

GAME PLAN

EXECUTION SYSTEM

C3-Technique

- C**all a timeout and resist the tempter/temptation.
- C**onfess the temptation to God in prayer and ask the Holy Spirit to show you the way of escape.
- C**hoose by faithful obedience to consciously yield to the Holy Spirit's Play Call, resulting in perfect execution of God's will.

NAME: Mark Mister

YOUR BATTLEZONE: Anger

FORMATION RECOGNITION: Base this on the Scouting Report Form in Week 4.

External: At home, driving my car, and at work. Internal: Hunger-I skip breakfast and get really cranky before lunch. I may miss lunch all together. / Angry-while driving. I understand road rage and it scares me. Lonely-I feel like I am alone trying to live. How can that be, I am around people all day. Tired-I stay up late watching the evening news. Stressed-I feel stressed all day and feel like I am trapped in the rat race.

NUTRITION HISTORY: What have you been "feeding" yourself to entice temptation?

My thoughts are constantly filled with worry and fear. I watch the news every morning before work, after work and right before I go to bed.

OPPONENT'S STRATEGY: Exactly how does your opponent's attack you to create this BattleZONE?

Satan wants to get me thinking about all the things I can't control. If I let negative thoughts enter my mind I allow them to affect my mood, attitude and decisions.

COUNTER-ATTACK/GAME PLAN: *1. Start reading Christian books and/or the Bible in the evening. 2. Meet with my accountability partner and talk about my anger. 3. Use the C-3Technique when I am in my BattleZONE of anger. 4. Deal with some of my fears and worries about life. 5. Listen to Christian music in the car so I am not yelling and cursing all the time at other drivers. 6. Hide God's word in my heart-counter verses. 7. Call my teammate.*

READY LIST: Pre-planned decisions of how you will respond "automatically" to a certain situation

SITUATION	PRE-PLANNED RESPONSE/"AUTOMATIC"	READY LIST
<i>In the car when a driver does something stupid</i>	<i>Listen to Christian music...Do morning devotionals prior to leaving each day</i>	<i>A list of several plays ready to be used in an upcoming game, tailored to an opposing team's strengths and weaknesses. Also known as an "automatic."</i>
<i>At home when something goes wrong</i>	<i>Use the C-3 Technique and walk away before my anger causes me to say and throw things. Get more sleep and eat breakfast.</i>	
<i>At work when I am pressured to get a job done</i>	<i>Get more organized so I am not spending so much time trying to find things. C-3 Technique. Trust God that he will help me get it done.</i>	