

Worksheet: Overcoming “Secret” Sins

This worksheet will help give you an action plan to overcome your secret sin. I pray that you find it helpful and know that I’ve prayed over it for every person who downloads it to find the lasting freedom that only comes from God!

Step One: A Few Questions

- 1) What “secret” sin do you struggle with?

- 2) How long have you been struggling with this sin?

- 3) What draws you to this particular sin? Why did you “enjoy” it in the beginning?

- 4) How does it make you feel now?

- 5) Why do you want to give it up? (I ask this because you won’t be able to give it up unless YOU want to. You can’t just do it because your parents, youth pastor, etc., want you to).

Step Two: The Action Plan

1) **Proverbs 28:13** says, "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."

- The first step to overcoming any sin is to confess it to God. Pray to Him and tell Him you're sorry for the sins you have committed and for Him to forgive you. Then ask Him to provide you with strength and direction on how to overcome the sin. Finally, thank Him for His forgiveness and that He cares about you.
- I am leaving space below in case you want to write it out and then pray it.

2) **James 5:16** states, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

- Next, you need to tell a trusted adult. This could be a parent, youth pastor, older sibling, or older cousin/Aunt/family member.
- Don't be afraid of what they will think. If you trust and love this person, they will appreciate the fact you acknowledged you needed to let this sin go and will pray with you and help you in any way they can to help you overcome it.
- Who is someone you could tell about this issue and what would you say to them?

3) **Hebrews 10:24-25** states, “And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...”

- Step three is getting an accountability partner. An accountability partner is an older person, mentor, or possibly a friend, that helps you stay out of sin. It is someone that will ask you how you're doing and what else you may need. Accountability partners are GREAT because they give you a real person to "answer to."
- They keep you less likely to engage in sinful behavior because you know they're going to ask you the next time you see them and you don't want to lie to them.
- Who could you ask to be your accountability partner? This needs to be someone you trust and communicate with on a consistent basis.
- What will you say to them when you ask?
- For more on accountability partners, follow this link:
<http://www.transformed4more.com/girls-ministry/three-reasons-accountability-partner/>

Step Three: The “What if”

- What if I’m not strong enough? What if I end up going back?
- Don’t think thoughts like this! If lies like this start to enter your mind, combat them with, “God has already won the victory over sin. That was finished when Jesus died on the cross. These lies have no place in my mind.” Say something like this over and over. The more you say it, the more you’ll believe it!
- If you do feel the pull of that sin, DO SOMETHING ELSE. Go for a walk, wash the dishes, play with the dog, clean your room, or read an article on gardening 😊. Also, while doing any of this, put on worship music. Keeping your focus on God will keep your focus off sin. You seriously cannot focus on both and the same time.

In Closing

I hope this guide has been helpful. I originally wasn’t going to put it in the post, but felt compelled to do so. Even if only one person uses it, it was well worth the time.

Romans 13:12 states, "So let us put aside the deeds of darkness and put on the armor of light."

I pray this over whoever reads this sheet. You can do it!!!

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