

## **CHRISTIAN COUNSELING OF MANSFIELD**

Individual – Marriage – Family

### **Scripture Memory Plan**

Week 1:

Memorize the verse in one setting. If necessary, write it down on a 3x5 card and carry it with you to review it during the day. Repeat the verse at least twice a day for the week.

Weeks 2-6:

Repeat the steps from week one with a new verse.  
Review the verse from the previous week daily for the next 5 weeks, adding at least one new verse each week. (I personally think it is best to memorize sections of Scripture, so that you are memorizing them in context.)

Week 7:

After you have memorized and reviewed the passage for 6 weeks, review it from memory at least once a week. If you find that you are unable to recall it, keep reviewing it until it truly becomes permanent. Meditation on the passages being memorized will help with this process.

Commit to this daily/weekly for the rest of your life! Encourage others to do the same!

## Plan for Those Struggling with Habitual Sin

1. Commit to weekly plan of Scripture memorization. (List provided.)
2. Faithfully complete the homework assignment each week before the counseling session, giving diligent thought to what you are doing.
3. Keep a weekly journal of the passages you are memorizing and how God is using them to change your heart and behavior.
4. Get rid of anything that might be providing you with the opportunity to continue in your sin (videos, internet, magazines, posters, phone numbers, etc).
5. If you must use a computer/internet at home, put it in a public place and give your spouse the password. Also consider "Covenant Eyes" ([www.covenanteyes.com](http://www.covenanteyes.com)).
6. If you must use the computer/internet at work, find another Christian friend to hold you accountable. Consider telling your boss. Arrange your office so that someone walking by can see your computer screen.
7. Repent and confess your sin to God, and to those against whom you have sinned.
8. Find an accountability partner other than your spouse, and someone who is not still going through this struggle.
9. Be honest with God, yourself, and others. Any secret sin will totally bankrupt this whole renewal process. You must learn to live in the light of truth.
10. Start now!

## **Selected Scriptures for Dealing with Habitual Sin**

**Instructions:** *Begin to compile a notebook with each of the following passages listed as a heading on a separate sheet of paper. Look up the passage and write it out at the top of the page. Begin to break the passage down into phrases, paying close attention to key words, trying to understand the meaning of the word. After you have developed a good understanding of what the passage is teaching, write out a specific plan of how you would apply this to your life. It might be helpful for you to go to [www.soniclight.com](http://www.soniclight.com) to get a commentary on each of the passages.*

Colossians 3:16

Ephesians 1:19, 20

Romans 6:1-14

Romans 12:1, 2

2 Corinthians 10:1-6

1 Thessalonians 4:1-6

Galatians 5:19-26

Matthew 5:27-30

Matthew 7:1-5

1 Corinthians 6:15-20

1 Corinthians 7:1-7

James 4:1-8

Ephesians 4:17-24

Ephesians 6:10-17

James 1:19-25

Galatians 2:20