

THE GENESIS WAY – SHAPE IT WORKSHEET

Organizing What God Has Entrusted to You

“God does not fill chaos—He shapes it first.” (Genesis 1)

Purpose of This Exercise

Last week, you Dumped It—everything you’re carrying is now visible.
This week, you are not fixing, scheduling, or prioritizing yet.
You are simply giving form to what God has revealed.

This worksheet helps you organize your Dump List into seven life categories, so your responsibilities stop competing and start cooperating.

Important:

If this feels overwhelming, that’s normal. Clarity often feels heavy before it feels freeing.
You are not behind. You are becoming aware.

How to Use This Worksheet

1. Take your Dump It list from Week 2.
 2. Place each item into ONE category only.
 3. Do not rush. Do not double-list.
 4. If something doesn’t seem to fit, pause—not panic.
 5. You are shaping, not solving.
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THE SEVEN SPOKES (CATEGORIES)

1. SPIRITUAL

Your relationship with God

Examples:

- Prayer
 - Scripture reading
 - Worship
 - Spiritual disciplines
 - Church involvement
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- Mentoring / discipleship

Items from my Dump List that belong here:

- _____
- _____
- _____

2. FAMILY

Marriage, parenting, and closest relationships

Examples:

- Spouse time
- Parenting responsibilities
- Family commitments
- Household leadership
- Extended family care

Items from my Dump List that belong here:

- _____
- _____
- _____

3. CAREER

Your work, vocation, and calling

Examples:

- Job responsibilities
- Ministry assignments
- Business tasks
- Professional development
- Leadership roles

Items from my Dump List that belong here:

- _____
- _____
- _____

4. PHYSICAL

Your body, health, energy, and rest

Examples:

- Exercise
- Sleep
- Nutrition
- Medical appointments
- Recovery and rest

Items from my Dump List that belong here:

- _____
 - _____
 - _____
-

5. MENTAL

Your thinking, learning, and emotional health

Examples:

- Reading
- Studying
- Counseling
- Journaling
- Managing stress or anxiety

Items from my Dump List that belong here:

- _____
 - _____
 - _____
-

6. SOCIAL

Friendships, community, and shared life

Examples:

- Friend time
- Small group
- Hospitality

- Social commitments
- Community involvement

Items from my Dump List that belong here:

- _____
 - _____
 - _____
-

7. FINANCIAL

Money, stewardship, provision, and generosity

Examples:

- Budgeting
- Bills
- Saving
- Giving
- Financial planning

Items from my Dump List that belong here:

- _____
 - _____
 - _____
-

Reflection (Do NOT Skip This)

Answer honestly—there are no wrong answers.

1. Which category feels the most crowded right now?

2. Which category feels thin, neglected, or empty?

3. As you look at these categories, what do you feel most strongly?

- ☐ Peace
- ☐ Clarity
- ☐ Resistance

- ☐ Overwhelm
- ☐ Relief

(All are normal. Awareness precedes growth.)

Anchor Truth for Week 3

God can't fill what hasn't been shaped.
Shape turns chaos into cooperation.

Leader / Participant Reminder

- You are not required to “balance” everything this week.
- You are not expected to solve anything yet.
- Next week is about rhythm and boundaries.
- This week is about form.

You don't need more time.
You need a God-honoring shape