. Hold hands while we talk.
- Make sure we have 2 date nights per month
- Be in bed by 10pm

### ACCOUNTABILITY QUESTIONS

- Have you responded with any form of anger to your family this week?
- Are you spending time in the word daily?
- How have you handled yourself during conflict?
- Have you and your wife had a date night lately?
- Are you going to bed on time and getting plenty of rest?
- If there was a video camera in your home this week, would you be pleased or ashamed to broadcast the footage on the internet?