

Journaling Questions Handout

Start a journal, and keep track of what's happening in your life when you struggle with sin. Answer these questions:

1. *Describe your circumstances.* What happened that day? What pressures were you under? What sinful opportunities were available and beckoning?
2. *Describe your desires.* What were you thinking about? What was the nature of the inner temptation? What did you want and believe in the hours proceeding a fall?
3. *Describe your sin.* What did you do? Who did it affect?
4. *Describe your guilt.* If you sinned, what did you do after you fell? How did you feel? Did you ask God for forgiveness? How does Jesus' death on the cross help you?
5. *Describe how Jesus helped you.* If you resisted temptation, how did that happen? How did you seek and find God's help and mercy? Did you get your bearings? What happened that helped you remember God's love and forgiveness? How did you reach out to other people? Is there someone you need to ask for forgiveness?

Taken from *Sexual Addiction: Freedom From Compulsive Behavior* by David Powlison, pg 13-14.