

Reflective Sit Time Think Sheet

1. What have I done that is wrong?

2. How does this action of offence affect others?

3. Have I done this thing or this type of thing before?

4. If yes:
and

Hardly ever

Sometimes

Often

If yes OR no, have I been taught right, wrong
the 'God reasons' in this area? What principle
have I violated?

5. If yes, have I received consequences for this before?

6. What do I need to do NOW to make things right?

7. Have I been through this process of putting things right before? (For this same offence?)

8. What is the evidence of heart change?

9. Do my actions show heart change from previous similar offences?

10. What can I do to take responsibility for my actions so that I improve in this area?

11. Consider: Am I really sorry for my actions or just regretful of having been busted?

12. Come out when you understand the above thought process and are ready to restore with the appropriate people. Spend a few moments with God first.