
A large teal star is positioned above the word 'My'. To its left are a yellow star and a white star with a teal outline.

# My Character Training Journal

A yellow star is positioned above the word 'Journal'. To its right is a teal star, and below the yellow star is a white star with a yellow outline.

A fantastic FREE tool to help your child overcome negative behavior patterns in his or her life!



This Character Training Journal is a tool for to help your child identify and overcome a negative behavior pattern in his or her life. Use it with the Bible translation of your choice to find applicable scripture.

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# How to Use the Character Training Journal\*

## 1. Start with Prayer

Ultimately, any efforts to help your child conquer a particular behavior pattern, must be guided by God and aided by the Holy Spirit. Without God convicting the child of sin and enabling change, any change that *is* accomplished by our own efforts (or that of the child) is either temporary or merely external. Neither of these speak to the heart or meet the real need, which is God's forgiveness of sin and *Him* making your child into a new creation!

Pray for God to convict your child of his/her sin and enable them to see their need for God's forgiveness.

## 2. Identify the Behavior Pattern to Put Off

Scripture clearly teaches that, although salvation is through Christ alone, we are to cooperate with the work of the Holy Spirit in putting off sinful behavior and replacing it with godly behavior.

*But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him." (Colossians 3:8-10, NKJV)*

Using scripture, help your child identify and define the particular behavior pattern that needs to change. As a parent, sometimes this behavior is glaringly obvious to us, but the child might need help recognizing it. Other times, we know that there is a problem, but have difficulty defining it. We highly recommend *Instruction for Righteousness* by Doorposts as an excellent resource for identifying and defining negative or sinful behavior. You can also use a Bible concordance, such as the Strong's concordance, which can be found online for free.

## 3. Identify the Behavior Pattern to Put On

Putting off bad behavior is only part of the solution. We must also teach the child to replace the bad behavior with godly behavior.

For example, if the child struggles with unkind speech, it's not enough to simply stop saying unkind things. The child must replace the negative or hurtful speech with godly communication:

*"...in all things showing yourself to be a pattern of good works; in doctrine showing integrity, reverence, incorruptibility, sound speech that cannot be condemned, that one who is an opponent may be ashamed, having nothing evil to say of you."*

(Titus 2:7-8, NKJV)

\*Some of this information has been adapted from *Transformed Into His Likeness*, by A.P. Tiffe, available through Focus Publishers.

## 4. Find Applicable Scripture

Once you have identified the particular behavior that needs put off / put on, find scripture that applies to this behavior.

For example, a child who struggles with anger might look up the following verses:

*"A wrathful man stirs up strife, but he who is slow to anger allays contention."*  
(Proverbs 15:18, NKJV)

*"A fool's wrath is known at once, but a prudent man covers shame."*  
(Proverbs 2:16, NKJV)

Have your child write it out on an index card, so he can keep it with him or memorize it.

## 5. Keep a Journal of the Behavior

Once you've prayed for/with your child about the issue, identified the specific behavior that needs to be put off/put on, and found specific scripture to apply, it's time to practice. Keep a journal of every time the child exhibits the identified behavior. This can be something you do for/with the child or that they do independently, depending on his/her age. As each incident is recorded, have the child practice what they *should* have done or said ("putting on").

For example, if the child struggles with unkind speech, record the incident, who was involved and what prompted the unkind speech. Then, have the child practice what they could have or should have said. A child who finds that a sibling has mistreated his or her things when borrowing them might be tempted to unkind speech, "Look what you did to my things! I'm never letting you borrow my things again if you're going to be selfish and stupid with them!" Help them replace this speech with, "I don't mind sharing my things with you, but I would like you to be more careful with them and make sure they are put away once you are done with them."

If the child is resistant to recognizing the behavior pattern, have them keep the journal for a specific length of time (at least one week) without practicing the good behavior. After the period of time is over, go back through the journal with the child, reading the incidents. We have found this to be an effective way for God to open their spiritual eyes to recognize negative or sinful habits. Once the child recognizes and accepts that there is a problem, start over keeping the journal, this time adding the element of practicing or putting on the good behavior after each incident.

## 6. Persevere

Change doesn't occur overnight! Pray continually with your child and encourage him/her to keep practicing the positive behavior until it becomes a habit.



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"But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him."

~Colossians 3:8-10, NKJV

What behavior pattern do I need to "Put off"?

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"...in all things showing yourself to be a pattern of good works; in doctrine showing integrity, reverence, incorruptibility, sound speech that cannot be condemned, that one who is an opponent may be ashamed, having nothing evil to say of you."

~Titus 2:7-8, NKJV

What behavior pattern do I need to "Put on"?

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Notes:

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# Character Training Journal



Behavior pattern I am working on:

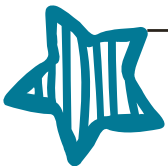
What the Bible says about this behavior:

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2. \_\_\_\_\_  
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4. \_\_\_\_\_  
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# Character Training Journal



What the Bible says about this  
behavior: (cont.d)

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_  
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7. \_\_\_\_\_  
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8. \_\_\_\_\_  
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9. \_\_\_\_\_  
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\_\_\_\_\_



# Character Training Journal



Behavior pattern I am working on:

## Time to renew my mind!

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."  
~ Romans 12:2, NKJV

Applicable verse to memorize:

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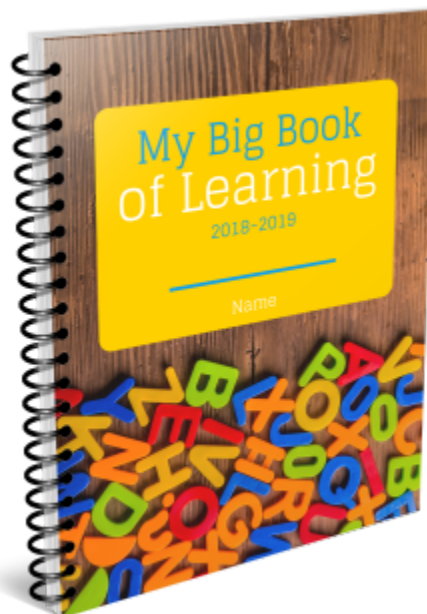
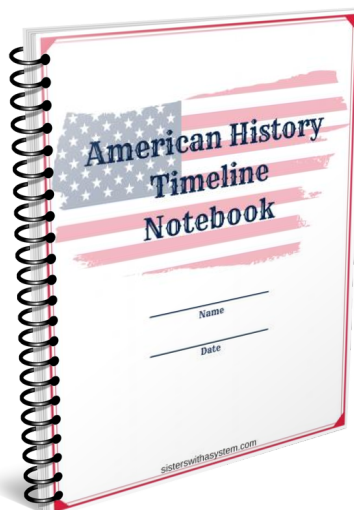
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