



REPENTANCE

STOP (*Take an inventory*)

Have I looked down on anyone?
Have I been too hurt by criticism?
Have I felt unappreciated or ignored?
Have I spoken or thought unkindly of anyone?
Have I been grumpy towards others?
Have I justified myself by focusing on the actions of another?

TURN AROUND

Think and meditate on the kindness of Jesus (His sacrificial love, His acceptance, His patience) until...

- I see the other person with the awareness that I, too, am a sinner who has been loved by Jesus.
- His love challenges my heart attitude toward others.

RUN TO JESUS

Ask the Holy Spirit to make me more like Jesus by filling me with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.