

A 7-DAY

Spiritual Reset

WORKBOOK

A reckoning. And then a rising.

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evergrowingchristians.com

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Introduction

by Paulinus Joel

This workbook is not a devotional. It is not an inspirational journal.

It is a reckoning. And then a rising.

Open it only if you are ready to be honest about where you are, and hungry for where God is taking you.

“So teach us to number our days, that we may apply our hearts unto wisdom.” – Psalm 90:12

A year ends. Time was spent. Grace was given. Opportunities rose and passed. Some you seized. Many you did not.

You are here now, at a moment of decision, and you have a choice that most believers never consciously make: you can enter the next season as a continuation of the last one, carrying the same unexamined patterns, the same quiet compromises, the same disciplines you meant to restore, the same obedience you kept deferring, or you can stop. You can look. You can turn.

This workbook exists for that second option.

But this is not only for the broken believer crawling back. It is for every believer who wants more of God than they currently have. Whether you stumbled badly in this past season or simply drifted by a few degrees, a few degrees, held long enough, takes a ship to the wrong continent. Whether you are returning from a spiritual winter or simply standing on a plateau and sensing, somewhere beneath the ordinary, that you were made for higher ground, this workbook speaks to you.

And if you are arriving here barely holding on, if what you are carrying is heavier than most people around you know, then know this before you turn another page: the One asking you to reckon is not standing with His arms

crossed. He is the Father who ran toward His son while the son was still a great way off. He is not waiting for your improvement. He is waiting for your honesty. That is all this week asks of you. Come as you are.

WHAT THIS IS

This is diagnostic surgery, followed by a vision of what health looks like. It will ask you to face things you have been avoiding. It will also ask you to lift your eyes to what God is forming you into, because repentance that does not terminate in a vision of beauty will eventually terminate in despair.

Every day combines honest examination with genuine hope. The two must travel together. One without the other is either condemnation or sentimentality. Together, they produce transformation.

WHO THIS IS FOR

This workbook was written for every believer who is honest enough to say: “I want more.” More of God. More obedience. More intimacy. More fruitfulness. Whether you are 30 days backslidden or 30 years walking with God and sensing that something has become familiar and shallow, this is for you.

The questions are designed to reach both. Some will cut. Some will lift. All of them require honesty.

BEFORE YOU BEGIN: WHAT YOU WILL NEED

- A physical Bible. Screens invite distraction. Paper forces presence.
- This workbook printed, or a dedicated journal alongside it.
- A pen.
- 25–35 uninterrupted minutes each day. No less.
- The willingness to write what you have been hiding, and the willingness to receive what God has been preparing.

THE NON-NEGOTIABLE RULES

1. Do not skip days. Each day builds on the previous one. Skipping is the same avoidance pattern this workbook is designed to break.

2. Do not rush. If you finish a day in less than 20 minutes, you were not honest enough. Go back.

3. Pray before every answer. Not as ritual. As actual dependence. Do not write a single word before you have prayed.

4. Write with complete honesty. Half-truths produce half-transformations. God already knows what you are hiding. This workbook is for you to face it.

5. If you cannot honestly answer a question, stop. Do not move forward until you can. The discomfort you feel at the stuck place is exactly the place where God is working.

THE DAILY RHYTHM

Every day follows this pattern:

Pray □ Sit in silence □ Reflect □ Write □ Pray again

When you see a prayer prompt: pray first, aloud if you are able. Then write one or two sentences summarising what you actually prayed. Not what sounds spiritual. What you actually said to God.

If you do not know how to begin, start with: “Lord, I come honestly...” and go from there. God meets honesty, not eloquence. The Spirit intercedes for us with groanings that words cannot express (Romans 8:26). Bring what you have.

A NOTE ON THE HOLY SPIRIT

This workbook will ask you to examine your obedience, your disciplines, your resistance, your trajectory. But let this be clear from the first page: the primary agent of every genuine transformation in your life is not your will. It is the Holy Spirit.

He is not waiting for you to fix yourself before He works. He works in the working. He meets you in the examination, in the confession, in the surrender. As you write, invite Him into every question. The goal of this workbook is not to produce a more disciplined version of you. The goal is that you would be more fully yielded to Him, because a person fully yielded to the Spirit of God becomes, without straining, more and more like Jesus Christ.

That is what this week is for.

WHAT IS YOUR SEASON?

This workbook is not tied to a calendar. It does not require January. It does not require New Year. It requires only one thing: that a season has ended and another is beginning. That you are standing at a threshold, looking back at what was and forward at what could be.

A season, for the purposes of this workbook, is any meaningful stretch of time that has recently come to a close or is now shifting. It might be:

- The end of a calendar year, and the start of a new one.
- A birthday, an anniversary, or any personal milestone that naturally prompts reflection.
- The end of a painful chapter: a loss, a broken relationship, a period of illness, a season of failure.
- A period of spiritual plateau, where nothing is dramatically wrong but nothing is growing either.
- The aftermath of a spiritual collapse or a season of backsliding.
- A major life transition: a new job, a move, a marriage, a graduation, a new role in ministry or leadership.
- A moment of hunger: you are not in crisis, you are not backslidden, but something in you senses that God is calling you higher, and you are ready to respond.
- The weeks after a revival, a retreat, a conference, or an encounter with God that stirred something in you that you do not want to lose.

Wherever you are in the calendar, whatever brought you to this workbook, the principle is the same: something is behind you, and something is ahead of you. This workbook examines both.

Before you begin Day 1, name your season. Every question in this workbook that refers to “this past season” or “the season ahead” is referring to what you write below.

Name your season

What I would call this past season:

It began around (approximate date or period):

What marked or triggered the start of this season:

What I am sensing God wants to do in the season ahead:

Before you begin Day 1

Spend five minutes doing nothing before you turn the page.

No reading. No writing. No planning your answers. Just be still and acknowledge where you are: you are placing yourself before a holy God who already knows everything you are about to write. He is not waiting to be impressed by your honesty. He is waiting to meet you in it.

Let that land before you pick up a pen.

Day 1

The Reckoning

What did this past season actually produce in you?

“So teach us to number our days, that we may apply our hearts unto wisdom.” – Psalm 90:12

Moses wrote this prayer after witnessing an entire generation consumed by their own spiritual failure. He had watched people who received bread from heaven, water from rock, fire by night and cloud by day, people who had every reason to trust God, choose instead the familiar comfort of Egypt in their hearts. And from that wreckage, Moses prays: teach us to number our days.

To number your days is not to count them anxiously. It is to take them seriously. To reckon with what they have produced. To stand before the fact of time passing and ask the only question that matters: what did I do with it? That is the work of Day One.

OPENING PRAYER

Spend 2 minutes in prayer before you write anything. Ask God to help you see this past season clearly. Not the highlight reel, not the worst moments, but the honest average of who you were. Ask Him to show you without condemnation and without flattery. Then write what you actually prayed.

Now sit in silence for 2 minutes. Do not plan your answers. Do not rehearse what sounds spiritual. Let God speak first.

THE HONEST INVENTORY

1. If I had to name my spiritual state for most of this past season, not my best moments, the honest average. It was: (Check one. Be ruthless.)

- ☐ Consistently growing. I can name specific ways I became more like Christ.
- ☐ Inconsistent but genuinely trying. Some weeks strong, most weeks weak.
- ☐ Religiously active but spiritually numb. Going through the motions.
- ☐ Stagnant and convicted. I knew, but I was not changing.
- ☐ Backslidden but maintaining appearances.
- ☐ Something else entirely:

2. One undeniable area where I genuinely grew closer to God in this past season was: (Not “I prayed more.” Actual character change. A specific pattern that shifted. If you cannot name one, write: “I cannot name one.” Then sit with that for 90 seconds before you continue. That silence is not failure, it is the beginning of honesty.)

Scripture: “But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” (2 Corinthians 3:18)

In light of this verse: where, specifically, did you move from glory to glory?

What did the Spirit do in you that you did not manufacture yourself?

3. One undeniable area where I lost ground, compromised, or quietly made peace with disobedience was: (Be surgically specific. “I struggled” is not honest. It is vague enough to be safe. “I stopped reading Scripture in March after a hard week and never returned” is honest. Name the month, the moment, the exact compromise.)

4. A discipline I began the year with that I had completely abandoned by the end was:

5. If this past season were repeated exactly, with the same habits, same priorities, same compromises, same delays, at the end of the next equivalent season I would feel:

6. The harshest truth about my spiritual life over this past season that I have been avoiding even admitting to myself is:

A QUESTION FOR THE GROWING BELIEVER

If your past season was genuinely fruitful, the reckoning is not about failure. It is about ceiling.

7. If I am honest, the area where I grew 20% but could have grown 80%, where I settled for incremental when God was calling me toward significant, was, and the comfort or familiarity I have been protecting that kept me there is:

RESPONSE PRAYER

Pray about what you just saw. Confess what needs confessing. Give thanks for what genuinely grew. Do not rush this prayer. It is the most important thing you will do today. Then write what you prayed.

“I will not carry this season’s patterns into the next season unconsciously. What I have seen today, I will act on this week.”

Read that out loud before you close today.

Day 2

The Exposure

What did you hear but delay?

“But be ye doers of the word, and not hearers only, deceiving your own selves. For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.” -

James 1:22-24

This day is not about what you believed. It is about what you were told to do and chose not to do.

James is ruthless about this. The mirror is the word of God. You look into it, you see clearly what you are, and then you walk away, and within minutes, the image fades. This is not ignorance. This is the peculiar self-deception of the person who knows the truth and chooses, repeatedly, not to act on it.

James calls this deceiving yourself. Not being deceived by someone else. Actively, voluntarily deceiving yourself. It is one of the most uncomfortable diagnoses in all of Scripture because it describes not the pagan who has never heard, but the churchgoer who hears every Sunday and nods and goes home unchanged.

Augustine, looking back on years of knowing exactly what God asked of him, remembered the prayer he had actually been praying: give me chastity and continency, only not yet. He was not confused about the instruction. He was asking for it to begin later. Delay is old, and it has always known how to

sound like sincerity.

The specific damage of delayed obedience is not just the thing you failed to do. It is what repeated delay does to your hearing. When you hear God clearly and choose not to respond, the next time He speaks, His voice sounds slightly less clear. Not because He has changed. Because you have trained yourself not to register it. This is how a believer gradually moves from sharp spiritual perception to spiritual dullness, not through one great rebellion, but through the accumulated weight of a thousand small delays. Today's work is to name the specific delay and break its hold.

OPENING PRAYER

Ask God to bring to the surface the specific instruction He made unmistakably clear in this past season that you delayed obeying. Do not defend yourself in this prayer. Do not explain why you delayed. Do not spiritualise the delay. Just ask Him to show you what you have been avoiding, and ask Him to give you courage to name it honestly.

THE DELAYED OBEDIENCE AUDIT

1. One instruction God made unmistakably clear to me in this past season, through Scripture, a sermon, a repeated conviction, a trusted voice, or the quiet persistent prompting of the Spirit, was: (Examples: end a relationship that is pulling you away from God; confess a sin you have been carrying alone; restore a discipline you abandoned; reconcile with someone; change how you spend your time or money; stop consuming content that is dulling your soul; step into a calling you have been avoiding.)

Scripture: “Behold, to obey is better than sacrifice, and to hearken than the fat of rams.” (1 Samuel 15:22)

God does not grade on effort around the edges of obedience. He asks for obedience itself. In light of this: what has your effort around the edges of this instruction looked like, while the instruction itself waited?

2. I knew this was from God, not just my own thinking, because:

- ☐ Scripture convicted me about this repeatedly, from different passages.
- ☐ Multiple trusted believers confirmed it, independently.
- ☐ The Holy Spirit would not let it go. It returned to me across many months.
- ☐ Every time I prayed, this was what surfaced.
- ☐ I encountered this truth from so many directions it became impossible to miss.
- ☐ All of the above.

3. I delayed obeying because I convinced myself that: (Not the reason you would tell someone else. The real reason you tell yourself at 2am when you are honest.)

4. The actual cost of this delay, meaning what it has already taken from me, has been:

- ☐ I became numb to God's voice in other areas.
- ☐ My spiritual momentum died and I have not rebuilt it.
- ☐ Other compromises crept in and I gave them less resistance.
- ☐ A relationship was damaged or lost.
- ☐ My prayer life collapsed.
- ☐ My sensitivity to sin decreased.
- ☐ I am less confident in God's word than I used to be.
- ☐ I can no longer hear God as clearly as I once did.
- ☐ Something else:

5. If I carry this same delayed obedience through the entire season ahead, at the end of it I will be:

6. The reason I am still hesitating to obey, even right now as I write this, is: (Strip away every spiritual-sounding explanation. What is the real reason?)

CONFESSION PRAYER

Confess this delay to God as disobedience. Not as “seeking clarity.” Not as “waiting for the right season.” Disobedience. Call it by its name. He already knows. This is you finally agreeing with what He has seen all along.

Write your confession below. Do not soften it, do not qualify it. One or two honest sentences.

God’s response to genuine confession is not punishment. It is restoration. The prodigal son rehearsed his speech all the way home, and the father ran toward him before he finished a single sentence (Luke 15:20). Come back. He is already running.

THE COMMITMENT

Choose one:

- ☐ I commit to obeying this instruction this week.
- ☐ I commit to obeying this instruction this month (by: _____).

☐ I am still making excuses. I am not ready to commit.

If you checked the third box: do not proceed to Day 3. This is the pattern. Stopping here is not failure. It is honesty. Return to Day 1 tomorrow with a prayerful heart. God honors sincere readiness more than hasty promises.

The specific action I will take and the exact date I will take it:

The person I will tell about this commitment (who will ask me whether I followed through) is:

(Obedience that is never spoken to another person is obedience that is easy to quietly abandon. Consider sharing this commitment with someone who loves you enough to ask hard questions.)

If you choose to share this with someone, who would that be?

CLOSING PRAYER

Ask God for the courage to obey promptly and the humility to stop negotiating with clear instruction. Write one sentence.

“What I heard, I will now do. Delayed obedience ends here.”

Read that out loud before you close today.

Day 3

The Autopsy

What disciplines did you quietly bury?

“Exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.” - 1 Timothy 4:7-8

Paul’s point is not that discipline earns God’s favor. It is that godliness has a shape, and that shape is formed through consistent, intentional practice over time. Irregular bursts of spiritual passion do not form the shape. Only the long, quiet work of daily discipline does.

The tragedy is that disciplines do not die dramatically. They die quietly. One skipped morning becomes a week. One week becomes a month. At some point you are not a person who has paused a discipline, you are simply a person who no longer has it. The pause became the new normal without your ever deciding it would.

Today’s work is an honest autopsy of what died, when and why and what the death has cost, and a resurrection plan for what must be restored.

OPENING PRAYER

Ask God to show you which disciplines you practiced with some faithfulness at some point in this past season but quietly abandoned. Ask Him to show you when they died and why. Ask Him to speak to you about what He is waiting to meet you in.

THE DISCIPLINE GRAVEYARD

Check every discipline you practiced at some point in this past season but abandoned:

- ☐ Daily Scripture reading, unhurried, not just a verse.
- ☐ Consistent prayer, set-apart time, not only crisis prayers.
- ☐ Fasting, intentional and regular, not only when desperate.
- ☐ Silence and solitude: sitting with God with no agenda, no list.
- ☐ Personal worship, not only corporate singing.
- ☐ Weekly accountability with someone who asks genuinely hard questions.
- ☐ Regular confession, to God and to a trusted person.
- ☐ Sacrificial giving that actually stretched you.
- ☐ Service that genuinely cost you something.
- ☐ Scripture memorisation: hiding the word in your heart, not just reading it.
- ☐ Journaling: recording what God has said and done.
- ☐ Sabbath: a genuine weekly rest from work and productivity.

1. The first discipline I abandoned was:

2. I stopped practicing it around: _____

3. The event or season that caused me to stop was:

4. I told myself I would return to it after:

5. But I never actually returned because (the real reason, not the excuse):

6. The direct effect of losing this discipline on my intimacy with God was:

Scripture: “For without me ye can do nothing.” (John 15:5)

In light of this: what specifically became “nothing”, hollow, fruitless, or absent, when this discipline died?

7. The indirect effects on my prayer, my sensitivity to sin, my spiritual discernment, my peace, and my relationships were:

THE RESURRECTION PLAN

8. The disciplines I will restore are:

9. I will practice them at this exact time: (Not “in the morning.” Not “when I have time.” Exact. “6:15am before I open my phone.” “8:00pm after the children are in bed.” If you cannot name an exact time, you have not decided yet.)

Scripture: “My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.” (Psalm 5:3)

A set time for discipline is not legalism. It is declaration. It says: this hour belongs to God before it belongs to anything else. What hour are you declaring?

10. The first day I will begin is:

- ☐ Tomorrow. Date: _____.
- ☐ This week. Specific date: _____.
- ☐ I am still thinking about it.

If you are still thinking about it rather than committing to a date: that hesitation is the same pattern that buried the discipline in the first place. Pause here. Pray for 10 minutes, not about whether to begin, but asking God for the will to begin. Come back when you have a date.

ACCOUNTABILITY

The person who will ask me every week, “Did you keep your discipline this week?” is:

(The Christian life was never designed to be walked alone. Proverbs 27:17 says iron sharpens iron. If there is someone in your life, a pastor, a friend, a fellow believer, who has the spiritual maturity and the love for you to ask the hard question, consider letting them walk this season with you. That is not weakness. It is wisdom.)

Who comes to mind?

RESPONSE PRAYER

Offer these disciplines back to God. Ask Him to meet you in them. Not after you have perfected them, but in the imperfect beginning. Ask the Holy Spirit to be present in the practice. Write what you prayed.

“I choose daily discipline over occasional passion. I will build consistency. I refuse to bury this again.”

Mid-Week

A resting place, not a progress report.

You have done the hardest three days of this workbook. You have reckoned with what the past season produced, named the obedience you delayed, and conducted an honest autopsy of the disciplines you buried. You have confessed things you had been avoiding. You have written down an accountability person's name and, if you did what the workbook asked, you have already texted them.

That is significant. Do not rush past it.

Notice something else while you are here. That you can see any of this at all is itself evidence of grace already at work. A hardened heart does not grieve over its hardness. If there is an ache in you as you read back what you have written, that ache is not the absence of God. It is a sign of His nearness.

The next four days will ask you to look at intimacy, resistance, trajectory, and vision. But before you go there, take this page to consolidate what God has already surfaced. This is not an extra assignment. It is the principle Day 4 will teach you, practiced now: sit before you continue.

THREE QUESTIONS. TAKE YOUR TIME.

1. The most significant thing I have seen about myself in the first three days is:

2. Something that has surprised me about this process so far is:

3. The place where I sense God meeting me most in this process is:

If any of what you have written in the first three days has stirred something that feels too large to carry alone, do not wait until Day 7 to speak to someone. Contact your accountability person now. Or reach out at evergrowingchristians.com/contact. The process does not have to be solitary.

Day 4

The Collision

Activity versus intimacy.

“Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.” - Luke 10:41-42

Martha was not a bad person. She was a careful and troubled one. She was doing things for Jesus while missing the presence of Jesus. And when she came to Him with her complaint about Mary, Jesus did not rebuke her for serving. He named what was underneath the serving: care and trouble. Trouble. The exhausting attempt to manage, produce, and maintain, in the name of devotion, what only surrender can give.

The particular danger of Christian activity is that it wears the costume of faithfulness. You are at church. You are giving. You are serving. You are leading. You are posting. And somewhere inside, in a place you are too busy to visit, the actual relationship with God is quiet and hollow and you cannot quite remember when it stopped feeling alive.

Jesus is not against serving. He is against serving as a substitute for abiding. He is against the life that produces fruit while the branch quietly disconnects from the vine. The fruit still looks good for a season. But it is only a matter of time. Notice what Jesus did not do when Martha came to Him with her complaint. He did not say: you are serving too much. He said: you are anxious. The problem was never the activity. The problem was what

the activity had replaced. When we serve from a full place in God, the serving is worship. When we serve from an empty place, the serving is performance. And only we, and God, know which one is actually happening. Today's work is to find where you traded intimacy for activity, and to reorder.

OPENING PRAYER

Ask God honestly: have you replaced intimacy with Him with activity for Him in this past season? Do not soften the question. Do not add "but I was genuinely trying to serve" before He answers. Just ask. Then write what you prayed.

THE ACTIVITY AUDIT

1. In this past season, I was busy doing these things "for God": (List everything: ministry roles, serving, leading, teaching, attending services, volunteering, giving, writing, posting Christian content, prayer meetings, Bible studies, evangelism, etc.)

2. In this past season, my intentional “with-God” time looked like this:
(Specific. Not “I prayed sometimes.” When? How often? For how long? What actually happened in those moments, did God speak? Did you listen? If you cannot answer specifically, write: “I had almost no intentional with-God time.”)

3. If I am fully honest, which one of these two has felt more like the actual relationship, doing things for God, or being with God? And which one has felt more like obligation?

4. My relationship with God right now honestly feels:

- ☐ Intimate. I hear Him clearly, I know His heart, I respond to His promptings consistently.
- ☐ Familiar but shallow. I know about Him more than I actually know Him.
- ☐ Functional. I serve Him faithfully but I rarely truly sit with Him.

- ☐ Distant. I am doing all the Christian things while feeling spiritually empty.
- ☐ Transactional. I come when I need something, not simply to be near Him.
- ☐ Honest answer, different from the above:

5. The last time I sat with God for more than 10 minutes with no agenda, no prayer list, no Bible plan, no request, just to be with Him and to be loved by Him and to listen, was: (If you cannot remember, write: "I cannot remember." That answer is itself the answer.)

Scripture: "Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me." (John 15:4)

Jesus does not say "work hard for me and fruit will come." He says abide. The fruit is the consequence of the connection, not the replacement for it. In light of this: what fruit in your life right now is sourced in genuine abiding, and what is being produced by effort disconnected from the vine?

6. I have been substituting _____ for actual intimacy with God.

7. If Jesus stood before me today and said, “Thou art careful and troubled about many things: but one thing is needful,” He would be pointing at:

RESPONSE PRAYER

Before you pray: sit quietly for two minutes. Do not plan what you will say. Just be still. Let what you have just written settle. That stillness is not empty. It is the beginning of the reordering.

Pray about reordering. Not about adding more to your schedule. About what you must lay down so you can sit down. Ask God what He actually wants from your time with Him, and listen. Write what you prayed and what you heard.

THE REORDERING

8. One activity I will reduce or eliminate in order to create space for genuine intimacy with God is:

9. The specific time I am creating in my week for unhurried, agenda-free time with God is:

Day(s): _____

Time: _____

Duration: _____

Sitting before God is not laziness. It is the source. You cannot give what you have not received.

CLOSING PRAYER

Ask God to teach you to receive before you give, to be loved before you labor, to sit before you serve. Write one sentence.

*“I choose the presence of God over the activity of God. I will sit before
I serve.”*

Read that out loud before you close today.

Day 5

The Resistance

What truth did you refuse?

“To day if ye will hear his voice, harden not your hearts.” - Hebrews 3:15

Day 2 asked about an action you heard and delayed. Today asks something harder: a truth you refused to let reshape you. One is about what you did not do. The other is about what you would not become.

The writer of Hebrews is quoting the wilderness generation, people who heard God's voice thundering from Sinai, who watched plagues and the parting of seas, who ate bread that fell from heaven every morning and drank water that followed them through rock. And they hardened their hearts anyway. Not because they did not hear. Because they heard, and chose not to yield.

There is a critical difference between not knowing a truth and knowing it but refusing it. Ignorance can be remedied with information. Resistance cannot. Resistance requires something different: repentance, honesty, the willingness to name what you are actually protecting.

Refusal works differently from delay. An instruction you have delayed can still be obeyed late, and often is. A truth you have refused does not wait to be obeyed. It waits to be believed. And while it waits, you go on building a life that only holds together if it is not true.

Today's work is to name the specific truth you have been refusing, understand what it threatens, and repent of the refusal itself.

A word of care: this day is not for seasons of genuine confusion where God seemed silent and you were sincerely seeking. That experience requires pastoral support, not self-examination. This day is for instructions that were clear, that you chose to set aside.

OPENING PRAYER

Ask God to soften your heart before you write a word. Ask Him to show you the truth you resisted, and to give you the courage to look at it honestly. Ask Him to name it for you if you have already numbed yourself to it.

THE TRUTH YOU REFUSED

1. A truth God confronted me with in this past season, through Scripture, a sermon, a conversation, a conviction, or repeated circumstances, that I resisted was:

Scripture: "Not knowing that the goodness of God leadeth thee to repentance?" (Romans 2:4)

The same truth God was surfacing, and the same goodness behind it, was leading you toward something better than you had. What was He leading you

toward? *What did He want for you on the other side of that obedience?*

2. What this truth says about God, or about me, that I have not been willing to accept is:

3. I resisted it because accepting it would have required me to:

4. More specifically, the thing this truth threatened was:

- ☐ My comfort and the life I have built around it.
- ☐ My reputation or how I appear to others.
- ☐ My plans, ambitions, and sense of where I am going.
- ☐ A relationship I was not willing to lose or change.
- ☐ My feeling of being spiritually “okay”, my self-assessment.
- ☐ A sin I was not ready to give up.
- ☐ My control over my own life and decisions.
- ☐ Something else:

5. The ways I justified the resistance to myself, what I told myself to make it seem reasonable to delay, were:

6. The version of myself I have been protecting by not accepting this is:

7. If this truth were fully settled in me a year from now, the first thing that would look different in an ordinary week is:

8. The part of this I still do not want to be true is:

REPENTANCE PRAYER

Repent to God. Not for failing to “do better.” Not for not trying harder. For actively choosing your comfort over His truth, for hearing and walking away. Repentance is not self-hatred. It is agreement with God, followed by a turn. The Father ran toward the returning son before the son had finished his rehearsed speech. He is already moving toward you.

Write your repentance in one or two sentences. Do not soften it.

There is a difference between conviction and condemnation. Conviction says: this is wrong, and there is a way through. Condemnation says: you are wrong, and there is no way out. The Holy Spirit always convicts. He never condemns (Romans 8:1). If what you are feeling right now is condemnation rather than conviction, name that to God and ask Him to distinguish them for you.

CLOSING PRAYER

Ask God to restore your sensitivity to His voice. Ask Him to give you a soft heart that yields quickly when He speaks. Write what you prayed.

*“I will no longer hear and walk away unchanged. What God has said,
I will let reshape me.”*

Read that out loud before you close today.

Day 6

The Trajectory

Where is your current path actually taking you?

“But the path of the just is as the shining light, that shineth more and more unto the perfect day. The way of the wicked is as darkness: they know not at what they stumble.” - Proverbs 4:18–19

There are two paths described in this proverb. One grows brighter. One grows darker. And the critical detail is this: on the darkening path, they know not at what they stumble. The drift is invisible to the one drifting. That is the most sobering line in the text. Not that the path darkens, but that the person on it cannot see the darkening. They have adjusted to the dimness and called it normal. That is the particular danger of gradual spiritual decline. It does not announce itself. It simply continues.

A ship does not need a dramatic course change to arrive at a completely wrong destination. Two degrees of deviation, held across an ocean, takes you to the wrong continent. The disaster is not in the size of the deviation. It is in the length of time the deviation goes uncorrected.

This is why trajectory matters more than current position. Where you are today is less important than the direction you are currently moving. A person who is far from where they should be but moving in the right direction is in a healthier place spiritually than a person who is doing reasonably well but moving, slowly, in the wrong direction.

Today's work is to be honest about which direction you are actually moving, and what that direction, if unchanged, will produce.

OPENING PRAYER (5 MINUTES)

Ask God to show you not just where you are but where you are heading. Ask Him to give you the courage to see the trajectory honestly, and the hope to believe that it can change. Sit in silence for two full minutes before you write.

THE TRAJECTORY ASSESSMENT

1. If nothing changes in my spiritual life from today forward, with the same habits, same compromises, same patterns of intimacy or absence, same disciplines or lack of them, then by the end of the next equivalent season I will be: (Do not describe what you hope. Describe what is actually likely based on current momentum. Be specific about your relationship with God, your character, your obedience, your relationships, your calling.)

2. That honest picture makes me feel:

- ☐ Urgently convicted. I must change now.
- ☐ Afraid of what I am slowly becoming.

- ☐ Desperate for genuine transformation.
- ☐ Numb. I have been here before and have not changed.
- ☐ Hopeless. I do not know if I am capable of real change.

If you checked “hopeless”: stop here. Do not continue. This is important.

Hopelessness is not the truth about you, it is a lie that has been given too much room. God’s mercies are new every morning (Lamentations 3:22–23). The same Spirit who raised Christ from the dead lives in you (Romans 8:11). You are not too far gone. Pray for 15 minutes before you continue, and ask God specifically to counter the lie of hopelessness with the truth of His power in you.

3. Looking at Day 2 and Day 5 together, the single direction they both point me in is:

Scripture: “Behold, now is the accepted time; behold, now is the day of salvation.” (2 Corinthians 6:2)

God does not say soon. He does not say eventually. He says now. What would it look like to take one step in that direction today, in some form, however small?

4. I have been avoiding this change because: (If your reason sounds noble, set it aside and write the one underneath it.)

5. The actual cost of not making this change, to my relationship with God, my family, my calling, my integrity, over the season ahead will be:

6. Five years from now, if I continue on this trajectory, the person I will have become is:

Scripture: “For whom he did foreknow, he also did predestinate to be conformed to the image of his Son.” (Romans 8:29)

God’s destination for you is Christ-likeness, not a vague spiritual improvement but actual conformity to the character of Jesus. Five years from

now, on your current trajectory, how far from that destination will you be?

This next question is the most important one in Day 6. Do not rush past it.

Before you answer it, sit with it for sixty seconds. Let it find the people in your life by name.

7. The people who are watching my life, my children, my friends, those I lead or serve, will learn this about what it means to follow Jesus, from watching me:

One more thing before you close Day 6. Think back to the discipline you committed to restoring in Day 3. The same trajectory principle applies there: without a plan for the obstacle, the discipline will be buried again.

8. The obstacle I know will come for that discipline, the specific season or circumstance that will try to bury it again, is:

9. When that obstacle comes, my plan is:

THE DECISION POINT

There is no neutral option here. Not deciding is itself a decision to continue the current trajectory.

I will begin the change God is requiring:

☐ Today. What I will do today: _____.

☐ This week. Specific date: _____ Specific action:
_____.

☐ I am still hesitating.

If you are still hesitating: name it before God right now. It is the same pattern from Days 2 and 5. You do not need more time. You need more trust. He who calls you is faithful, and he will do it (1 Thessalonians 5:24).

RESPONSE PRAYER

Pray about immediate obedience. Not eventual. Not when you feel ready. Immediate. Ask God for the grace to begin today. Write what you prayed.

“I refuse to drift into spiritual mediocrity. I reject passivity disguised as patience. My trajectory changes today, not tomorrow.”

Day 7

The Vision and The Consecration

Who you are becoming. And giving yourself to becoming it.

“For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.” – Romans 8:29

The first six days of this workbook looked backward and inward. They were necessary. You cannot run a race well if you have not examined what is weighing you down. But a race run entirely in self-examination is a race run in circles. At some point, you must lift your eyes.

This is that point.

The goal of the Christian life is not to be a less-sinful version of who you already are. It is not to manage your failures more effectively, or to build a more impressive spiritual résumé, or to feel better about your obedience. The goal, stated plainly in Romans 8:29, is to be conformed to the image of the Son of God. To become, through the long patient work of the Spirit, genuinely like Jesus Christ in character, in love, in obedience, in mercy, in courage, in holiness.

This is not a metaphor. It is not a spiritual aspiration. It is the actual, concrete destination God is moving you toward. And it matters enormously for how you live today, because the person you will be in twenty years is being formed by the choices you make this week.

Today you will stop looking at what you have been, and start looking at who you are becoming.

OPENING PRAYER

Ask God to give you a vision of who He is forming you into. Ask Him to show you what Christ-likeness looks like in the specific texture of your life, your personality, your calling, your relationships, your gifts. Ask the Holy Spirit to make the goal vivid. Then write what you prayed.

THE VISION

1. The specific way I most want to be more like Jesus Christ in the season ahead, the character quality I sense the Spirit working toward in me, is: (Not a general answer like “love.” Specific: “I want to love the way Jesus loved the unlovely, specifically the person in my life I have been impatient with.” Or: “I want the courage of Christ, to speak truth in situations where I have been silent.”)

Scripture: “Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended

of Christ Jesus. This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” (Philippians 3:12–14)

Paul does not say he has arrived. He says he is pressing. The pressing itself is the life of faith. What does pressing toward your specific goal look like in practical terms? What does it look like on a Tuesday morning?

2. When I think about the calling God has placed on my life, the specific way He has gifted and positioned me to serve His kingdom, here is what I understand it to be: (Not “I don’t know yet.” If you genuinely do not know, write about what you sense, what you have been told, what consistently bears fruit. Uncertainty is not the same as absence. God’s calling on your life is not a secret He is hiding from you. Begin writing toward it.)

3. The specific way my current spiritual disciplines, or their absence, are either equipping me for or hindering me from that calling is:

4. The version of me that is fully walking in what God has called me to looks like this: (Describe them. Their prayer life. Their relationships. Their

courage. Their obedience. Their love. Write about this person as if describing someone you know, because you will be them.)

5. The gap between who I am today and who I have just described is primarily in the area of:

Scripture: “For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”
(Ephesians 2:10)

You are not building this version of yourself by willpower. You are his workmanship. But you are not passive either. You walk in the works He has prepared. What does walking in what He has prepared look like for you in the season ahead, specifically?

6. One area where I have been hiding my gifting, shrinking from my calling, or playing smaller than God has made me to play is:

7. The one thing I sense God saying to me directly about who I am becoming, the word or phrase that keeps surfacing as I pray and reflect today, is:

(Write it. Even if it feels too large. Especially if it feels too large.)

A NOTE ON THE HOLY SPIRIT'S ROLE

Everything you have written today is not a self-improvement plan. It is a vision of what God is already doing in you. The One who began a good work in you will complete it (Philippians 1:6). The Spirit who lives in you is not waiting for you to get your act together before He works. He is working in the working, in the discipline, in the obedience, in the sitting with God, in the confession, in the surrender. Your job is to yield. His job is to form. Keep the roles clear.

VISION PRAYER

Pray over what you have written. Ask God to make the vision of what He is forming you into more vivid and more motivating than the comfort of staying where you are. Ask Him to align your desires with His call. Write what you prayed.

*"I am not only leaving something behind. I am moving toward
Someone. Christ is my destination and my standard."*

PART TWO: THE CONSECRATION

You have just written about who you are becoming. Now comes the response to that vision. Not planning. Not goal-setting. Consecration: the act of taking everything you have seen this week, everything you have named and confessed and received, and laying it at the feet of the One who gave it.

Vision without consecration is inspiration without commitment.

Consecration without vision is surrender without direction. They belong

together. That is why they share this final day.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” – Romans 12:1–2

That is what today is. Not resolution. Consecration.

If you are able, kneel for this section. Stand for the covenant. These physical postures are not ritual. They are the body agreeing with what the soul is doing.

OPENING PRAYER OF THANKSGIVING

Before you do anything else: thank God. Thank Him for walking with you through this week. Thank Him for every moment of conviction that was mercy, not cruelty. Thank Him for the vision He has given you of who you are becoming. Thank Him for the grace that makes any of this possible. Write what you prayed.

THE CONSECRATION

Work through each area slowly. Do not rush. This is not a form to complete. This is a conversation with God.

1. Lord, I consecrate my TIME.

The specific hours, rhythms, habits, and patterns I am surrendering to You, the time I have been spending on myself that belongs to You and the time I am committing to spend with You and for You, are:

2. Lord, I consecrate my APPETITES.

The specific habits, media, content, entertainment, relationships, comforts, and indulgences I am surrendering, not because they are necessarily sinful but because they have been competing with You for the first place in my attention, are:

3. Lord, I consecrate my PLANS.

The specific ambitions, goals, dreams, and five-year visions I am releasing control over, not abandoning them but opening them with open hands, willing to let You redirect, delay, or accelerate them according to Your purposes, are:

4. Lord, I consecrate my RESOURCES.

The specific ways I will steward my money, possessions, talents, and platform differently in the season ahead, using what I have been given as a trustee, not an owner, are:

5. Lord, I consecrate my RELATIONSHIPS.

The specific relationships I am surrendering to You: ones I have been holding too tightly, ones I have been avoiding, and ones where I have not loved as Christ has loved me, and what I am committing to in each, are:

6. Lord, I surrender CONTROL over this specific area I have been clutching:

7. Lord, this is what I am asking You to do IN me, not just FOR me, in the season ahead:

8. Lord, if You require me to give up _____ for the sake of my growth and Your glory, I say yes now. Not reluctantly. Not conditionally. Yes.

9. Lord, the specific evidence I am asking You to produce in my life by the end of the season ahead, not in achievement but in character, in intimacy, in obedience, in fruitfulness, is:

SEALING PRAYER

Seal this consecration before God as a covenant, not a wish. Ask Him to hold you to what you have just written. Ask the Holy Spirit to be the power behind every commitment you have made. Ask God to be glorified in every area you have surrendered.

Write what you prayed.

THE COVENANT

Stand. Read every line of this covenant out loud, with your hand over your heart. Then sign it.

I, _____, *make this covenant before God on*
_____ :

I have judged this past season honestly and without excuse.

I have named what I delayed, buried, refused, and traded away.

I have seen the trajectory I was on and I have chosen to change it.

I have received the vision of who God is forming me into.

I will not carry old patterns into this new season unconsciously.

I will not make peace with stagnation and call it patience.

I will not hide behind spiritual language while refusing to change.

I will not substitute activity for intimacy or business for abiding.

I choose obedience over explanation.

I choose intimacy over activity.

I choose the disciplines that form me over the comfort that flatters me.

I choose to press toward the mark, because Christ Jesus has made me His own.

I am not only leaving something behind. I am moving toward Someone.

I am His workmanship. He will complete what He has begun.

The Holy Spirit is my power. Grace is my foundation. Christ is my standard.

I walk into this new season not in my own strength but in the strength He supplies.

I am no longer who I was. I am being formed into who He has called me to be.

Signature: _____

Date: _____

Do not depend on your own strength to keep this covenant. Every declaration you have signed today is made possible by grace, not willpower. If you fall short in the days ahead, and at some point you will, because you are human, do not give up, and do not condemn yourself. God's mercies are new every morning (Lamentations 3:22-23). Rise in His strength, receive His forgiveness, and return to Him. The covenant does not expire when you fail. It stands because He stands.

What Happens Next

This workbook is a beginning, not a destination. It is the starting line, not the finish line.

Everything you have written this week will be tested in the days immediately ahead. The delayed obedience will call to you again, with new excuses. The abandoned disciplines will feel inconvenient in the ordinary rhythm of life. The old patterns of activity without intimacy will offer themselves as familiar comfort. The truth you repented of will seem less urgent when life gets busy. The vision you wrote for Day 7 will feel idealistic in the grey light of an ordinary Wednesday.

This is not a sign that the week was wasted. This is the test. The question is not whether the resistance will come. It is what you will do when it comes.

Three things to do today, before this week's momentum fades

First: if you named someone who would walk this with you, reach out to them. Not eventually. This week. You do not need a script. You simply need to begin.

Second: take the first step of the obedience you committed to in Day 2. Not next week. Today. The first step does not have to be large. It has to be real.

Third: begin the discipline you identified in Day 3, at the exact time you wrote down. Tomorrow morning, or tonight, depending on what you committed to. Do not wait for perfect conditions. Begin in imperfect conditions. That is how disciplines are built.

The first thirty days

Week one. Keep the discipline you named in Day 3, at the time you set. Nothing more than that. One discipline, actually held.

Week two. Take the second step of the obedience from Day 2, and tell the person you named what happened when you took the first.

Week three. Read your Day 7 vision out loud. Ask whether the last three weeks have moved you toward it or away from it, and be as specific as this workbook asked you to be.

Week four. Reread the covenant you signed. Where you have kept it, thank God. Where you have not, repent and begin again the same day. The covenant does not restart on the first of a month. It restarts the moment you return to it.

Put those four dates into whatever you actually check. A plan you have not scheduled is a wish.

Be part of a local, Bible-believing church where people are earnestly seeking God. Not one you attend as a spectator, but one where you are known, where you serve, where you are accountable. The writer of Hebrews says: do not neglect meeting together (Hebrews 10:25). Community is not optional for your growth. It is the environment God designed for it.

[A word about grace](#)

Everything in this workbook has asked hard things of you. That is right and good. But let the last word before you close be this: God is not watching your performance this week and calibrating His love accordingly. He loves you completely, now, before you have changed a single thing. The obedience this workbook calls you to is not the condition of His love. It is the response to it.

You obey because you are loved, not in order to be loved. You grow because He is worth it, not because He requires it before He accepts you. The foundation of everything you have written this week is not your effort. It is His grace. That grace is sufficient. It will be sufficient tomorrow. It will be sufficient when you stumble.

Go forward deliberately. Go forward in grace.

“The disciple is not above his master: but every one that is perfect shall be as his master.”

- Luke 6:40

If you need prayer, counsel, or would like to continue growing:

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