#### Get a Grip...Count to 5

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| 2. Thank God for this difficulty. (1 Thess. 5:18; Eph. 5:20)               |  |

- 3. Forgive the offender, not verbally, but in prayer. (Mark 11:25)
- 4. Ask: "How can I obey God in this situation?" (John 14:15)
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|---|---|
| <b>CATCH</b> your thought, that is sinful 2 Cor. 10:5     | <b>CATCH</b> your thought, that is sinful 2 Cor. 10:5     |
| CONFESS your thought to God 1 Jn. 1:9                     | <b>CONFESS</b> your thought to God 1 Jn. 1:9              |
| CALL on God for help Phil 4:13                            | CALL on God for help Phil 4:13                            |
| CHANGE sinful thought to God's thought Phil. 4:8,9        | CHANGE sinful thought to God's thought Phil. 4:8,9        |
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