M S S N L

PREMIUM FIELD GUIDE

Jesus & Trust Field Guide

A guided fieldbook for learning to trust God, surrender what you cannot control, and walk faithfully with Jesus.

Ryan Eldridge & Timothy Hall

Trust God. Walk faithfully. Rest in Christ.

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Jesus & Trust Field Guide

Jesus & Trust Field Guide
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This field guide is written for discipleship, formation, and encouragement. It is intended to help readers trust God more deeply, surrender what they cannot control, reflect honestly, and take one faithful step at a time.

Scripture references are provided for study, reflection, and application. Unless otherwise noted, references follow the English Standard Version (ESV). Readers are encouraged to study the Word of God prayerfully and in community, seeking wise pastoral, medical, counseling, legal, or professional care where needed.

This guide does not replace Scripture, local church community, pastoral care, professional counseling, medical care, legal advice, emergency support, or personal responsibility before God.

SAFETY AND WISDOM

Following Jesus never requires remaining in abuse, ignoring danger, refusing appropriate care, protecting harmful leadership, or staying silent when someone is being harmed. Seek safe and appropriate pastoral, professional, legal, medical, or emergency support where needed.

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FORMATION FOUNDATION

How This Field Guide Works

Jesus & Trust is the book. This Field Guide helps you work its message into daily life.

The book gives the larger story of trust. The Field Guide gives you a place to read Scripture, reflect honestly, name what is true, pray, talk with a trusted person, and choose one faithful response.

Use It This Way	What To Do
Read and Apply	Read the matching book chapter first. Then use the Guided Practice to reflect, respond, and take one faithful step.
Use It on Its Own	Each Guided Practice includes Scripture, guided choices, a practical tool, and a clear response.
Walk Through It with Others	Use the trusted conversation page with a friend, mentor, pastor, family member, small group, or church community. Listen, pray, and follow up.

The MSSNL Rhythm

Word	Wonder	Walk
Receive the truth of Scripture. Ask what it reveals about God, yourself, and a life of trust in Christ.	Slow down and reflect honestly. Notice where trust meets fear, control, waiting, relationships, healing, or unanswered prayer.	Turn reflection into faithful response. Use the Action Blueprint, practical tool, and trusted-person follow-through to put truth into practice.

Move Through the Guide This Way

☐ Read Scripture slowly.	☐ Check what is true.
☐ Write only what helps you name the present season.	☐ Pray honestly.
☐ Talk with a trusted person where support would help.	☐ Take one faithful step.

You do not need perfect answers. You need an honest beginning.

FORMATION PATHWAY

The Jesus & Trust Pathway

Movement	Guided Practices	What It Forms
Name the Question	01 - 03	Honest naming, surrender, dependence, and a clearer view of where distrust begins.
Know the God You Trust	04 - 07	Confidence in God's character, the Father's heart, and the trustworthiness of Jesus.
Trust in the Middle	08 - 10	Prayer, waiting, open-handed surrender, and faithful response in real life.
Trust to the End	11 - 12 + Thirty-Day Trust Plan	Shared endurance, resurrection hope, and steady trust that lasts.

Contents

01 The Voice in the Garden

02 Trusting the Promise

03 Learning Dependence

04 The God Who Is Faithful

05 Jesus Shows Us the Father

06 The Son Who Trusted the Father

07 Trusting Jesus

08 When the Answer Is Different

09 Trust in the Waiting

10 Open Hands

11 Trusting Together

12 Trust Until the End

13 Thirty-Day Trust Plan

GROUP USE

A Covenant for Trusting Community

Create a place where people can be known, prayed for, and invited toward faithful trust under Christ.

Commitment	What It Looks Like
Presence	Phones away. Attention given. We remain engaged.
Confidentiality	Stories stay here. Only your own story leaves the room.
No Fixing	We listen to understand. We ask questions. We pray. We do not rush to control or explain.
No Comparison	We do not minimize another person's story or compete with it.
Courage and Grace	We tell the truth with humility and receive one another with care.
Faithful Follow-Through	We ask about the next step and encourage one another toward Jesus.

Questions That Help

☐ What feels most true right now?	☐ What do you believe about God in this place?
☐ What are you carrying alone?	☐ What fear, pressure, or loss is most present?
☐ What would a faithful response look like?	☐ How can I pray for you?

BEFORE YOU BEGIN

Baseline Assessment

Choose where to begin.

Think about the last thirty days. Give each Guided Practice one overall score from 1 to 4 based on what is actually present in your life today. This is an honest starting picture, not a verdict.

HOW TO SCORE

1 = Needs Attention Now. This area feels hidden, inconsistent, avoided, or under pressure. 2 = Needs Support. You can see the issue, but you need clearer practice, conversation, or help. 3 = Growing. This area is becoming healthier and more consistent. 4 = Strong and Steady. This area is clear, supported, and visible in daily life.

Guided Practice	Score 1-4	What Stands Out Most
01 The Voice in the Garden	1 2 3 4	_____
02 Trusting the Promise	1 2 3 4	_____
03 Learning Dependence	1 2 3 4	_____
04 The God Who Is Faithful	1 2 3 4	_____
05 Jesus Shows Us the Father	1 2 3 4	_____
06 The Son Who Trusted the Father	1 2 3 4	_____
07 Trusting Jesus	1 2 3 4	_____
08 When the Answer Is Different	1 2 3 4	_____
09 Trust in the Waiting	1 2 3 4	_____
10 Open Hands	1 2 3 4	_____
11 Trusting Together	1 2 3 4	_____
12 Trust Until the End	1 2 3 4	_____

Overall baseline score: _____ / 48

12-23	24-35	36-48
Needs focused care. Choose one area and bring a trusted person into the next step.	Building a healthier rhythm. Strengthen one practice and protect a steady follow-through rhythm.	Strong and steady foundation. Guard the habits that are working and remain open to honest feedback.

Choose Your First Focus

☐ I will begin with my lowest score.	☐ I will begin with the area creating the most pressure.
☐ I will begin with the place I have been avoiding.	☐ I will begin with the place Jesus keeps bringing to mind.

The Guided Practice I will begin with:

One faithful response I will take this week:

OPENING PRAYER

Jesus, show me where trust feels thin in this season. Meet me with grace. Give me courage to surrender what I cannot control and to follow You with one honest and faithful step.

GUIDED PRACTICE 01 / NAME THE QUESTION

The Voice in the Garden

Distrust begins when another voice shapes what we believe about God, ourselves, and what is good.

Book Connection

Chapter One: The Voice in the Garden

Primary Scripture

Genesis chapter 3, verses 1-7

Why This Practice Matters

Notice the voices, fears, and desires that compete for your trust and begin naming where surrender to God feels difficult right now.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Hear the Competing Voice	Identify the voice, fear, or desire that is shaping what you believe about God.
02	Name the Distortion	Notice where God's generosity is being reframed as restriction or absence.
03	Bring Hiding into Light	See where shame, blame, or self-protection follows distrust.
04	Return to God's Character	Receive again what Scripture and Jesus reveal about the goodness of God.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Genesis chapter 3, verses 1-7. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

God's word is trustworthy.	Distrust often begins with another voice.
Sin promises wisdom while leading away from life.	God moves toward people who hide from Him.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A place where fear is louder than trust.	☐ A voice or pressure shaping my response.
☐ A part of life I keep trying to control.	☐ A question I keep carrying alone.
☐ A desire to return to God with honesty.	☐ A place where I need to receive God's word again.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name where fear or control is competing with trust.	1 2 3 4
I bring real needs to God instead of carrying them alone.	1 2 3 4
I can recognize a voice that distorts God's character.	1 2 3 4
I can name one faithful next step in my present season.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Voice and Trust Inventory

Name the voices shaping your response and bring them back under the truth of God's character.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	Voice or Pressure	What It Says About God	Truth to Receive
Decision			
Desire			
Fear			
Shame			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A fear I need to name.	☐ A voice I have been believing.
☐ A place where I am hiding.	☐ A desire I keep trying to control.
☐ A truth about God I need to receive.	☐ A conversation I need to have.

2. Choose One Faithful Response

☐ Read Genesis chapter 3 slowly three times this week.	☐ Name one competing voice to a trusted person.
☐ Write one sentence about what God is actually like.	☐ Bring one fear to God in honest prayer each morning.
☐ Return to one Scripture when distrust rises.	☐ Take one step out of hiding or avoidance.
☐ Release one outcome I have been trying to control.	☐ Schedule a follow-up conversation this week.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Father, expose the voices that pull me away from Your truth. Help me see Your goodness clearly, bring what I am hiding into the light, and place the weight of this season back into Your hands.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 02 / NAME THE QUESTION

Trusting the Promise

Trust obeys before the whole road is visible and waits without trying to manufacture what only God can give.

Book Connection

Chapter Two: Trusting the Promise

Primary Scripture

Genesis chapter 15, verse 6

Why This Practice Matters

Separate what God has actually promised from what you simply hope will happen, then practice faithful obedience while you wait.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Receive the Call	Notice where God may be asking for obedience before the whole road is visible.
02	Name the Promise	Distinguish Scripture's promises from personal expectations or timelines.
03	Resist Manufacturing	See where impatience is tempting you to force an outcome.
04	Walk While Waiting	Choose the next faithful step without demanding the final result.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Genesis chapter 15, verse 6. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Abraham trusted God before he saw the whole fulfillment.	God's promises are not the same as all of my expectations.
Waiting can reveal where I want control more than trust.	Faithful obedience does not require complete visibility.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A promise from Scripture I need to remember.	☐ An expectation I may have mistaken for a promise.
☐ A timeline I keep trying to force.	☐ A decision that requires trust before certainty.
☐ A place where disappointment has shaped my view of God.	☐ A faithful step I can take while waiting.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can distinguish God's promises from my preferred outcomes.	1 2 3 4
I can obey without needing the whole road in advance.	1 2 3 4
I can notice when impatience turns into control.	1 2 3 4
I can name one faithful action for the waiting season.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Promise or Expectation?

Use this page to separate what God has actually promised from the outcomes you hope He will provide.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Am Hoping For	What God Has Actually Promised	Faithful Step While Waiting
Future			
Family / relationship			
Work / calling			
Need / prayer			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ An expectation I need to release.	☐ A promise I need to remember.
☐ A timeline I am trying to force.	☐ A step of obedience I keep delaying.
☐ A disappointment I need to bring to God.	☐ A place where I need patient faithfulness.

2. Choose One Faithful Response

☐ Read Genesis chapter 15 this week.	☐ Write one promise of God in your own words.
☐ Name one expectation that is not a biblical promise.	☐ Take one clear step of obedience without demanding the outcome.
☐ Tell a trusted person where waiting is hard.	☐ Pray honestly about the timeline you want.
☐ Stop one behavior aimed at forcing the result.	☐ Choose one act of patience or faithfulness this week.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

God, keep me close to what You have actually said. Give me courage to obey what is clear, patience where the road is hidden, and freedom from trying to force what belongs in Your hands.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 03 / NAME THE QUESTION

Learning Dependence

God met Israel's real needs in the wilderness and taught His people to depend on Him one day at a time.

Book Connection

Chapter Three: Learning Dependence

Primary Scripture

Exodus chapter 16, verse 4

Why This Practice Matters

Name the real needs in front of you without letting fear turn those needs into false conclusions about God.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Name the Need	Tell the truth about what you actually need instead of minimizing it.
02	Notice the Conclusion	Identify what fear is telling you your need means about God.
03	Receive Daily Provision	Practice dependence for today rather than demanding permanent control.
04	Remember Faithfulness	Recall what God has done without requiring Him to repeat the same method.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Exodus chapter 16, verse 4. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Real need is not evidence that God has abandoned me.	Dependence belongs to creaturely life.
God may provide in ways I cannot store or control.	Remembering God's faithfulness strengthens trust for today.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A real need I have been afraid to name.	☐ A conclusion fear keeps drawing about God.
☐ A place where I want enough control to stop needing Him.	☐ A provision I have forgotten to remember.
☐ A daily rhythm that could teach dependence.	☐ A place where I need help from another person.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name a real need without treating it as evidence of abandonment.	1 2 3 4
I ask God for daily provision instead of carrying everything alone.	1 2 3 4
I can remember past faithfulness without demanding the same method.	1 2 3 4
I can receive help and dependence without shame.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Daily Dependence Map

Name the needs of this season and the difference between faithful provision and the control you wish you could guarantee.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Need	How I Try to Secure It	Faithful Dependence
Provision			
Direction			
Strength			
Rest			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A need I need to name honestly.	☐ A fear-based conclusion I need to reject.
☐ A provision I need to remember.	☐ A request I need to make.
☐ A rhythm of daily dependence I need to practice.	☐ A place where receiving help feels difficult.

2. Choose One Faithful Response

☐ Read Exodus chapter 16 slowly.	☐ Begin each day with one honest request for daily bread.
☐ Write down three ways God has provided before.	☐ Ask one trusted person for practical or prayer support.
☐ Release one attempt to secure more than today requires.	☐ Choose one day of intentional rest or reduced control.
☐ Thank God for one ordinary provision each evening.	☐ Return to Matthew chapter 6 when fear about provision rises.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Father, teach me to depend on You without shame. Help me name what I need, remember how You have been faithful, receive today's provision, and refuse the fear that says I must secure everything myself.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 04 / KNOW THE GOD YOU TRUST

The God Who Is Faithful

Trust rests in the character of God rather than in the strength, certainty, or security we can see.

Book Connection

Chapter Four: The God Who Is Faithful

Primary Scripture

Psalm 62, verse 8

Why This Practice Matters

Identify where visible security has become your refuge and return confidence to the God Scripture calls rock, refuge, and faithful.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Name Your Refuge	Notice what you reach for first when you feel threatened or uncertain.
02	Bring Fear to God	Pour out your heart rather than pretending trust removes every difficult emotion.
03	Remember His Character	Anchor confidence in who God is, not in a favorable circumstance.
04	Do Good While Trusting	Practice faithfulness while leaving the outcome with God.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Psalm 62, verse 8. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

God invites His people to trust Him at all times.	A refuge does not remove every storm; it gives a place to stand.
Trust can exist in the presence of fear.	God's faithfulness is rooted in His character, not my predictions.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A visible security I rely on first.	☐ A fear I need to pour out before God.
☐ A place where circumstances are shaping my view of His character.	☐ A past faithfulness I need to remember.
☐ A practical good I can do while trusting.	☐ A place where I need peace without certainty.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name what I am treating as my strongest refuge.	1 2 3 4
I bring fear honestly to God instead of hiding it.	1 2 3 4
I return to God's character when circumstances change.	1 2 3 4
I can keep doing good without controlling the outcome.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Where Is My Confidence?

Use this inventory to notice where your sense of safety moves when pressure rises.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Rely On	What It Can and Cannot Carry	Return My Trust to God
Money / resources			
Plans / competence			
People / approval			
Health / stability			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A refuge I have made too important.	☐ A fear I need to pour out.
☐ A truth about God's character I need to remember.	☐ A place where I need peace without prediction.
☐ A practical good I can keep doing.	☐ A security I need to hold more lightly.

2. Choose One Faithful Response

☐ Read Psalm 62 each day this week.	☐ Name one visible refuge that has become too important.
☐ Tell God exactly what you are afraid of.	☐ Write three words Scripture uses for God's character.
☐ Do one faithful good without waiting for certainty.	☐ Reduce one habit of checking or controlling.
☐ Share one fear with a trusted believer.	☐ Memorize Psalm 62, verse 8 or another short trust passage.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Faithful God, become my refuge again. Teach me to bring fear into Your presence, remember who You are, and keep doing what is faithful without demanding that circumstances first become easy.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 05 / KNOW THE GOD YOU TRUST

Jesus Shows Us the Father

Jesus makes the Father known through His compassion, holiness, authority, mercy, truth, and self-giving love.

Book Connection

Chapter Five: Jesus Shows Us the Father

Primary Scripture

John chapter 14, verse 9

Why This Practice Matters

Bring your assumptions about God to Jesus and let His life, cross, and resurrection correct the picture you have been carrying.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Look at Jesus	Begin with the Son when you want to know what the Father is like.
02	Receive Compassion and Truth	See that Jesus meets need without pretending sin or suffering are small.
03	Ask Boldly	Bring healing, provision, restoration, and wisdom to the Father in prayer.
04	Trust Beyond the Outcome	Let the cross ground confidence even before you know how the answer will unfold.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 14, verse 9. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Jesus makes the Father known.	Compassion and holiness meet perfectly in Christ.
Jesus invites real requests, including healing and provision.	The cross reveals God's love even when outcomes remain uncertain.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ An assumption about God I need Jesus to correct.	☐ A need I am hesitant to bring to the Father.
☐ A place where shame makes me pull away.	☐ A prayer for healing, provision, or restoration.
☐ A truth from the cross I need to receive.	☐ A place where I need to know God's heart before I know the outcome.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I look to Jesus when I need to remember what the Father is like.	1 2 3 4
I can bring real needs to God without trying to manipulate the answer.	1 2 3 4
I receive both the compassion and truth of Jesus.	1 2 3 4
I can ground trust in the cross before the outcome is known.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Look at Jesus

Bring the assumptions you carry about God into the light of what Jesus actually reveals.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Situation	What I Assume About God	What Jesus Reveals	Response of Trust
Fear			
Need			
Failure / shame			
Suffering			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ An assumption about God I need to examine.	☐ A need I need to ask for boldly.
☐ A shame story I need to bring into grace.	☐ A truth about the Father I need to receive.
☐ A place where I need both compassion and truth.	☐ An outcome I need to release after praying.

2. Choose One Faithful Response

☐ Read John chapter 14 slowly this week.	☐ Write one sentence beginning, “Jesus shows me that the Father...”
☐ Pray specifically for one real need.	☐ Ask a trusted believer to pray with you for healing or provision.
☐ Return to Romans chapter 5, verse 8 when shame rises.	☐ Name one way Jesus' compassion changes your view of God.
☐ Take one practical step that matches your prayer.	☐ Release the result into the Father's hands each day.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Father, thank You for making Yourself known in Jesus. Correct the false pictures I carry, teach me to ask boldly, receive Your compassion and truth, and trust Your heart even when I cannot yet see the outcome.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 06 / KNOW THE GOD YOU TRUST

The Son Who Trusted the Father

Jesus trusted the Father in prayer, obedience, suffering, and the road to the cross, and He did so as the faithful Son who saves us.

Book Connection

Chapter Six: The Son Who Trusted the Father

Primary Scripture

Luke chapter 22, verse 42

Why This Practice Matters

Learn from Jesus how honest desire, costly obedience, and surrender can belong together without turning trust into passive resignation.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Bring the Honest Ask	Jesus did not hide sorrow or desire from the Father.
02	Receive the Father's Will	Surrender places the request inside a relationship of trust.
03	Obey in the Cost	Trust can require faithfulness before relief arrives.
04	Look to the Risen Son	Jesus is more than an example; He is the Savior who carried obedience through death and resurrection.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Luke chapter 22, verse 42. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Jesus prayed honestly about what He desired.	Surrender is not indifference; it entrusts the outcome to the Father.
Obedience can be costly without being abandoned.	The risen Jesus gives strength to follow Him.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ Something I deeply want God to change.	☐ A fear I have been reluctant to say aloud.
☐ A place where obedience feels costly.	☐ An outcome I am trying to control through prayer.
☐ A step I know is faithful even if it is hard.	☐ A place where I need to remember Jesus as Savior, not only example.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can bring honest desire to God without hiding it.	1 2 3 4
I can surrender an outcome without becoming passive.	1 2 3 4
I can name the faithful action that belongs to me.	1 2 3 4
I look to Jesus for grace and strength, not only imitation.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Gethsemane Prayer Map

Use this page to hold honest asking, faithful obedience, and surrender together.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	My Honest Ask	What Faithfulness Requires	Into the Father's Hands
Health / pain			
Relationship			
Decision			
Future			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A request I need to say honestly.	☐ A fear I need to bring into prayer.
☐ An outcome I need to surrender.	☐ An obedience I keep delaying.
☐ A place where surrender has felt like giving up.	☐ A truth about Jesus I need to receive.

2. Choose One Faithful Response

☐ Read Luke chapter 22, verses 39-46.	☐ Pray one honest “if You are willing” request.
☐ Add, “Your will be done,” without suppressing your desire.	☐ Write the faithful action that belongs to you.
☐ Take that action within two days if possible.	☐ Ask someone to pray with you when surrender feels costly.
☐ Return to the cross when you question God's love.	☐ Thank Jesus for carrying faithfulness where you could not.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, teach me Your way of trust. Help me bring the truth of what I want, obey what the Father has placed before me, and surrender what I cannot control without confusing surrender with passivity.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 07 / KNOW THE GOD YOU TRUST

Trusting Jesus

The disciples learned to place confidence in Jesus through storms, needs, hard teachings, confusion, and the road to the cross.

Book Connection

Chapter Seven: Trusting Jesus

Primary Scripture

John chapter 14, verse 1

Why This Practice Matters

Move from asking only whether the situation feels safe to asking who Jesus is and whether He is worthy of your trust within it.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Name the Storm	Identify the place where circumstances are demanding your attention.
02	Look at Jesus	Return to His identity, words, authority, and character.
03	Stay When the Teaching Is Hard	Let trust remain relational when you do not fully understand.
04	Take the Next Step	Follow the One you know even when the road is incomplete.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: John chapter 14, verse 1. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Jesus is worthy of trust before the storm changes.	Fear can coexist with a faithful turn toward Christ.
Hard teaching does not require immediate full understanding.	Trust grows through knowing who Jesus is.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A storm or pressure dominating my attention.	☐ A place where fear is deciding what I believe.
☐ A teaching of Jesus I find difficult.	☐ A need that makes me question His care.
☐ A reason I know Jesus is trustworthy.	☐ A next step I can take because of who He is.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I return to who Jesus is when circumstances feel unstable.	1 2 3 4
I can name fear without letting it decide my allegiance.	1 2 3 4
I stay near Jesus when I do not fully understand.	1 2 3 4
I can take one step of trust without seeing the whole road.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Who Do I Trust Here?

Use this page to shift attention from the size of the circumstance to the character of the One you are following.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Situation	What I Can See	Who Jesus Is	Next Faithful Step
Decision			
Storm / pressure			
Need			
Hard teaching			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A storm I need to name.	☐ A fear driving my response.
☐ A hard teaching I need to keep bringing to Jesus.	☐ A need that makes me question His care.
☐ A truth about Jesus I need to remember.	☐ A next step I can take without the whole map.

2. Choose One Faithful Response

☐ Read John chapter 14, verses 1-6.	☐ Write three reasons Jesus is trustworthy.
☐ Name one fear out loud in prayer.	☐ Return to one hard teaching instead of avoiding it.
☐ Ask a mature believer to help you study a difficult passage.	☐ Take one obedience you already understand.
☐ Reduce one habit of repeatedly checking for certainty.	☐ Pray, “Jesus, I trust You here,” when fear rises.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, keep my attention on You when the storm, need, or uncertainty feels larger than my faith. Help me remember who You are, remain near You when I do not understand, and take the next faithful step.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 08 / TRUST IN THE MIDDLE

When the Answer Is Different

Christian trust prays boldly for God to act while refusing formulas, false guilt, and the claim that faith guarantees a particular outcome.

Book Connection

Chapter Eight: When the Answer Is Different

Primary Scripture

Second Corinthians chapter 12, verse 9

Why This Practice Matters

Bring disappointment and unanswered prayer into God's presence without concluding that a different answer means you were abandoned or failed to believe enough.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Ask Boldly	Pray for healing, provision, restoration, and real intervention.
02	Reject the Formula	Do not turn faith, words, or spiritual effort into leverage over God.
03	Receive Grace in the Difference	Notice how God may sustain you when the requested change does not come.
04	Remain in Relationship	Bring disappointment to God instead of withdrawing from Him.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Second Corinthians chapter 12, verse 9. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Scripture gives us reason to pray boldly.	Faith is not a technique for guaranteeing outcomes.
A different answer is not proof that God has abandoned me.	Grace can remain sufficient even when the circumstance remains.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A prayer whose answer has been different from what I hoped.	☐ A place where I blame myself for not having enough faith.
☐ A request I still want to bring boldly.	☐ A disappointment I need to say honestly.
☐ A grace God is giving in the middle.	☐ A practical action I can take while surrendering the outcome.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can ask God boldly without treating prayer as leverage.	1 2 3 4
I reject false guilt when an outcome is different from what I hoped.	1 2 3 4
I can name disappointment without withdrawing from God.	1 2 3 4
I can receive grace and take faithful action in the middle.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Prayer and Outcome

Hold bold asking, wise action, and surrendered outcomes together without pretending every answer will look the same.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Am Asking	What I Can Do Faithfully	What I Release to God
Healing / health			
Relationship			
Provision			
Circumstance			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A prayer I still want to ask boldly.	☐ A disappointment I need to name.
☐ False guilt I need to reject.	☐ A practical action I need to take.
☐ A grace I can receive today.	☐ An outcome I need to stop treating as proof of God's love.

2. Choose One Faithful Response

☐ Read Second Corinthians chapter 12, verses 7-10.	☐ Ask God specifically for the outcome you desire.
☐ Name the outcome you cannot guarantee.	☐ Reject one sentence of false guilt about your faith.
☐ Seek appropriate medical, pastoral, or practical care where needed.	☐ Ask a trusted believer to pray with you.
☐ Write one way grace is meeting you today.	☐ Keep praying without turning prayer into a formula.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Father, I bring You the answer I wanted and the answer I have received. Keep me from false guilt, shallow formulas, and quiet withdrawal. Give me courage to keep asking, wisdom to act faithfully, and grace to trust You with the outcome.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 09 / TRUST IN THE MIDDLE

Trust in the Waiting

Waiting does not require pretending grief, silence, delay, or uncertainty are easy. Scripture teaches us to wait honestly before God.

Book Connection

Chapter Nine: Trust in the Waiting

Primary Scripture

Psalm 27, verse 14

Why This Practice Matters

Practice honest prayer, patient faithfulness, and shared hope when the answer is delayed and the road cannot be hurried.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Name the Delay	Tell the truth about what you are waiting for and how long it has felt.
02	Pray the Real Prayer	Use the language of Scripture for grief, questions, and hope.
03	Keep the Next Faithful Rhythm	Do what belongs to today without trying to live the whole future at once.
04	Wait with Others	Invite the people of Jesus to help carry hope when your own strength is thin.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Psalm 27, verse 14. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Waiting is part of many faithful lives in Scripture.	Honest questions can be brought into prayer.
Hope does not require pretending delay is painless.	Faithfulness in waiting is usually built through ordinary rhythms.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ Something I have been waiting for a long time.	☐ A grief or question I need to say honestly.
☐ A place where silence feels like absence.	☐ A rhythm I stop practicing when I get discouraged.
☐ A person who can wait with me.	☐ A hope I need to place beyond a deadline.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name what I am waiting for without minimizing the difficulty.	1 2 3 4
I bring honest grief and questions into prayer.	1 2 3 4
I keep at least one faithful rhythm during delay.	1 2 3 4
I allow trusted people to help carry hope with me.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Waiting Without Withdrawing

Use this page to name the waiting season without letting delay pull you away from prayer, community, or faithful action.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What I Am Waiting For	What Is Faithful Today	Who Can Wait With Me
Prayer			
Grief / loss			
Decision			
Hope / promise			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A delay I need to name honestly.	☐ A grief I have been suppressing.
☐ A faithful rhythm I need to restart.	☐ A person I need to invite in.
☐ A hope I have attached to a deadline.	☐ A prayer I need to keep praying.

2. Choose One Faithful Response

☐ Read Psalm 13 and Psalm 27 this week.	☐ Write one honest “How long?” prayer.
☐ Protect one small daily Scripture or prayer rhythm.	☐ Tell one trusted person what waiting feels like.
☐ Choose one practical task that belongs to today.	☐ Stop one habit of repeatedly checking for an answer.
☐ Name one thing you can thank God for without denying grief.	☐ Set a date to revisit the situation rather than carrying it every hour.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

God of hope, meet me in the waiting. Receive the questions, grief, and fatigue I bring. Keep me from withdrawing, help me remain faithful today, and give me people who can help carry hope when mine feels thin.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 10 / TRUST IN THE MIDDLE

Open Hands

Trust does not remove responsibility. It teaches us to steward what God has placed in our hands without trying to become sovereign over the outcome.

Book Connection

Chapter Ten: Open Hands

Primary Scripture

Proverbs chapter 3, verses 5-6

Why This Practice Matters

Separate faithful responsibility from control in money, family, work, health, plans, and the future, then release what was never yours to command.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Name What Is Yours	Identify the responsibilities God has actually placed in your hands.
02	Name What Is Not Yours	See the outcomes, people, and future events you cannot control.
03	Act Wisely	Plan, seek counsel, work, budget, care, and set boundaries where faithfulness requires it.
04	Open the Hand	Release the result after you have done what belongs to you.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Proverbs chapter 3, verses 5-6. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Responsibility is biblical; sovereignty belongs to God.	Planning can be wise without becoming a demand for certainty.
Money, health, work, and relationships are gifts to steward, not ultimate security.	Open hands can act faithfully without gripping the outcome.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A responsibility I genuinely need to own.	☐ An outcome I keep treating as my responsibility.
☐ A person I am trying to manage or change.	☐ A financial or work concern I need to steward wisely.
☐ A health or future fear I need to release.	☐ A boundary or action I need to take before surrendering the result.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can distinguish responsibility from control.	1 2 3 4
I take wise action where God has given me stewardship.	1 2 3 4
I can release another person's response or decision.	1 2 3 4
I can entrust the future to God after doing what belongs to me.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Open-Handed Stewardship

Name what is yours to steward, what is not yours to control, and the faithful action that belongs between them.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	Mine to Steward	Not Mine to Control	Faithful Action / Release
Money			
Family / relationship			
Work / plans			
Health / future			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A responsibility I need to own.	☐ An outcome I need to release.
☐ A person I am trying to control.	☐ A financial or work action I need to take.
☐ A boundary I need to establish.	☐ A future fear I need to place into God's hands.

2. Choose One Faithful Response

☐ Read Proverbs chapter 3, verses 5-6 each morning.	☐ Make one wise plan without trying to guarantee the result.
☐ Take one financial, work, or health action that belongs to you.	☐ Name one person whose response you cannot control.
☐ Pray over that person with open hands.	☐ Set one healthy boundary if faithfulness requires it.
☐ Write one outcome you are releasing to God.	☐ Review the situation with a trusted person instead of carrying it alone.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Father, show me what You have actually placed in my hands. Give me wisdom to steward it well, courage to act where faithfulness requires it, and humility to release people, outcomes, and the future that belong in Yours.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 11 / TRUST TO THE END

Trusting Together

Trust is personal, but it was never meant to be private. God gives His people prayer, encouragement, confession, burden-bearing, and faithful presence.

Book Connection

Chapter Eleven: Trusting Together

Primary Scripture

Hebrews chapter 10, verses 23-25

Why This Practice Matters

Name where isolation has increased the weight you carry and invite wise, trustworthy people into prayer, support, truth, and follow-through.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Return to the People of Jesus	Notice where discouragement has pulled you toward isolation.
02	Share the Burden	Let others help carry what has become too heavy.
03	Receive Honest Encouragement	Welcome truth that points you toward Jesus without pretending another person can explain what God has not explained.
04	Practice Follow-Through	Stay connected long enough for encouragement to become shared faithfulness.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Hebrews chapter 10, verses 23-25. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

God often strengthens trust through other believers.	Bearing burdens does not erase personal responsibility.
Wise vulnerability includes discernment and appropriate boundaries.	The church points us to Jesus; it does not replace Him.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A burden I am carrying alone.	☐ A place where isolation feels safer than community.
☐ A person who has earned trust.	☐ A confession or truth I need to say aloud.
☐ A support I need to request clearly.	☐ A place where boundaries are needed for safety or wisdom.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name at least one trusted person who can walk with me.	1 2 3 4
I allow others to help carry a burden without giving away my responsibility.	1 2 3 4
I can ask clearly for the kind of support I need.	1 2 3 4
I stay connected to Christ-centered community with wise boundaries.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Burden and Community Map

Use this page to move from vague loneliness to specific, wise support among the people of Jesus.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Need or Burden	Who Is Safe / Trusted	Support I Need	Next Conversation
Prayer			
Confession / honesty			
Decision			
Encouragement			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A burden I need to share.	☐ A confession I need to say aloud.
☐ A trusted person I need to contact.	☐ A boundary I need to clarify.
☐ A kind of support I need to request.	☐ A follow-up rhythm I need to establish.

2. Choose One Faithful Response

☐ Read Hebrews chapter 10, verses 23-25.	☐ Contact one trusted believer today.
☐ Tell them clearly what kind of support you need.	☐ Ask someone to pray with you rather than only for you.
☐ Share one burden you have been carrying alone.	☐ Set one boundary where a relationship is unsafe or unhealthy.
☐ Schedule a follow-up conversation before the first one ends.	☐ Offer encouragement or practical help to someone else this week.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Jesus, keep me from carrying trust alone. Give me wisdom to know who is safe, humility to receive help, courage to tell the truth, and grace to become a faithful presence for others as we keep turning toward You.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

Walk is strengthened by faithful community. Use this page when you need someone to listen, pray, ask honest questions, or help you follow through.

What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
☐ Someone to ask honest questions.	☐ Help deciding what to do next.
☐ A follow-up conversation this week.	☐ Help taking a first step.

Share in Three Simple Parts

Part	What to Share
1. What is happening?	Name the question, pressure, habit, relationship, or concern.
2. What am I believing or doing?	Name the belief, fear, response, pattern, or place where trust is difficult.
3. What is Jesus inviting me to receive or practice?	Name the truth, surrender, confession, conversation, or faithful next step.

WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
☐ What do you believe about God in this place?	☐ What truth from Jesus do you need to receive?
☐ What response would help you walk faithfully this week?	☐ How can I pray for you?

The one thing I will do next:

_____

The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

_____

_____

_____

_____

_____

_____

GUIDED PRACTICE 12 / TRUST TO THE END

Trust Until the End

Christian trust endures because Jesus has gone through suffering and death and risen again. Resurrection gives trust a horizon larger than this life.

Book Connection

Chapter Twelve: Trust Until the End

Primary Scripture

Hebrews chapter 12, verses 1-2

Why This Practice Matters

Let resurrection hope reshape weariness, loss, aging, unfinished prayers, and ordinary faithfulness when you cannot yet see the final restoration.

Choose How You Are Using This Practice

☐ I read the matching book chapter first.	☐ I am using this Field Guide on its own.	☐ I am working through this with a trusted person, group, or leader.

How to Use This Practice

Step	What To Do
1	Read the Scripture and short teaching slowly.
2	Check the responses that feel most true.
3	Move into Word and Wonder. Let the present area of trust become visible.
4	Use the Action Blueprint and practical tool to name one faithful next step.
5	Invite a trusted person into prayer, support, or follow-through where needed.

Suggested time: 45 to 75 minutes. You do not need to solve your whole story today. Stay with what is most important. Receive grace. Take the next faithful step.

What You Will Work Through

Movement	Focus	What It Helps You Notice
01	Run with Endurance	Name the weight that is making faithful perseverance difficult.
02	Fix Your Eyes on Jesus	Return to the One who endured the cross and now lives.
03	Let Resurrection Reframe Loss	Remember that death is an enemy Christ has defeated, not the final word.
04	Keep Doing What Is Faithful	Live today in the confidence that labor in the Lord is not in vain.

BEFORE YOU CONTINUE

Which movement feels most important in my present season?

What question or desire do I want to carry into this practice?

WORD • WONDER

Receive and Reflect

Begin with Scripture, then reflect honestly on where its truth meets your life. The next pages move into Walk, where reflection becomes faithful response.

Word

Reading: Hebrews chapter 12, verses 1-2. Open the passage in your Bible. Read it once without writing. Read it a second time and notice what it reveals about God, people, trust, and a life under Christ.

Endurance is sustained by looking to Jesus.	Faithful people in Scripture did not all receive the same earthly outcomes.
Resurrection means death does not have the final word.	Ordinary faithfulness is not wasted in the Lord.

One phrase or truth I want to carry forward:

Wonder

Choose the responses that fit your current season. Check one or two. Then write only where a few words help you name what is true.

☐ A weariness that makes me want to stop.	☐ A loss that still hurts.
☐ A fear about aging, mortality, or the future.	☐ An unanswered prayer I may carry to the end of this life.
☐ A resurrection truth I need to remember.	☐ An ordinary act of faithfulness I need to keep doing.

The one area I want to bring honestly before God:

What do I believe about God, myself, or other people in this place?

What truth from Scripture do I need to receive?

WALK • THE ACTION BLUEPRINT

Make the Condition Visible

Walk turns reflection into faithful response. Begin by making the present condition visible.

Begin the Walk

Score the statements honestly. This is not a grade or a verdict. The Action Blueprint helps you see where support, conversation, or a clearer practice may be needed before choosing the next faithful step.

HOW TO SCORE

Think about your ordinary pattern during the past thirty days. Choose the number that is most true, not the number you wish were true. A lower score is not failure. It helps you identify where honest attention and one faithful next step are needed.

Statement	Score
I can name what is making endurance difficult.	1 2 3 4
I return my attention to Jesus when I grow weary.	1 2 3 4
I allow grief and resurrection hope to coexist.	1 2 3 4
I keep doing the faithful work God has placed before me.	1 2 3 4

My total: _____ / 16

Low | 4-6	Medium | 7-11	High | 12-16
Needs attention now. Begin with one clear practice and invite support.	You can see the need. Strengthen one rhythm, conversation, or boundary.	This is becoming steadier. Guard the practice and keep receiving honest feedback.

My next step:

I may bring this to:

WALK • PRACTICAL TOOL

Endurance and Hope

Name what feels heavy and let the resurrection of Jesus give the present moment a larger horizon.

How to use this tool: Start with one real example in each row. Use names, short phrases, recent situations, and simple observations. Do not try to complete every row. Focus on the places that help you see the present season more clearly.

Area	What Feels Heavy	What Jesus Has Done	Faithful Step in Hope
Weariness			
Loss / grief			
Aging / limits			
Unfinished hope			

WALK NOTE

Write only what helps you name the next faithful response. The goal is not to complete every box. It is to move from reflection into one clear act of faithfulness.

WALK • CHOOSE ONE FAITHFUL RESPONSE

Take the Next Honest Step

Walk turns what you have seen into a clear response. You do not need to solve every part of this practice today. Choose one step that helps you move toward faithfulness under Christ.

1. Name What You Are Responding To

☐ A weariness I need to name.	☐ A grief I need to carry honestly.
☐ A fear about death or the future.	☐ A hope I need to root in resurrection.
☐ An ordinary faithfulness I need to continue.	☐ A person who can help me keep walking.

2. Choose One Faithful Response

☐ Read Hebrews chapter 12, verses 1-3.	☐ Read First Corinthians chapter 15 this week.
☐ Name one weight that is slowing your endurance.	☐ Ask a trusted person to help carry the season with you.
☐ Do one ordinary act of faithfulness you have been tempted to abandon.	☐ Pray honestly about death, aging, or loss.
☐ Write one sentence describing your resurrection hope.	☐ Thank Jesus that the grave does not have the final word.

3. Make It Simple Enough to Follow Through

My first step:

_____

_____

☐ I will begin today.	☐ I will begin within two days.
☐ I will begin this week.	☐ I will begin on this date: _____

The person who can help me:

_____

4. Name What You Hope God Will Grow

☐ Honesty	☐ Peace
☐ Courage	☐ Trust
☐ Humility	☐ Faithfulness
☐ Repair	☐ A stronger rhythm
☐ Clarity	☐ Hope

MY PRAYER

Risen Jesus, keep my eyes on You when I grow weary. Meet me in grief, aging, loss, and unfinished hope. Make me steadfast in ordinary faithfulness and anchor my trust in the resurrection You have already won.

WALK • WITH A TRUSTED PERSON

Bring this into a faithful conversation.

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What Kind of Support Do You Need?

☐ Someone to listen.	☐ Someone to pray with me.
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WALK • FOLLOW-THROUGH

Questions a Trusted Person Can Ask

☐ What feels most true right now?	☐ What are you carrying alone?
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The person who will follow up with me:

_____

☐ We will reconnect within two days.	☐ We will reconnect this week.
☐ We will reconnect next week.	☐ We will reconnect on this date: _____

Prayer / Notes

_____

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THIRTY-DAY PLAN

The Jesus & Trust Follow-Through Plan

Word, Wonder, and Walk continue through ordinary faithfulness. Choose what belongs in this season instead of trying to strengthen everything at once.

Week	Focus	My Practice
Week 1	Know the God You Trust	Read Psalm 62 and John chapter 14. Begin each day by naming one truth about God's character before you name the pressure in front of you.
Week 2	Pray and Surrender	Bring one real request to God each day. Ask boldly, take the faithful action that belongs to you, and place the outcome into His hands.
Week 3	Wait with His People	Protect one repeatable rhythm of Scripture and prayer. Tell one trusted believer what you are carrying and ask for prayer or follow-through.
Week 4	Endure in Resurrection Hope	Read Hebrews chapter 12 and First Corinthians chapter 15. Keep one ordinary act of faithfulness while remembering that the risen Jesus has the final word.

Simple Daily Rhythm

One Scripture. One honest prayer. One faithful action. One moment of surrender. The goal is not intensity. It is a life that keeps returning the weight to Jesus.

My one faithful action for the next thirty days:

The person who will follow up with me:

My thirty-day review date:

CLOSING ASSESSMENT

The Jesus & Trust Rhythm

Return to the scores you marked at the beginning. Do not look for perfection. Look for honesty and name one or two practices to carry into the next season.

Guided Practice	Current Score	Next Faithful Step
01 The Voice in the Garden	1 2 3 4	_____
02 Trusting the Promise	1 2 3 4	_____
03 Learning Dependence	1 2 3 4	_____
04 The God Who Is Faithful	1 2 3 4	_____
05 Jesus Shows Us the Father	1 2 3 4	_____
06 The Son Who Trusted the Father	1 2 3 4	_____
07 Trusting Jesus	1 2 3 4	_____
08 When the Answer Is Different	1 2 3 4	_____
09 Trust in the Waiting	1 2 3 4	_____
10 Open Hands	1 2 3 4	_____
11 Trusting Together	1 2 3 4	_____
12 Trust Until the End	1 2 3 4	_____

Overall closing score: _____ / 48 Baseline score: _____ / 48 Change: _____

HOW TO READ THE CHANGE

A higher score may reflect stronger consistency. A lower score may reveal greater honesty or a demanding season. Neither number is a verdict. Let the score guide your attention, not define your worth.

REVIEW RHYTHMS

My Next Season

Carry forward what helps you know God, place the weight of your life into His hands, walk faithfully, and remain connected to His people.

The practice I will keep working on:

The person I will invite into the next season:

The rhythm I will protect:

The place where I want open-handed trust to shape my life:

Review Rhythm

☐ I will review this in two weeks.	☐ I will review this in thirty days.
☐ I will review this with a trusted person.	☐ I will return to the Baseline Assessment next season.

CLOSING PRAYER

Jesus, keep me rooted in Your Word, honest in prayer, open-handed with what I cannot control, known among Your people, and steadfast in resurrection hope. Teach me to place the weight of my life into Your hands because You can be trusted.

ABOUT MSSNL

Clarity. Formation. Faithful Obedience.

MSSNL exists to help people follow Jesus with clarity, courage, and faithfulness. Our resources are created to help people return to Scripture, see Jesus clearly, grow in community, and take the next faithful step.

Learn more at mssnl.org