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| 1 | When I am corrected, I will repeat back to the person what I hear them telling me to ensure I understand them correctly and I will say “thank you”. |
| 2 | For one week, I will pray and ask God to show me what things I am holding on to that keeps me from surrendering. I will confess and journal each thing, no matter how small or large it may be. |
| 3 |  I will be grateful for 8 days. |
| 4 | I will go to a different brother each day for one week and ask them one thing I do that makes them angry and journal what they say. I will take these things to God in prayer and ask for his help. |
| 5 | Each day for the next 8 days I will journal situations that upset me. I will then pray and ask God for what purpose this situation was to train me. I will write what He says. |
| 6 | I will write down one situation where I was asked to do something that I really did not want to do. I will journal my feelings about the matter and how I responded, rightly or wrongly. If I responded wrongly, I will write down how I should have responded. I will do this for 7 days.  |
| 7 | I will write down positive things about authority. |
| 8 | This week, I will write down rules I don’t like. |
| 9 | During the next week, I will find 10 Bible verses that assure me that I am God’s child and that I am in His hands. I will write out each verse and what it says to me.  |
| 10 | I will write a letter to someone I have lied to. I will confess the lie, tell the truth, and then ask for forgiveness.  |
| 11 | This week, I will write a letter to people I have hurt. |
| 12 | For the next 7 days, I will pray and ask God to reveal lies to me what I perceive to be truth. I will ask Him to tell me the truth and then write His answer.My entries will be in the forms:1. The lie is…
2. The truth is…
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| 13 | During the next week when someone responds rudely to me I will in return say something encouraging within 30 minutes. I will journal what took place each time.  |
| 14 | I will go to a staff member and get her input on an issue I am dealing with. |
| 15 | Three times during the next week, I will find a way to sacrifice for one of my brothers and journal the result. |