

Spiritual Audit

*A prayerful guide for examining the faith we inherited, the wounds we carry, and the
Christ-centered life we are rebuilding*

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*Inspired by TEAR IT DOWN: Dismantling Toxic
Religion & Rebuilding on Christ*

*Companion resource for honest reflection,
courageous discernment, and faithful rebuilding.*

This is an invitation, not an evaluation...

This audit isn't a test, a purity check, a diagnostic tool, or a way to judge someone else's faith. It is an invitation to sit honestly with God. The questions are here to help you notice what has been shaping your faith: the beliefs you inherited, the voices you trust, the practices you repeat, and the church experiences that may still be speaking inside you.

You don't have to answer every question. You may pause, skip a prompt, write in fragments, pray instead of writing, or come back another day. You're allowed to tell the truth before you know what to do with it. You're allowed to hold complexity. You're allowed to be honest without making a public case for your honesty.

A GENTLE BOUNDARY

If reflection surfaces overwhelming memories, immediate danger, or needs that feel larger than this workbook can hold, seek support from a trusted, qualified professional or a safe pastoral care provider. This resource is not therapy, and it cannot replace skilled care, protection, or practical support.

A word from Kaite

Some of us learned to call fear "faithfulness," silence "peace," and control "authority." Some of us learned that questions were a threat, that grief should be hurried or ignored, or that belonging depended on performing the right kind of certainty. Let me tell you something for certain: Jesus isn't afraid of honest attention. He's not threatened by truth because He IS the truth.

This audit is a way of returning to the center: the person of Christ. Not an institution or a platform. Not the loudest voice in the room, but Jesus... His words, His character, His actions, His welcome of the vulnerable, His confrontation of hypocrisy, His commitment to truth, grace, justice, humility, and service. Let Him meet you here without rushing you.

You're not faithless for paying attention.

How to use this audit

Slowly. This workbook can be completed in one sitting, over several days, or in conversation with a trusted person. The goal isn't to hurry through and finish quickly. My hope is for you to become more truthful, more free, and more attentive to the way of Jesus.

- ☐ Begin with prayer and permission to be honest.
- ☐ Work through it slowly over one sitting or several days.
- ☐ Write what is true before writing what sounds acceptable.
- ☐ Keep Jesus' words, character, actions, and treatment of vulnerable people at the center.
- ☐ End each section with a short prayer or one next step.

A PRACTICE OF GENTLENESS

You don't need to identify an abuser, disclose private trauma, name a person, or decide the future of a relationship while you are reflecting. Feeling safe comes first. A blank line is still a faithful response when your body, mind, or spirit needs a pause.

Before you begin

Where are you? What do you need nearby? Consider water, a quiet room, a trusted support person, or a planned stopping point. If your reflection becomes too much, close the workbook, orient yourself to the present, and choose care. You can return later or choose not to.

What would help me feel grounded enough to begin?

A prayer for beginning

Jesus, meet me in what is true. Give me courage without force, honesty without shame, and wisdom for the next faithful step. Amen.

What Did I Inherit?

Notice the faith, language, expectations, and loyalties that formed you.

Before we can question what's harming us or reclaim what's holy, we need to notice what we received. Inheritance isn't automatically bad, it's just automatically true. Bring your history into the light without contempt for the people who shaped you and without protecting what needs to be questioned.

The beliefs I received

Think about the messages, whether spoken, implied, or modeled, that you received about God, salvation, holiness, obedience, doubt, authority, or belonging. Answer with words, memories, images, or fragments.

1. What beliefs did I receive about God, salvation, holiness, obedience, doubt, authority, and belonging?

2. Which beliefs drew me toward Jesus? Which pushed me away from Him?

The stories underneath the words

What have I accepted as “biblical” that may have been shaped by culture, control, fear, or tradition?

Whose approval did I need in order to feel faithful?

What questions were welcomed? What questions were punished or shamed?

PRAYER OR NEXT STEP

God of truth, help me distinguish what has been handed to me from what is actually faithful to Jesus. Show me what to examine, what to grieve, and what to receive with gratitude. One next step I can take is:

Freedom, Fear, and Shame

Use the Examen to notice what a teaching produces in you and in others.

Here we are adapting the Ignatian Examen into a simple practice for this work. Don't label every discomfort as harmful or every comfort as holy. The point is to pay attention. Over time, patterns can reveal whether a teaching is moving you toward the freedom, truth, grace, and responsibility of Jesus or toward pressure, fear, shame, and control.

TRY THIS FOR SEVEN DAYS

At the end of the day, take ten quiet minutes. Review one teaching, message, practice, or expectation you encountered. Write honestly. Do not edit your answer into something more acceptable.

The daily / weekly audit

Date or week:

Teaching, practice, or message noticed:

Where did a teaching I absorbed feel like freedom?

Where did it feel like pressure, fear, or shame?

When pressure or fear surfaced, whose voice was it—God's, or someone using God's name?

What did I believe I had to hide in order to belong?

What would grace make possible here?

Record recurring themes without turning this into a diagnosis. You are simply noticing what repeats.

Themes or messages that repeat:

Voices I hear or expectations I carry:

Bodily responses or felt sense I notice:

Assumptions underneath the pattern:

CLOSE THE PRACTICE

What is one sentence of truth, one prayer, or one boundary that would help me leave this reflection with care?

The Wounds We Name

Lament tells the truth without rushing pain toward resolution.

Church hurt is real and it shapes the way we see God, ourselves, our bodies, our questions, and our capacity to trust. Naming pain doesn't mean you're faithless, disloyal, or refusing to forgive. It just means you refuse to make pain disappear by pretending it didn't happen.

SAFETY BEFORE SPECIFICITY

You don't have to name a person. If naming someone could increase danger, retaliation, exposure, or pressure, leave the name blank. You can describe what happened, what it produced, and what you need without identifying anyone.

Where has my experience with church shaped how I currently see God?

What pain have I dismissed, minimized, spiritualized, or rushed past?

What happened that should not have happened?

What did I need then that I did not receive?

What do I need now to move toward safety, truth, support, or healing?

A practice of lament

Lament is an honest prayer that names pain to God without forcing a neat ending. Take a page or a week. Tell God what hurt, who caused or tolerated it if that is safe and appropriate, what you wish were different, and where you still struggle to find God. Don't end with forced gratitude. Name gratitude because you feel it, not because you're "supposed" to.

What I want God to know about this wound:

What I wish were different:

Where I still struggle to find God:

A GENTLE ENDING

You can close lament with a simple sentence: “God, this is what I can say today.” You don’t have to solve the wound before you stop writing. In fact, you probably won’t.

What Does Jesus Reveal?

Discern by the character and way of Christ, with truth, compassion, accountability, and context.

Jesus welcomed outsiders, cared for the wounded, confronted religious hypocrisy, and held truth and grace together. He didn't use truth as a weapon to harm. He also didn't confuse compassion with avoidance or grace with the absence of responsibility.

Discernment asks more than "Did this make me uncomfortable?" It asks what a teaching produces, who carries its weight, whose voice is protected, and whether the whole thing resembles the way of Jesus.

Christ-centered questions

- ☐ Does this make room for the vulnerable to be heard and cared for?
- ☐ Does it tell the truth without using shame, fear, or humiliation as control?
- ☐ Does it confront hypocrisy and protect people more than it protects power?
- ☐ Does it move people toward grace, justice, humility, service, and honest accountability?
- ☐ Does it honor context and the full story rather than using isolated words to control?

Discernment grid

Use one row for each teaching, practice, message, or church experience you want to examine. Add more rows on a separate page if needed.

Teaching, practice, or message	What it produced in me / others	In what ways does it resemble Jesus' character and way?	What needs to be questioned, released, repaired, or reclaimed?
1.			
2.			

Teaching, practice, or message	What it produced in me / others	In what ways does it resemble Jesus' character and way?	What needs to be questioned, released, repaired, or reclaimed?
3.			
4.			
5.			
6.			
7.			
8.			
9.			

A second look

If a message is difficult, ask what kind of difficulty it creates. Some truths ask us to change, confess, repair, or surrender privilege. That discomfort isn'tt the same as spiritual harm. At the same time, a message that repeatedly silences the hurting, protects power, denies injustice, or makes people afraid to tell the truth deserves careful questioning.

What context, history, or perspective do I need before I decide what this means?

What would it look like to hold truth and compassion together here?

A PRAYER FOR DISCERNMENT

Jesus, keep me from calling harm holy and from calling accountability harm. Teach me to see clearly, love courageously, and remain close to Your way.

My Part in the Rebuild

*Responsibility is not the same as shame.
Repair is one way love becomes tangible.*

A spiritual audit isn't just reflecting about what others have done to us. It also asks us to examine our own actions, inaction, assumptions, and bias. This isn't an invitation to self-condemnation. This is a self audit... an invitation to truthful responsibility, the kind that can confess, apologize, learn, repair, change, and make room for the healing of others.

How have my actions, inaction, or bias contributed to another person's hurt?

Who may have been affected by hurt I inflicted or tolerated?

Where do I need to confess, apologize, repair, learn, or change?

Do I approach people more like a judge or someone committed to their healing?

Have I created space where honesty is safe for myself and others?

REPAIR IS NOT A PERFORMANCE

An apology shouldn't require the harmed person to comfort you, forgive you on your timeline, or restore access you have not earned. Seek wise counsel about what repair would be appropriate, safe, and genuinely helpful.

One faithful next step

Choose one step that is honest, proportionate, and possible. You don't have to do everything today.

- ☐ Listen without defending.
- ☐ Learn the history or context you have avoided.
- ☐ Apologize without explaining away the impact.
- ☐ Set a boundary that supports safety and truth.
- ☐ Seek wise counsel from someone trustworthy and qualified.
- ☐ Join a healthier community or find a safer pastoral care provider.
- ☐ Practice compassion in a concrete, unobserved way.

The step I am choosing, and why:

What Am I Rebuilding?

Tearing down is not the end. Let Jesus teach you how to build what is holy.

We don't just tear things down.... we have a responsibility to imagine and practice what can grow in its place: communities that love with no agenda, leaders who serve rather than control, theology that liberates rather than condemns, worship that makes room for lament and truth, and belonging that doesn't require a performance of perfection.

What would a church that looks like Jesus make room for?

Who would feel safer, more welcomed, more truthful, and more free?

What would leadership look like if it were modeled on a towel rather than a platform?

What would grace, justice, accountability, lament, and belonging look like in practice?

What must I tear down? What must I build? What must I stop protecting? What must I begin practicing?

KEEP IT SMALL ENOUGH TO PRACTICE

Rebuilding often starts small: one honest conversation, one repaired relationship where repair is safe, one changed habit, one less defended assumption, one community that chooses love over image.

What is one small practice that could make the way of Jesus more visible?

Commitments I can practice

A rule of life is not a contract with God or a new way to perform faithfulness. It's just a set of gentle commitments that help you remember what you are building toward. Choose five to seven and make them concrete enough to practice and spacious enough to revisit.

1. I will

2. I will

3. I will

4. I will

5. I will

6. I will

7. I will

A RETURNING PRAYER

When I lose the thread, I will return to Jesus by:

A prayer for the rebuild

Jesus, bring me back to what is true. Where fear has dressed itself as faith, give me courage to name it. Where shame has made a home, meet me with grace that does not deny responsibility but makes change possible. Where I have been wounded, hold what I cannot yet carry. Where I have wounded others, make me honest enough to listen, humble enough to repair, and willing to change. Teach me to recognize Your way: truth without cruelty, compassion without avoidance, justice without spectacle, and service without the need to be seen. Tear down what does not look like You, and teach me how to build what is holy. Amen.

A blessing for the road ahead

May you have permission to move slowly. May you find people who do not punish honest questions. May you receive the support, wisdom, and care that this work may require. May you know the difference between easy answers and faithful hope. May the truth become clearer without becoming cruel, and may the life you are rebuilding around Christ become visible in small, courageous acts of love.

Don't force instant healing. You don't need to manufacture reconciliation or to resolve every question before you take the next faithful step. Jesus is still worth following so let Him teach you how.

If it doesn't look like Christ, question it.

If it harms the vulnerable, do not protect it.

**And when you tear down what is false, let Jesus teach you how to
build what is holy.**

Dismantling Toxic Religion & Rebuilding on Christ

By Kaite Allred

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