



VICTORY OVER FAILURES PLAN: GUIDELINES AND WORKSHEETS

VICTORY OVER FAILURES PLAN: GUIDELINES AND WORKSHEETS

This booklet is published by the Biblical Counseling Foundation, Inc., a non profit, non stock corporation founded in 1974 and incorporated in the Commonwealth of Virginia, USA, in 1977.

Copyright: The contents of this publication are copyrighted © 2004, 2005, 2007, 2010, 2011, 2012, 2016, and 2018 by the Biblical Counseling Foundation, Inc. All rights reserved. Reproduction in any manner in whole or in part, in English and/or other languages, or storage in a retrieval system, or transmission in any form or by any means — electronic, mechanical, visual, audio, or any other — except for brief quotations in printed reviews is prohibited without written permission of the Biblical Counseling Foundation (BCF).

Scripture taken from the New American Standard Bible, © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation. Used by permission.

ISBN 978-1-60536-037-9

First printing, September, 2004

Second printing, January, 2005

Third printing, August, 2007

Fourth printing, January, 2009

Fifth printing, January, 2010

Sixth printing, July, 2010

Seventh printing, March, 2011

Eighth printing, July, 2012

Ninth printing, September, 2016

Tenth printing, August, 2018



Biblical Counseling Foundation
42550 Aegean Street
Indio, CA 92203-9617, USA

760.347.4608 telephone

760.775.5751 fax

orders@bcfministries.org e-mail for orders

admin@bcfministries.org e-mail for other

877.933.9333 (in USA) telephone for orders only

<http://www.bcfministries.org> webpage for orders and information

TABLE OF CONTENTS

SPECIAL NOTE FOR PAGE NUMBERING: Since this **VICTORY OVER FAILURES PLAN** occurs in numerous BCF training materials, all the page numbers referenced will refer to the numbers at the bottom of the page.

INTRODUCTION TO THE VICTORY OVER FAILURES PLAN	4
Overview	4
Why develop a written plan?	5
Materials needed to develop your plan	5
Purposes of the VICTORY OVER FAILURES PLAN	6
Your relationship with Jesus Christ — the basic foundation for biblical change	7
Biblical hope for change	9
The biblical process for change	10
GUIDELINES FOR COMPLETING THE VICTORY OVER FAILURES PLAN	11
Description of the Problem	12
Where to Find Biblical References to Specific Problem Areas	13
Sample Worksheet 1: Description of the Problem	14
Lists of Specific Failures to Live Biblically	15
Evaluation — Sample Worksheet 1: Description of the Problem	18
Sample Worksheet 2: Lists of Specific Failures to Live Biblically	19
“Put-offs” and “Put-ons”	20
Sample Worksheet 3: “Put-offs” and “Put-ons”	21
“Daily Practices” Plan	24
Sample Worksheet 4: “Daily Practices” Plan	26
“Overcoming Temptations” Plan	28
Sample Worksheet 5: “Overcoming Temptations” Plan	30
“Forgiveness/Reconciliation” Plan	32
Sample Worksheet 6a: My Plan for Demonstrating Forgiveness	34
Sample Worksheet 6b: My Plan for Asking Forgiveness	37
VICTORY OVER FAILURES PLAN BLANK WORKSHEETS	39
Worksheet 1: Description of the Problem	40
Worksheet 2: Lists of Specific Failures to Live Biblically	41
Worksheet 3: “Put-offs” and “Put-ons”	42
Worksheet 4: “Daily Practices” Plan	43
Worksheet 5: “Overcoming Temptations” Plan	45
Worksheet 6a: My Plan for Demonstrating Forgiveness	47
Worksheet 6b: My Plan for Asking Forgiveness	48

INTRODUCTION

TO THE VICTORY OVER FAILURES PLAN

You can never truly understand or help others, even in your own family, unless you first look thoroughly into your own life and deal with your own sins without compromise, excuses, or evasion (*based on Matthew 7:1-5; II Corinthians 1:3-5*).

Overview

The **VICTORY OVER FAILURES PLAN** is a biblically based tool that can help you overcome any difficulty of life with the full expectation of complete and lasting victory. To live victoriously in a lasting, fruitful way, we first need to see how we have failed to live God's way, hence the phrase "victory over failures." By victory over "failures" we don't mean failures at business or failures in school. We mean having victory over failures to love biblically (what God calls sin) that keep us from having a joyful, vibrant, growing relationship with the Lord. Part of the process involves putting off the old manner of life and putting on new, righteous practices in their place (*Ephesians 4:22-24*). The **VICTORY OVER FAILURES PLAN** describes how to do that in very practical ways and gives you a format you can follow.

This booklet is a companion to the Biblical Counseling Foundation's *Self-Confrontation* manual. It can be used independently from the Self-Confrontation Course, but is best understood and applied along with the course. The Self-Confrontation Course is designed to lead you through a personal life application study of God's Word using the *Self-Confrontation* manual as a reference. This life application study focuses on how to live sacrificially for God and for others, rather than living for self. It presents biblical principles that are fundamental to living the kind of victorious, contented life God intended for you, regardless of the circumstances.

This booklet explains these and other biblical principles about how to have lasting change in your life. It asks you to identify a problem area in your life that you can then work on, applying the principles from God's Word in the power of the Holy Spirit. The objective is to help you to rely wholly on the Scriptures and the work of the Holy Spirit Himself, rather than to rely on the superficial remedies of the world, or on your own strength. There are vast contrasts between God's way of dealing with problems and the world's way (*Isaiah 55:8-11*). Only through applying God's principles can you expect lasting change. As you walk according to the biblical principles written in your **VICTORY OVER FAILURES PLAN**, you will develop Christlike character in your life. The changes will be enduring and meaningful, and you will be a faithful, fruitful vessel in God's hands.

The booklet starts with an explanation of why you should develop a *written* plan. Then, it describes the materials you will need, the purposes of the plan, foundations for biblical change, biblical hope for change, and the process for putting the plan together. The **VICTORY OVER FAILURES PLAN** is not just a one-time exercise, but is an organized, biblical approach that you can use to deal with tests, temptations, and sin throughout your life. You can also use it in helping others with their problems.

Why develop a written plan?

Problems in life are not unusual, but many believers, even those who have known Christ for years, have not learned how to deal biblically with difficult problems as part of the process of sanctification. They may experience grave difficulties at home or at work, disappointments with others, financial losses, health problems, etc. For most of their lives, many believers fluctuate between living in victory and living in defeat.

The Scriptures tell us that believers will always undergo spiritual battles (*John 16:33; Galatians 5:17*). It is also true that God has given us victory in the Lord Jesus Christ (*Romans 8:28-38*). Sadly, many have not learned how to live victoriously in the empowerment of the Holy Spirit. Often in ignorance, they continue to respond to problems the same way they responded as unbelievers. Therefore, it is vital that all believers learn how to face, deal with, and endure problems as they progress through life. Each believer needs a simple, organized way of evaluating the situation according to God's truth and developing a plan that, if followed, will bring complete and lasting change. This **VICTORY OVER FAILURES PLAN** has been developed to help believers become established in living God's way.

You might ask the question, "Why should I actually have a plan written out to deal with a difficulty in my life?" One reason is found in a careful study of *I Corinthians 10:12-14*. In this passage, *verse 13* provides great hope that God will not allow a temptation or trial in your life that is more than you can handle. The previous verse, *I Corinthians 10:12*, warns that we must take heed (to our spiritual walk), or we might fall into sin. Isn't it interesting that in the very passage where God gives us a great promise of His sovereignty, He also tells us not to be presumptuous or arrogant about our ability to withstand temptation on our own? He tells us to "be careful" or "be prepared." The verb "take heed" has the idea of being watchful on a continuing basis in anticipation of a future event. It is the same word that Jesus used when He warned the disciples to stay alert in anticipation of His return. In the same way, we need to be alert to when we might be tempted and to be prepared to respond the way the Lord commands. Then in *I Corinthians 10:14*, we are told, "therefore" (referring back to *verse 13*), to "flee idolatry." In other words, in light of God's providing us with the way to endure trials, He tells us not to hesitate when tempted, but take immediate and decisive action. The **VICTORY OVER FAILURES PLAN** will help you to be prepared to take decisive, godly action when temptations come. Many temptations can be anticipated, especially where we have been tempted previously, and have yielded and sinned. Many times, we even put ourselves in the path of temptation unnecessarily. Making biblical plans ahead of time will help you to remember what to do when you face temptation, and will be an indication of your commitment before God to handle trials His way, in the power of the Holy Spirit.

You may ask yourself, "Will I need to make written plans all my life?" After you have become established in overcoming temptations through the development and practice of biblical plans, you will become more able to think through how to deal with sins in your life. This is because the **VICTORY OVER FAILURES PLAN** has become part of your life. Then it will only be occasionally that you might need to write out a **VICTORY OVER FAILURES PLAN** for complicated matters.

Materials needed to develop your plan

The Bible

It is important that you use a literal translation of the Bible. While a paraphrase of the Bible may be useful as an expansion or supplemental study tool, it is important to memorize and understand the Bible in its most literal form. Because paraphrases are not translations, but interpretations, they may focus on man's insights rather than God's truth at certain points. When you study for your own benefit or to minister to others, it is important that you remain faithful to God's Word.

As you study this booklet, you will find that the biblical principles and precepts presented are substantiated with Scripture references which you are encouraged to look up as you progress. The Scripture references are listed in the order they are found in the Bible, not necessarily in the order of importance or clarity.

Whenever you see italicized parentheses with references to Scripture verses, each of the references listed directly substantiate the previous statement fully. Whenever you see the words “based on” before the list of references, the truth of the previous statement cannot be understood from a single reference, but can be seen from a study of all the referenced verses put together.

The *Self-Confrontation* manual

You will find it helpful to use the *Self-Confrontation* manual as a supplementary reference. It is designed to guide you through a set of biblical principles that are fundamental to living the kind of victorious, contented life God intended for us, regardless of the circumstances. The manual will always direct you to God’s Word, not to man’s opinion. In a sense, it is like a topical concordance. It contains many biblical references that cover both the fundamentals of the Christian life as well as how to deal with specific problem areas. For additional help, the guidelines in the next section refer at times to portions of the *Self-Confrontation* manual.

Purposes of the VICTORY OVER FAILURES PLAN

Based on biblical principles, the **VICTORY OVER FAILURES PLAN** guides you to victory even in the midst of any trial, test, or temptation of life. The **PLAN** has four purposes, and there are worksheets related to the purposes as shown below:

- A. To help you learn how to examine yourself biblically (*Psalm 139:23-24; Matthew 7:1-5; I Corinthians 11:31; Galatians 6:4*);

Applies to Worksheets 1 and 2 on Pages 40 and 41

- B. To help you recognize specific biblical “put-offs” and “put-ons” for daily living (for example: *Ephesians 4:22-32; Colossians 3:5-17*);

Applies to Worksheet 3 on Page 42

- C. To help you develop and act upon specific plans for biblical change (*based on Titus 2:11-14; James 1:22-25*); and

Applies to Worksheets 4-6 on Pages 43-48

- D. To help you make your specific biblical changes part of your daily walk in every area of your life (*based on Romans 6:12-13; Colossians 2:6; 3:2-17; II Timothy 3:16-17; I Peter 1:14-16*).

Applies to the entire plan

NOTE: While these guidelines are useful for dealing with isolated sins that are only committed rarely, the most valuable use of the **VICTORY OVER FAILURES PLAN** is for dealing with sinful patterns where there has not been consistent victory.

**GUIDELINES
FOR COMPLETING THE
VICTORY OVER FAILURES PLAN**

GUIDELINES FOR COMPLETING THE VICTORY OVER FAILURES PLAN

Description of the Problem

Complete Worksheet 1. For your use, a blank worksheet is located on Page 40.

NOTE: You may make copies of all the worksheets at the end of this booklet.

A. Under the **“Ongoing problem area”** section, write down the problem area that is of greatest hindrance to your walk with God (*Hebrews 12:1-2*). To make the selection, use the following guidelines:

1. Focus on dealing with a problem that is ongoing, not on one that you experience only occasionally. You may wish to review **WHERE TO FIND BIBLICAL REFERENCES TO SPECIFIC PROBLEM AREAS** located on the next page. It contains a list of problem areas with references to relevant sections of the *Self-Confrontation* manual. Also listed are some key passages of Scripture to help determine possible areas of failure.
2. Seek the Lord’s wisdom in determining the problem area to choose. Concentrate on an area in your life that requires the most immediate change, even though it may be difficult. The Lord is primarily concerned about your commitment to Him, not how much you can accomplish easily. So, choose the pattern that the Lord is convicting you to develop. To do this, ask yourself, “In what ways do I continue to show that I fail to love God and others?” (*based on Matthew 22:37-40; John 13:34-35; 14:15, 20-21; I Corinthians 13:4-8a*). Ask the Holy Spirit to bring to your mind the specific ways you have sinned against the Lord and others.

One of your tendencies with sinful habits may be to identify only those areas you want to change. However, when you seek to change some area of your life according to your own perceptions, you may focus on something that seems easy to do or that appeals to self-centered accomplishments (for example, overcoming fear of flying motivated by pride).

B. Under the **“Short description of the problem”** section, summarize the problem in one or two paragraphs. See Page 14 for a sample of a description written by a fictitious person who is angry and bitter toward a co-worker. Subsequent samples represent how he might complete a **VICTORY OVER FAILURES PLAN** based on these guidelines.

(GUIDELINES FOR COMPLETING THE VICTORY OVER FAILURES PLAN continue on Page 15.)

WHERE TO FIND BIBLICAL REFERENCES TO SPECIFIC PROBLEM AREAS

Some key passages of Scripture to help determine possible problem areas:

Proverbs Chapters 15 and 18

Romans Chapters 12 - 14

I Corinthians 13:4-8a

Ephesians 4:22 - 6:9

Colossians Chapter 3

I Peter 2:11 - 3:17

A sample set of problem areas:

Scripture references containing biblical principles, “put-offs,” and “put-ons” for these problem areas can be found in the indicated lessons of the *Self-Confrontation* manual and the *Biblical Principles for Discipleship/Counseling* booklet. In some of the referenced lessons, the problem area may not be specifically listed, but the biblical principles and biblical references will apply.

Contentment, lack of — Lesson 6

Envy, jealousy, covetousness, greed — Lessons 9 and 10

Self-belittlement — Lessons 9 and 10

Self-exaltation — Lessons 9 and 10

Self-pity — Lessons 9 and 10

Stealing (covetousness) — Lessons 9 and 10

Grief focused on self — Lessons 9, 10, 20 and 21

Eating problems (overeating; starving self, called “anorexia;” or binging on food and purging self, called “bulimia”) — Lessons 9, 10, 20, and 21

Lust — Lessons 9, 10, 20-21

Stewardship problems (body, time, material goods, abilities) — Lesson 10

Anger — Lesson 11

Bitterness — Lesson 11

Unforgiveness — Lesson 12

Reconciliation problems — Lessons 12 and 13

Relationship problems (marriage, relative, acquaintances, etc.) — Lessons 12-17, 20 and 21

Communication, sinful (lying, slander, arguing, cursing) — Lesson 13

Marriage problems — Lessons 14 and 15

Parent-child problems — Lessons 16 and 17

Depression (despair, lack of fulfillment of responsibilities, total inactivity) — Lesson 18

Fear (including “panic attacks”) — Lesson 19

Worry (anxiety) — Lesson 19

Drug abuse — Lessons 20 and 21

Drunkenness — Lessons 20 and 21

Gambling — Lessons 20 and 21

Satanic influences — Lessons 20 and 21

Sexual sins (adultery, fornication, homosexuality, pornography) — Lessons 20 and 21

Sample Worksheet 1: Description of the Problem

Ongoing problem area:

Anger and bitterness toward my co-worker

This portion should be the identification of the ongoing difficulty that is of greatest hindrance to your walk with God (*Hebrews 12:1-2*).

Short description of the problem:

I have a very bad relationship with my co-worker at the office. We argue about almost everything. He criticizes my work all the time. He blames me for mistakes that I don't make and lies to the boss about me. I get so bitter that I can't concentrate on my work, and the situation gets worse. I am about to lose my job because of our arguments over responsibilities of projects that our boss has assigned. My co-worker takes the easy jobs and leaves the hard ones for me. I would like to quit, but I need the money. So I just get more angry and bitter.

NOTE: In order to make this description more accurate, please read the explanation for how to complete a list of specific failures (Pages 15-17). You will see an evaluation of this sample worksheet on Page 18.

**VICTORY OVER FAILURES PLAN
BLANK WORKSHEETS**

Ongoing problem area:

Short description of the problem:

List of speech and actions related to the ongoing problem area:

Sample

List of thoughts, speech, and actions against the Lord alone:

So