

# "LOG" LIST

## Matthew 7:3-5

"And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck out of your eye;' and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck out of your brother's eye."

1. Get alone with God for an unhurried time of reflection and soul searching. Stop and pray as you begin. Pray according to **Psalm 139:23** "Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any offensive way in me..." Ask God to clearly reveal to you ways that you have wronged your spouse.
2. Get a blank sheet of paper and begin to 'brainstorm.' Make a full list of all the things that you have done and are doing wrong in your marriage. Use the sample "Log List" as a guideline. Go over it and personalize it. Be honest and **specific**. We sin against each other in specific, concrete ways, and we need to confess the sin in specific, concrete ways. Try not to be vague or over-generalize things. The list should be as comprehensive as possible. You should try to have at least 30-50 items listed.
3. Privately confess each of the items as sins, and repent before God.
4. Give your list to your spouse and allow them to add anything to your list that you left off that are items where you have hurt them. You also take their own list of their sins against you and make sure all the issues / items where you have been hurt or think you have been sinned against are listed. If not, add any items or instances that you think need to be added. The goal is to have as complete a list as possible. We want to 'clear the decks' and set the record clean so that you can begin to rebuild your marriage. Don't allow any lingering or festering hurt to remain uncovered. It will pop up later!
5. Get the list of your own sins back from your spouse. Pick a place and time when you can meet together. The place should provide an atmosphere in which free and uninterrupted discussion may occur (i.e. make sure the kids are in bed, or get a sitter and go to a hotel for an overnight). The time should be set and kept.
6. Come together with your own list in hand. Begin the meeting by reading **Ephesians 4:17-32** and **I Cor. 13:1-8**. Try to conduct your meeting together and all of your life according to the principles laid down in these verses.
7. Pray together and ask God's Spirit to meet with you and bring healing. Pray in the name of Jesus that Satan and his powers of darkness would have no place in your hearts or home at this time.
8. Be ready to speak the truth in love (Eph. 4:15). Do not argue, defend yourself, raise your

voice, interrupt, or lose your cool. This meeting is to be a place of healing and reconciliation, not a time to attack, malign, get revenge, or argue. It is a time to uncover and solve problems, not compound them. Do not discuss or debate the validity of the other person's judgment. LISTEN to your spouse. Bite your tongue. Be humble.

If it becomes obvious at some point that you cannot continue in a godly, productive manner, the meeting should be suspended for an hour or two or until another time. But DO NOT DELAY indefinitely. Satan does not want you to have this meeting! Press on.

During the interim, force yourself to see things from the other person's point of view. Sit where she/he sits. Think as he/she thinks. Then come back together and proceed.

9. Ready? As the spiritual leader, the husband should begin by confessing his sins and failures to his wife. Be very careful to read each item listed on your "Log List" and say: "I sinned against you, or I failed you as a husband when I.... Or by not... **Will you please forgive me?**" The wife should respond, "I forgive you." Then move to the next item.

After the husband has completed going through his list and confessing his sins, the wife should do the same with her list. If you prefer, you can both go through your lists at the same time, alternating back and forth one item at a time... the husband can confess one, then the wife, etc.

Having received forgiveness, seek to rectify any wrongs immediately whenever that is possible. Where the change involves the development of a new relationship built on a new, Biblical pattern of life, discuss your proposal with your partner and request his (her) help in building these new patterns and this new relationship throughout the days ahead.

10. Close in prayer together.
11. The next day give each other your own "Log List" and ask your spouse to select the top 5 ones from your list that they would like you to begin working on - changing and repenting.  
(Steps 1-11 adapted from *Christian Living in the Home*, p. 139-141, by Jay Adams, P&R Pub., 1972)
12. Then take each of those 5 items your spouse selected from your list and use the "Repentance Plan" worksheet / journal to create a repentance plan of new ways of thinking and new ways of acting in each of those areas.
13. Next pick a time to sit down and do a face to face question / answer time with your spouse regarding the top 5 sins they chose for you to work on. To guide you through this time together use the instruction sheet on the next page titled "Getting a Better Understanding of How My Sin Affected My Spouse."

## **Getting a Better Understanding of How My Sin Affected My Spouse**

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### *So that I Can Repent More Diligently*

Turn your chairs so that you are facing each other...

Husband start with the #1 item his wife marked for him to work on...

### **Ask...**

1. "Of all things you could have put on my list – why is this the #1?"
2. "How does it make you *feel* when I do this? (what a person feels reveals what they're thinking)

This will help you realize the consequences of your actions – on your spouse. It's good for you to see how your sin has hurt your spouse.

3. "What goes through your *mind* when I do this? What are your thoughts?"

This helps you see what your sin is doing and might help your spouse see where their thinking is off biblically. It also helps you both to be honest and talk.

4. "Of all things I've done in this area (#1 sin) which one(s) *hurt you most*?"
5. "What *specific ways* would you like to see me be more \_\_\_\_\_ (Get them to help you define the appropriate biblical replacement for the sin you've been doing) of you?"
6. Now let the spouse (one sinned against) ask you "Over the years how have I pushed you or made it easier for you to sin like this? What am I doing that aggravates the situation and helps drive you to your sin?"
7. Also let the spouse ask you "What can I do from this point forward to make it easier for you to avoid this sin in the future?"
8. Finally let your spouse ask you "From this point forward – what is the best way for me to bring this to your attention? (They should state specifically what they want you to say and how they want you to say it – role play, if necessary)

### **Now Reverse Roles and...**

Have the wife start with her #1 item that he indicated for her to work on

Repeat all the questions reversing the roles.

**Get as Far as You Can in the Time Allowed** – working your way like this through each one of the husband's and wife's top sins

**Close in Prayer** – Pick up Again Where You Left Off in the Next Meeting