

Battle Name: _____ Date: _____

Battle Verses: _____

Battle objective:

Record:

Track	_____	_____	_____	_____	_____	_____	_____

What breakthroughs did I experience in this area?

What good things can I keep doing?

What parts of this area do I still need to overcome?

What is triggering temptation for me in these areas?

What can I do differently from now on?

Battle Plan (Directions)

Note: This worksheet is designed to be used with the “Investment” worksheet. For the complete 7-week battle planning experience, [click HERE](#) and fill that out, then come back to this one. If you already know what you are fighting for and the verses to use, you can use this for a 7-day plan.

Battle Name: (What are you fighting for? Ask God for a catchy name.)

Date: (Start your battle plan on the day that you rest and reflect. Typically, this is a weekend day.)

Battle Verses: (What one or two verses did God use to transform your thoughts about this? Write these verses on an index card or a slip of paper, then write your objective on it as well. Put your card in a place where you can grab it when temptation strikes- maybe in your purse, pocket or on the countertop. Feel free to create as many of these cards as you need to encourage yourself with these verses. You can post them on the bathroom mirror, on the fridge, etc.)

My objective: (Be as clear and specific as possible about the results you are asking for this week.)

Record: (Name your objective. Each morning, write “Yes” if it happened yesterday or “No” if it didn’t. Or, rate it from 1-10. If you want to track two additional yes/no habits, add these too.)

Weekly Review: (At the end of the week, when most of the boxes are filled, finish the worksheet.)

Breakthroughs: (Pray about your most successful days. Try to be specific about why you had success. Ask the Lord if there is there something can you do to make this happen every day.)

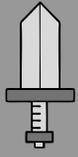
Overcoming: (Pray about your least successful days. Be specific about why your plan failed. Did you forget to write your verses and objective on a card? Did you forget to read your card when temptation came? Was it in an inconvenient spot? Was your objective too vague or too difficult?)

Different: (Ask the Lord for his next steps for you. What does he want to change for this week?)

Now, get a new “Battle Plan” worksheet for the coming week. Will your objective change or stay the same? Is this really the most important battle that you God’s leading you to fight right now? If not, change it up. If you have an “Investment” worksheet, make any updates needed (or even redo the whole thing if desired). Write the average of your results for the week in the weekly box. (If you’re using “yes” and “no,” write 100% for each “yes” and 0% for each no.) Add notes in the “Evaluation” section when it’s time. Keep your old battle plans to look back and see your progress.

(See the following page for a Sample Battle Plan.)





Battle Name: The Graceful Pace Project Date: 6/1/19

Battle Verses: Proverbs 37:23 "ordered steps," Proverbs 15:1 "a soft answer turneth away wrath"

Battle objective:

To give my children consistent consequences when they break the house rules with a loving tone of voice. When I am tempted to use a frustrated voice with them, I will stop what I'm doing, grab my battle cards and let the Lord speak to me through his words.

Record:

Track	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
child training	9	5	10	10	7	3	8
lights out by 10	N	N	Y	N	Y	Y	
Bible Study	Y	Y	N	N	N	Y	

What breakthroughs did I experience in this area?

I prayed that God would remind me to slow down when I was angry. I asked the family to let me know kindly when I was acting rude. I excused myself from the room when I felt really angry.

What good things can I keep doing?

Speaking out loud to God when I'm tempted to yell at the children. Waiting for a moment to get his perspective before giving the children consequences in a calm voice.

What parts of this area do I still need to overcome?

It's easy to the pressure of time limits make me feel rushed. That makes me rush the kids. I get frustrated when they don't get things done quickly, but I really should get them started sooner. I need to talk to God when I'm pressured.

What is triggering temptation for me in these areas?

The baby crying when people are talking to me, people arguing or complaining, rebellious attitudes, trying to get things done and get everyone out the door at a certain time.

What can I do differently from now on?

Notice my anger sooner. Recognize when I'm refusing to face my frustration.

Make sure to get started a half hour before I usually do so there's time for last-minute details.

Notice temptation triggers so that I don't get overwhelmed by intense situations.

Stop what I'm doing when my family says I'm being rude. Put the baby down and excuse myself.

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