

THE GENESIS WAY

Week 2: DUMP IT

Exposure Before Transformation

“Now the earth was formless and empty...” – Genesis 1:2

“We take captive every thought to make it obedient to Christ.” – 2 Corinthians 10:5

PURPOSE OF THIS TOOL

This worksheet is not about fixing your life.

It is not about prioritizing, optimizing, or solving problems.

This tool exists for one reason: to bring everything you are carrying into the light.

We cannot shape what we refuse to expose.

Before God shape creation, He created...by dumping everything out and it was formless and void. It needed to be shaped and filled. That comes later.

Before we have clarity to your life, you must name what is actually there.

HOW TO USE THIS WORKSHEET

- Set aside 15–30 uninterrupted minutes
- Work alone (discussion comes later)
- Write everything down
- Do not organize, evaluate, justify, or fix
- Do not ask, “Is this good or bad?”
- Just dump it!

This is an act of honesty, not productivity.

This is surrender, not strategy.

WHAT TO DUMP

If it costs you time, energy, attention, or emotional bandwidth, it belongs on this page. Use the four sections below. Write freely. Use bullet points if helpful. There is no “right” amount.

1. TIME — What currently occupies your calendar or schedule

Examples:

- Meetings
- Work responsibilities
- Ministries
- Commitments you agreed to but didn't choose
- Activities you feel obligated to maintain
- Entertainment including scrolling, news, Netflix, etc.

Write everything that takes time:

2. ENERGY — What drains or demands your physical and mental strength

Examples:

- Tasks that exhaust you
- Responsibilities you dread
- Ongoing problems you're managing
- Roles that feel heavy

Write everything that costs you energy:

3. ATTENTION — What competes for your focus and mental space

Examples:

- Notifications on phone, computer, watch
- Worries
- Ongoing decisions
- Projects you keep thinking about
- Unfinished tasks

Write everything that captures your attention:

4. EMOTIONAL BANDWIDTH — What you carry internally, even when you're not working

Examples:

- People you're concerned about
- Conflicts you're avoiding
- Expectations others place on you
- Guilt, fear, resentment, pressure

Write everything you carry emotionally:

PAUSE AND REFLECT (Do Not Fix)

Take a moment and simply look at what you wrote. Schedule another 15 minutes tomorrow to review and add. The discipline of “Dump It” can and should be practiced daily.

Answer quietly, in writing if helpful:

- What surprised me?
- What explains my exhaustion?
- What have I been carrying alone?

There is no action required yet.

CLOSING DECLARATION (Read Aloud or Silently)

God, today I choose honesty over hiding.
I bring into the light what I’ve been carrying in the dark.
I will not fix, justify, or explain—only expose.
I trust You to shape what I have named.
Clarity comes before change, and I am willing to begin here.

REMEMBER

- Dumping is not weakness — it is wisdom
- Clarity always feels uncomfortable before it feels freeing
- You are not behind — you are becoming aware
- **Nothing gets shaped next time that isn’t dumped this time**

NEXT STEP

Do not organize this list yet.
Do **not** schedule anything yet.

Next time, we will **SHAPE IT**