

MAY ONLINE WORKSHEET

“DON’T SABOTAGE YOURSELF”

(Feel Free to make copies of this sheet)

May is the 5th month of the year. The number 5 is the number of Grace. This month is about the favor of God on our lives in FULL force. Cooperate with the Grace of God. Do not sabotage yourself by missing this great opportunity.

Watch your words

When you speak, choose words that are well thought out. Express yourself thoughtfully but remember to be kind.

1. What words if any, do you use that are unkind? Write them down.
2. What are kinder more thoughtful words you could use to replace harsh unkind words?

Watch your thoughts

We are all subject to authority. Think soberly when it comes to law and order. Do not allow yourself to become judgmental but rather thankful that all power belongs to our Father and He has given us power to know the difference between right and wrong.

1. Have you been judgmental towards a particular person or situation? What triggers that behavior and what can you do to safeguard your reactions?
2. Write five things you can work on this month that will help you to express yourself in a kinder way.

Watch your emotions

Whatever you do, you should do as unto the Lord. Humility is always a great attribute. Pride does not like being told what to do. Do not allow your emotions to lead you to act in a prideful way.

1. Write a script you will say to yourself when you feel yourself acting in a prideful way.

Remember to always pray before you speak especially when you feel angry or emotional.

Be kind.