

RESPONDING TO GOD'S WORK IN ME

A Free Companion Worksheet to the Reflection: [How Does God Change Us?](#)

Name or initials: _____ Date: _____

God is at work within us, and He invites us to respond. Use this worksheet to identify one pattern, examine what reinforces it, connect it with Scripture, and choose a response to practice over the next seven days. Your effort is a response to God's grace, not a way to earn His love.

How to use this worksheet

Read the reflection first. Choose one struggle rather than trying to address everything. Work through the first five sections, then complete the seven-day plan and practice record. Be honest and specific. A difficult feeling or an unwanted thought is not the same as choosing to act on it. Notice your experience without treating every struggle as a moral failure.

1 Choose one pattern to work on

What response or habit would you like to change? Name something you actually do, avoid, or repeatedly rehearse. For example: "When I feel left out, I criticize someone to another person," rather than simply "gossip."

Describe one recent example. What happened, what did you feel or think, and what did you do next?

What effect did your response have on you or someone else? Identify any harm or distance it created, or how it kept you from acting according to your values.

Scripture to read: Philippians 2:12–13. Consider God's work within you as you begin this process.

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2 Notice what reinforces the pattern

Habits can become associated with recurring situations. Identify what tends to happen before your response and what keeps it familiar. Understanding a pattern helps you take responsibility for changing it.

What usually comes just before this response? Identify a situation, person, place, time of day, feeling, or thought that often prompts it.

What do you hope the response will give you in that moment—for example, relief, approval, control, comfort, or belonging? What does it actually provide, and what does it cost afterward?

What are you repeatedly giving your attention to that may strengthen this pattern? Consider conversations, media, comparisons, rehearsed thoughts, environments, or routines. Identify one influence you can change.

3 Guard your heart with truth

Read Proverbs 4:20–27. In verse 23, the Hebrew word for heart, *lev*, includes thinking, understanding, feelings, and will. Guarding your heart includes examining what shapes your inner life and the choices that flow from it.

What belief or repeated message seems to guide your response? Write the actual sentence you tell yourself, such as “I need to put them down to feel accepted” or “I must control every outcome to be safe.”

Choose one Scripture passage that addresses this belief or response. Read the surrounding verses. Write its reference and explain, in your own words, what it teaches and how it applies here.

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Possible starting passages: Philippians 4:8; James 1:22–25; Galatians 5:16–25; Ephesians 4:22–32. Choose the passage that fits your concern; you do not need to use them all.

4 Practice a different response

Reading truth, remembering it when you are struggling, and acting on it are distinct steps. Choose a small, observable response that agrees with the truth you identified. You can begin practicing it even while the old urge or feeling remains.

What will you practice instead of your usual response? Describe exactly what you will say or do. For example: pause, decline to discuss an absent person, and redirect the conversation.

When I notice this cue	I will practice this response	I will remember this truth
<i>Example: I feel left out and want to criticize someone.</i>	<i>Pause, avoid sharing private details, and redirect the conversation.</i>	<i>My words can build others up (Ephesians 4:29).</i>
My cue:	My response:	My Scripture truth:

5 Recognize help and take responsibility

Read 1 Corinthians 10:13. God’s help in temptation does not require the urge to disappear first. Consider a practical step that would help you respond faithfully. Support may include a boundary, changed routine, accountability, counseling, or other appropriate care.

What practical support or change will you use? Name one action and when you will take it. If another person’s help is needed, identify whom you will ask and what you will ask them to do.

Does anything require confession, an apology, repair, or a boundary? Identify the responsibility that is yours and one appropriate next step. If none applies, write “none identified.”

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If your focus is trusting God, name what is uncertain and what faithful action is yours today. Trust can include wise boundaries and seeking help; it does not require certainty about the outcome or remaining in harm.

6 My practice for the next seven days

Use your answers from sections 4 and 5 to complete this plan. Aim to practice when the cue appears. Review the plan briefly each day, even if the situation does not occur.

Part of my plan	My specific choice
The situation or cue I will watch for	
The response I will practice	
The Scripture truth I will remember	
The influence I will reduce or boundary I will use	
The support I will use and when I will arrange it	

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7 Record your practice and review the week

Each day, record whether you had an opportunity to practice, what you did, and one thing you learned. If the cue did not occur, write that. This is a learning record, not a measure of your worth or God’s approval.

Day or date	What happened and what I practiced	What I learned or will adjust
1		
2		
3		
4		
5		
6		
7		

At the end of the week

Where did you respond differently, what remained difficult, and what will you continue or adjust next week? Include any additional help you need.

Prayer: Father, help me recognize Your work in me, receive Your truth, and practice what You are teaching me. Give me humility to take responsibility and ask for help. Teach me to walk by Your Spirit. Amen.

Biblical word study source: NET Bible translation notes on Proverbs 4:23. Read the companion reflection for the research references on learning and habit formation.