



The LIVING STONES JOURNEY

Counseling is a journey. God is continually building and shaping us—not all at once, but through a steady process of growth over time.

This framework outlines the three stages of that journey.

Name: _____

Date: _____



"Like living stones, let yourselves be built into a spiritual house."

1 PETER 2:5



BUILT

Understanding
and Stabilization

We begin by building a strong foundation. This stage focuses on gaining insight, establishing truth, and creating stability in the areas that are most overwhelming or difficult.

Focus: Understanding, truth, awareness, and building a foundation for change.



GUIDED

Practicing
and Growing

As understanding grows, we begin to take action. This stage is about practicing new skills, making wise choices, and allowing God to guide us into healthier patterns and relationships.

Focus: Learning, applying skills, making changes, and growing in new ways.



ESTABLISHED

Living with
Lasting Change

Healing becomes more established, and new patterns take root. This stage is about living out what you've learned, experiencing greater freedom, and trusting God to equip you for the seasons ahead.

Focus: Lasting change, confidence, freedom, resilience, and living out your calling.

REFLECTION – BUILT

What I am learning about myself:

Truths God is teaching me:

Insights or breakthroughs I'm gaining:

Prayer for this stage:

REFLECTION – GUIDED

New skills I am learning:

Steps of growth I am taking:

Choices I am making differently:

Prayer for this stage:

REFLECTION – ESTABLISHED

How I am experiencing lasting change:

Strengths I have developed:

How I am walking in freedom:

Prayer for this stage:



LOOKING AT THE WHOLE JOURNEY

What has God shown me since I began counseling?

How have I seen God's faithfulness in this journey?



WHAT I WANT TO REMEMBER

Key truths I want to hold onto:

What I want to continue practicing:



"He who began a good work in you will carry it on to completion until the day of Christ Jesus."

PHILIPPIANS 1:6

