



REDEFINING FAITH

AN OPPORTUNITY TO HEAL, QUESTION, AND REBUILD TRUST.

Faith was never meant to wound you.

But for many people, spiritual environments, leaders, or teachings can leave scars — causing confusion, fear, guilt, or even a complete shutdown of your spiritual life. This worksheet is designed to gently guide you through the process of acknowledging what hurt you, separating God from the harm done in His name, and slowly rebuilding a faith that feels true, safe, and whole.

This is not a worksheet for fixing your beliefs. It's a space for rediscovering them.

Here, questioning is allowed. Doubt is not a failure. And healing is not a sign of spiritual weakness. It's a sign of courage.

As you move through these pages, you'll:

- *Reflect on the beliefs shaped by your spiritual wounds*
- *Identify which beliefs came from God — and which came from people*
- *Release harmful narratives*
- *Rebuild a definition of faith that honors your healing*
- *Reconnect with God in a way that feels loving and pressure-free*

Take your time.

Write honestly.

Let God meet you where you are — not where you were forced to be.

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What Happened? (Name the Experience)

Describe the moment(s) or season where your faith was shaken, harmed, or distorted. *What beliefs or practices were involved? Who influenced the experience? How did it affect how you see God, yourself, or others?*

What Did It Make You Believe About God?

List the beliefs you formed during or after the hurt — even if they feel uncomfortable, confusing, or contradictory. *Examples: “God hates me,” “God is cruel,” “I can’t trust spiritual leaders.”*

What Did It Make You Believe About Yourself?

Examples: “I’ve done too much wrong,” “My questions are wrong,” “I wasn’t spiritual enough.”

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What Parts of That Story Were Rooted in Human Harm — Not God?

Reflect on the difference between God and the people representing Him. *Which beliefs came from someone's misuse of authority, fear, control, shame, or manipulation? Which beliefs no longer line up with who you now know God to be?*

What Truth Still Speaks to You Today?

Consider: *What parts of faith still feel life-giving? What still brings peace, grounding, or clarity? What version of God feels safe, present, or compassionate?*

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As you review the beliefs, practices, or teachings connected to your spiritual experience, sort them into three categories:

KEEP

Things that still
align with your
values and healing

RELEASE

Beliefs, rules, or
expectations that
harmed you

REDEFINE

Concepts you want to
explore in a healthier
way (*trust, prayer,
God's character,
community, etc.*)

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What Does a Safe Relationship With God Look Like for You Now?

Think about: *How do you want to feel about God? How do you want God to feel about you? How do you want to talk to Him? How you want to see Him show up in your life?*

What Practices Help You Reconnect Without Pressure?

Options to spark ideas: *breath prayer; journaling conversations with God; reading scripture slowly; nature walks; listening prayer; worship without performance; and questioning without guilt. Consider trying something new.*

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Write Your New Faith Definition

Write a simple, personal statement of what faith means for you moving forward — not perfect, not final, just true for right now.



**Your healing is not a sign of distance from God
—it's evidence that He's walking you back to
the truth of who He is.**