

Learning How to React to Outside Influences

Each night this week, take time to list the different situations or people that tried to influence you. Next to that, write down how you decided to react to them and if your reaction was positive or negative. If not, say what you could do next time instead.

1 Samuel 10:19 But you have now rejected your God, who saves you out of all your disasters and calamities. And you have said, ‘No, appoint a king over us.’ So now present yourselves before the Lord by your tribes and clans.”

| Day | Outside Influences | Your Reaction and if it was Positive or Negative |
|------------------|--------------------|--|
| Sunday | | |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |

Examples: One of my friends wanted me to run in the halls
OR

We are not allowed to so I suggested we do something else.
I joined her, but next time I will tell her “no” and go and do something else.