



“train yourself for godliness; for while training is of some value, godliness is of value in every way” (1 Timothy 4:7b-8)



Gaining Victory Plan

A Practical Plan to Overcome Harmful, Persistent Patterns

Date _____ Behavior in Focus _____

A Detailed Description of the Behavior in Focus

Specific Behaviors in my Foliage God Desires I “Put Off”

Specific Behaviors in my Foliage God Desires I “Put On”

My Futile Thinking and Specific Actions to Renew my Mind

How Others Can Assist Me

The Person I Was and Who I will Become

Review Progress and Make Adjustments on _____