

## APPLICATIONS FOR LIFE TRANSFORMATION

1. Are you aware of any generational sexual sin that may be tempting you?  
(What has worked in overcoming sexual sin?)
2. If you are suffering grief and loneliness during this season, what is your plan to deal with it? (get with people, call family and friends. spend time in community events, play encouraging music, read scripture related to grief and loneliness, etc.)
3. Are you aware of motivations in your heart that drive you to run from family shame? (Are you feeling guilty for a parents or grandparents sin?)
4. What happens when you neglect your work?