

Daily Truths Journal

When what we are saying is true but not honest, we are lying.
"O Lord, thou hast searched me and known me." Psalms 139:1

Today's Date: _____

Scripture Read: _____

Other Materials Read: _____

Truths Found: _____

So What? How will I allow this to change my life?: _____

Being Honest about My Addiction

Satan's sweet whispers of lies enter our minds,
and if we do not deal with them properly, throwing them out,
they become planted. Each time we return to that thought,
to water it, it grows. It continues to grow
until it blossoms into a plan. A plan, justified, then is
put into action. The action becomes a pleasurable event
which is repeated over and over to achieve that desired high.
Each time a little more is required thus strengthening the
rope that binds it's victim, you.

What "Bad Seeds" did I allow to grow in my head today?: _____

I gave in to this temptation and allowed it to become sin... _____

Take time right now to ask God's forgiveness. Thank God for His Grace to you!

"The sacrifices of God are a broken spirit:
a broken and contrite heart, O God, thou wilt not despise."
Psalms 51:17

Make a plan to better equip yourself the next time this temptation
crosses in front of you or crosses your mind.

- 1) Tell yourself NO! Out loud if needed.
- 2) Ask God for a scripture to fit this temptation.
- 3) Avoid this person, place or thing as if it will kill you.

It will kill you...either physically, mentally or spiritually if you continue to allow it in your life.

"You will know the truth, and the truth will set you free." John 8:32

Victories Won Today!

"I am weak but thou are strong."

With God's strength, I won these victories over temptations. _____

What I used to overcome this temptation...

Scripture used: _____

Thoughts used: _____

Actions Taken: _____

I will call this plan to use in the future. _____

Thank God for His strength and mercy! Thank Him for making a way of escape!

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