

"LOG" LIST

Matthew 7:3-5

"And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck out of your eye;' and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck out of your brother's eye."

1. Get alone with God for an unhurried time of reflection and soul searching. Stop and pray as you begin. Pray according to **Psalm 139:23** "Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any offensive way in me..." Ask God to clearly reveal to you ways that you have wronged other people and have not made it right.
2. Get a blank sheet of paper and begin to 'brainstorm.' Make a full list of all the things that you have done in your relationship to others. Be honest and **specific**. We sin against others in specific, concrete ways, and we need to confess the sin in specific, concrete ways. Try not to be vague or over-generalize things. The list should be as comprehensive as possible.
3. Privately confess each of the items as sins, and repent before God.
4. Contact each of the people on your list, with the purpose of asking them to forgive you for the way(s) you sinned against them.
5. Pray and ask God's Spirit to meet with you and bring healing.
6. Be ready to speak the truth in love (Eph. 4:15). Do not argue, defend yourself, raise your voice, interrupt, or lose your cool. This meeting is to be a place of healing and reconciliation, not a time to attack, malign, get revenge, or argue. It is a time to uncover and solve problems, not compound them. Do not go expecting them to in turn ask you to forgive them for the way(s) they've sinned against you. That might happen, but it might not. Your motivation in going is to obey God and please Him, not to get the other person to admit their faults to you.
7. You should confess your specific sins listed on your "Log List" and say: "I sinned against you when I.... Or by not... **Will you please forgive me?**" Move through each item on your list in the same way.
8. Close in prayer together.

(Adapted from *Christian Living in the Home*, p. 139-141, by Jay Adams, P&R Pub., 1972)

My Sinful Ways

What God Wants Me
to Do About Them

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