

# My Power Growth Record

Please circle each day you complete and then check the box of each study you finish.

## GETTING ACQUAINTED STUDIES

### Special Features Of HELP eMagazine:

- Study 1 - The Benefits  
Day: 1 2 3
- Stories About Life's Problems
- Study 2 - The Introduction  
Day: 1 2 3 4 5

## DISCOVERY STUDIES

**NOTE:** For those who are using the “Finding The Right Problem” system, you can check off and skip “Finding The Right Spiritual Issue.” For those who are using the “Finding The Right Spiritual Issue” study system, you can check off and skip “Finding The Right Problem.”

### Discovering The Solutions:

- Study 1 - Finding The Right Problem  
Day: 1 2
- Study 2 – Finding The Right Study  
Day: 1 2 3 4 5
- Study 1 - Finding The Right Spiritual Issue  
Day: 1 2 3
- Study 3 – Finding The Right Relationship

## POWER STUDIES

### Learning About The Power-Life:

- Study 1 - The Importance Of The Power-Life  
Day: 1 2 3 4 5
- Study 2 - The Importance Of Eternal Life  
Day: 1 2 3 4 5
- Study 3 - From Power-Life To Eternal Life  
Day: 1 2 3 4 5

### How To Get And Keep The Power-Life:

- Study 4 - How To Get The Power-Life  
Day: 1 2 3 4 5
- Study 5 - How To Keep The Power-Life  
Day: 1 2 3 4 5

## HELP STUDIES

### Getting HELP With A Life Problem:

- Study 1 - Understanding The Problem  
Day: 1 2 3 4 5
- Study 3 - Understanding Your Heavenly Father  
Day: 1 2 3 4 5
- Study 2 - Understanding The Solution  
Day: 1 2 3 4 5
- Study 4 - Talking With Your Heavenly Father  
Day: 1 2 3 4 5

## PRAYER STUDIES

### Developing Prayer Methods:

Study 1 - Lord's Prayer For New Christians  
Day: 1 2 3 4 5

Study 3 - Lord's Prayer For Mature Christians  
Day: 1 2 3 4 5

Study 2 - Lord's Prayer For Sinning Christians  
Day: 1 2 3 4 5

## RESOURCE STUDIES

### Resources Available To You:

The Lord's Prayer For Salvation  
Day: 1 2 3 4 5

Christian Fellowship  
Day: 1 2 3 4 5

Praying The Psalms  
Day: 1 2 3 4 5

Developing Friendships  
Day: 1 2 3 4 5

## STRATEGY STUDIES

### Victorious Living Introductions:

Study 1 - Introduction Part 1  
Day: 1 2 3 4 5

Study 2 - Introduction Part 2  
Day: 1 2 3 4 5

## SUBMISSION STUDIES

### Victorious Living Through Submission Part 1:

Study 1 - Controlling Your Emotions  
Day: 1 2 3 4 5

Study 2 - Training Your Body  
Day: 1 2 3 4 5

Study 3 - Improving Your Attitudes  
Day: 1 2 3 4 5

### Victorious Living Through Submission Part 2:

Study 4 - Redirecting Your Will-Power  
Day: 1 2 3 4 5

Study 5 - Empowering Your Mind  
Day: 1 2 3 4 5

Study 6 - Guiding Your Choices  
Day: 1 2 3 4 5

Study 7 - Having A Victorious Life  
Day: 1 2 3 4 5

## RESISTANCE STUDIES

### Victorious Living Through Resistance Part 1:

- Study 1 - Change Through Creation

Day: 1 2 3 4 5

- Study 2 - Results Through Faith

Day: 1 2 3 4 5

- Study 3 - Winning Through Trust

Day: 1 2 3 4 5

### Victorious Living Through Resistance Part 2:

- Study 4 - Stability Through Commitment

Day: 1 2 3 4 5

- Study 5 - Wisdom Through Truth

Day: 1 2 3 4 5

- Study 6 - Sincerity Through Love

Day: 1 2 3 4 5

- Study 7 - Living Through Renewal

Day: 1 2 3 4 5

## PURIFICATION STUDIES

### Victorious Living Through Purification:

- Study 1 - Purification Through Exposure

Day: 1 2 3 4 5

- Study 2 - Purification Through Transparency

Day: 1 2 3 4 5

## PREVENTION STUDIES

### Victorious Living Through Prevention Part 1:

- Study 1 - The Full Armor Of God

Day: 1 2 3 4 5

- Study 2 - The Belt Of Truth

Day: 1 2 3 4 5

- Study 3 - The Breast Plate Of Righteousness

Day: 1 2 3 4 5

### Victorious Living Through Prevention Part 2:

- Study 4 - Shoes Of The Gospel Of Peace

Day: 1 2 3 4 5

- Study 5 - The Shield Of Faith

Day: 1 2 3 4 5

- Study 6 - The Helmet Of Salvation

Day: 1 2 3 4 5

- Study 7 - The Sword Of The Spirit

Day: 1 2 3 4 5

## PROTECTING STUDIES

### Sharing Victorious Living:

- Study 1 - Protection For Others

Day: 1 2 3 4 5

- Study 2 - Protection Through Relationship

Day: 1 2 3 4 5

- Study 3 - Protection Through Jesus

Day: 1 2 3 4 5

- Study 4 - Protection Through Love

Day: 1 2 3 4 5

## **Before You Leave A Study**

**This Record Sheet should be filled out before you leave your study for the day. Just notice the “Study Number” you are currently looking at. Make sure all days completed are circled and all Study Numbers you have finished are checked off. This will help you get back to the next study, when you return to the site.**

## **Getting Back To A Study**

**You can use the Shortcut Bar to get to Your Life Map page so you can return to your studies.**

- 1. Just go to [wctlc.com](http://wctlc.com).**
- 2. Select the HELP button at the top of WCTLC’s Home Page.**
- 3. Go to the gray Shortcut Bar at the top of HELP eMagazine’s Home Page.**
- 4. Select the HELP Subject word that represents the problem you have chosen to get help with.**
- 5. Then on Your Life Map page scroll down to the study number you want to look at next and select it.**