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FAITH MEETS ACTION

5-Module Guide to Living What You Believe

A practical guide to help you merge spiritual conviction with consistent action — so your faith fuels your follow-through.

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Introduction

Faith was never meant to live only in our prayers — it was meant to breathe through our plans, our decisions, and the way we show up every day. Too often, we separate the spiritual from the strategic: we pray for clarity but hesitate to move; we trust God for outcomes but forget that obedience is also action.

How This Guide Will Help You Bridge the Gap

This guide was created to help you bring your faith into full alignment with your function — so belief becomes behavior, and vision becomes action.

Here's what to expect as you move through it:

- Turn belief into behavior. Learn how to connect what you pray for with what you plan for, and how to walk your faith out through consistent, intentional steps.
- Pair courage with discipline. Discover how spiritual conviction and practical strategy work together — faith gives you direction, and discipline gives you momentum.
- Move through reflection, realignment, and action. Each module invites you to pause, examine, and build with both grace and focus.
- Embrace a rooted rhythm. Take your time — pray, journal, and listen. These exercises aren't meant to rush you; they're meant to root you in faith and clarity.
- Bring both your hope and your hesitation. Growth happens when you meet God with honesty, not perfection.

By the end of this guide, you won't just talk about trusting God — you'll know how to *build, plan, and live* from that trust.

Faith without works is dead — but faith with direction becomes destiny.



Module 1: Faith That Moves

Belief is the seed – movement is the soil.

Purpose: Help you understand that faith is more than mindset; it's motion.

In This Module:

- Identify areas where belief hasn't yet turned into aligned action.
- Recognize external challenges or habits that hinder consistent follow-through.
- Bridge the gap between prayer and planning through small, intentional steps.

Faith is more than a feeling or a fleeting hope. It is your **inner operating system** — the lens through which you interpret your circumstances, make decisions, and move toward purpose. Without a strong foundation of faith, action can feel aimless; with it, even small steps carry meaning.

Many of us say, *"I believe, but it's not moving."* Here's the truth: belief alone isn't enough if it isn't paired with **clarity, alignment, and consistent action**. That's the "function" side of faith — the part that takes conviction off the page and into real life.

For the following exercises, you will need:

- *Calendar/ Daily Planner*
- *Journal or Notebook*
- *Pen or Pencil*
- *Timer*



Module 1: Faith That Moves

Belief is the seed – movement is the soil.

Warm-Up Prompt:

What is 1 area in my life that I am believing for change but have NOT taken a concrete step forward yet?

Instructions: Set a timer for 10 minutes. In your personal journal or notebook, write your response and reactions to the prompt. Once the timer goes off, stop and reread what you wrote. Reflect on it for 5 minutes, then note any insights that come to mind.



Follow-Up Prompt:

What's holding me back from taking that step — time, access, fear, doubt, waiting for the “perfect moment”?

Instructions: Set a timer for 10 minutes. In your personal journal or notebook, write your response and reactions to the prompt. Once the timer goes off, stop. Reread what you wrote.

- Circle items that are **external barriers** (concrete obstacles you can address — e.g., no childcare, lack of funds, unclear next step, scheduling conflict).
- Draw a single line through items that are **internal barriers** related to self, mindset or perspective barriers (fear, ability, perfectionism, “I’m not ready,” catastrophizing, limiting beliefs).



Module 1: Faith That Moves

Belief is the seed – movement is the soil.

Closing Prompt:

Looking at the *external* barriers you've circled, how could you potentially resolve, overcome, or better manage them?

Instructions: Schedule 3 different, 10-minute brainstorming sessions. These are to be blocks of time, in which you sit and think intentionally about this question over the next 24hours (Schedule them at least 4hours apart). This process can trigger the brain to switch from Defeated Mindset to Problem-Solving Mindset. Write down ideas/ insights that come to mind.

- Be intentional. Challenge yourself to brainstorm solutions, options, and alternatives.
- Practice asking yourself questions that begin with:
 - *How might I _____?*
 - *What if I _____?*
 - *Where can I find _____?*
 - *If I don't know, who will I ask/ where can I learn?*





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Module 1: Faith That Moves

Belief is the seed – movement is the soil.

Exercise: Practical Application & Real-Life Integration

It's time to turn the insights you gained from the previous prompts into an actionable plan.

Instructions: Recreate the format of the chart below in your own journal/notebook. Record what you've discovered. Commit to 1 specific next step for 1 - 3 of the external barriers you previously identified. Keep it small and easy to ensure success. This chart will help you move from awareness to aligned action. Three examples have been provided for you below.

Area of Life	External Barrier	Next Step	Due Date & Time
Ex. Career	Limited experience	Research and apply for volunteer positions in that field to gain experience	Monday, 3pm
Ex. Relationships	No support system	Explore free local or online support groups	Sunday, 11am
Ex. Health/Fitness	Busy schedule	Start with scheduling 15min workouts 1x/week	Friday, 9pm



Module 1: Faith That Moves

Belief is the seed – movement is the soil.

Closing Reflection

Faith doesn't demand that you leap; it asks that you start.

Every small, obedient step you've taken in this module is proof that movement matters more than magnitude. When you honor the small beginnings — the tiny acts of follow-through, the quiet yes's, the steady consistency — you build a foundation strong enough to hold bigger dreams and bolder next steps.

Each small act of faith creates momentum, and momentum builds confidence. The goal isn't perfection; it's progress. Trust that as you keep showing up in these small ways, God is training you for greater ones.

Next, we will shift from what's happening around you to what's happening *within* you, exploring the internal barriers and thought patterns that can either fuel or hinder your faith in action.

Big breakthroughs are built on small, consistent steps of faith in action.



Module 2: Faith Foundation

Strengthening the Inner Structure of Your Belief System

Purpose: Help you identify and challenge the *internal* barriers — fears, limiting beliefs, and emotional blockages — that weaken your faith and hinder you from action.

In This Module:

- Recognize the subtle ways fear, doubt, and control distort faith.
- Identify internal narratives that block courage and momentum.
- Replace false beliefs with truth-centered thinking patterns.
- Practice small, manageable acts of obedience that promote success.

Faith is a framework for how you think, decide, and show up. It becomes functional when it moves beyond belief and into action. Building a faith foundation begins with identifying where trust stops short of movement and where daily habits fail to align with what you say you believe.

This process starts small — acknowledging the gap between intention and implementation — and continues by inviting God into your practical decisions. Through reflection and simple steps of obedience, you'll begin turning faith from a concept into a consistent way of living.

For the following exercises, you will need:

- *Index Cards or Sticky Notes*
- *Calendar/ Daily Planner*
- *Journal or Notebook*
- *Pen or Pencil*



Module 2: Faith Foundation

Strengthening the Inner Structure of Your Belief System

Activity 1: The Barriers Beneath the Surface

Faith that moves with action and authority requires a strong foundation in God's truth about you, your potential, and your future. The internal barriers we allow to stop us often originate from limiting *beliefs, messages, or perspectives*. Use this activity to identify the origins of those internal barriers and challenge them with what God has said about you and to you.

Instructions:

1. **Return to your notes from Module 1.** Locate the items you drew a line through — the ones that reflected *internal barriers*.
2. **List each of those barriers below**, then take time to intentionally reflect on what's beneath them. What thought, fear, or belief fuels that resistance?
3. **Use the guiding questions below** to help you clarify and understand what's really going on internally — mentally, emotionally, and spiritually.
4. **Jot down any insights and epiphanies** in your journal/ notebook as you reflect.

Guiding Reflection Questions:

1. *What feeling, thought, or expectation is driving this internal barrier?*
2. *When did I start believing this and what/who reinforced it?*
3. *How does this barrier or emotion show up in my behavior or decision-making?*
4. *What story am I telling myself about this situation, and is it actually true?*
5. *What emotion am I avoiding or suppressing when this barrier shows up?*



Module 2: Faith Foundation

Strengthening the Inner Structure of Your Belief System

Activity 2: Building A Foundation of Truth

Awareness exposes the barrier. Truth rewires it. Action moves faith into motion.

Instructions: Draw a funnel in your journal or notebook. (*Example provided on next page*).

1. **Choose 1 Area of Life** and the **Internal Barrier** you identified in Module 1 and write it at the top of your funnel. Like the top of a funnel, it can feel broad and overwhelming — just like internal barriers sometimes do.
2. Write the **origin or sources** of your barrier that you uncovered in Activity 1.
3. As you work downward, **narrow your focus to the truth of what God says about you.**
 - Include *reframed perspectives* to **challenge the origins or sources** (i.e., messages from others; societal expectations; childhood insecurities). Just like a funnel channels and concentrates, narrowing your thoughts helps you sift through fears, doubts, and lies to find truth and clarity.
4. Anchored in that truth, **choose 1 small, easy step of faith** you can take this month to begin moving forward.



Module 2: Faith Foundation

Strengthening the Inner Structure of Your Belief System

Activity 2: Building A Foundation of Truth (cont.)

EXAMPLE

Area of Life & Internal Barrier

- Area of Life: Career
- Internal Barrier: "I don't feel qualified to start my own business."

What's the origin of the internal barrier? What's beneath it?

- Imposter syndrome
- Afraid of what people will say about me
- Teachers and family always told me I'm not good enough
- I have a mental health diagnosis, so I think it's impossible for me.

What's does God say? Biblical Truths & Reframed Perspectives

- Philippians 1:6 and Philippians 4:13
- Proverbs 29:25 and 2 Corinthians 3:5
- Growth happens through process, not perfection.
- Others' opinions do not silence God's truth about me.
- God doesn't call the qualified. He qualifies the called.

Next Faith Step (1 small, easy action)

- Write a draft of my mission statement and an outline of a business plan.
 - For help, I can get advice from my mentor or trustworthy/faith-filled friends
 - I can use ChatGPT and other online search engines



Module 2: Faith Foundation

Strengthening the Inner Structure of Your Belief System

Activity 3: Habakkuk 2:2

Awareness exposes the barrier. Truth challenges it. Action dismantles it.

The journey of overcoming internal barriers begins with clarity. In Habakkuk 2:2, God instructs the prophet to “write the vision and make it plain.” This isn’t just about recording plans — it’s about bringing unseen faith into visible form. When you put words to what’s within you — your fears, doubts, hopes, and truths — you begin to take authority over them. Writing helps you see what’s been hidden, confront what’s been holding you back, and align your thoughts with what God has already spoken about you. This process of “writing the vision” is an act of faith in itself — turning the invisible work of renewal happening in your heart into something real, readable, and ready for transformation.

Instructions:

1. Gather a few **index cards or sticky notes**.
2. Write one **biblical truth or reframed perspective** from Activity 2 on each card.
3. **Place them in spaces where you’ll see them often** (your mirror, desk, car, fridge, etc.).
4. Every time you see one, **pause to read it aloud and remind yourself** of what’s true about you and what God has already spoken over your life.



Module 2: Faith Foundation

Strengthening the Inner Structure of Your Belief System

Closing Reflection

What you've written in this module isn't just reflection — it's instruction. Each truth you've uncovered and each perspective you've reframed is a seed for transformation. Just as Habakkuk was told to write the vision and make it plain, your written words now serve as visible reminders of invisible faith. Keep them before you. Read them often. Live them out daily. Because when faith moves from paper to practice, that's when real renewal begins.

Closing Reminders

- *Faith grows stronger through action, not perfection.*
- *Small steps of obedience lead to lasting transformation.*
- *Don't rush the process — roots deepen before growth is seen.*
- *Renewal happens through repetition — revisit your notes often.*
- *What you write is more than words — it's a declaration of faith.*
- *Every time you choose truth over fear, you're walking in victory.*
- *God's truth about you doesn't change, even when your feelings do.*
- *Speak your written truths aloud until they become your default belief.*



Module 3: Aligning Your Faith

This is where alignment becomes action. And action, taken consistently, becomes transformation.

Purpose: Help you turn inner transformation into consistent outward action by pairing spiritual conviction with practical discipline.

In This Module:

- Learn how to turn clarity into consistency.
- Explore the connection between spiritual confidence and practical execution.
- Develop small, repeatable actions that align with your faith, values, and goals.

Internal breakthroughs matter — but **real-life change happens when insight becomes movement.** Faith in motion is about practicing what you've prayed for and walking out what you believe, one intentional step at a time. In this module, you'll learn how to build rhythms that support your spiritual and personal growth, create routines that strengthen your follow-through, and develop habits that align with the truth God has spoken over you and your life.

For the following exercises, you will need:

- *Calendar/ Daily Planner*
- *Journal or Notebook*
- *Blank strips of paper*
- *Jar/ Envelope*
- *Pen or Pencil*



Module 3: Aligning Your Faith

This is where alignment becomes action. And action, taken consistently, becomes transformation.

Activity 1: The “Faith-to-Function” Inventory

Before you move forward, you must see where your daily life is already aligned — and where it needs strengthening. This inventory helps you identify the habits, patterns, and behaviors that either *support* or *sabotage* the truths you affirmed in Module 2.

Instructions:

1. In your journal/ notebook, create two columns: “**Aligned Actions**” and “**Misaligned Actions.**”
2. Under each column, list the behaviors that either **support** or **sabotage** these truths.
3. **Circle 1 behavior** in the “Misaligned” column that you’d like to *eliminate*.
4. **Put a star next to 1 behavior** in the “Aligned” column that you want to *strengthen*.



Module 3: Aligning Your Faith

This is where alignment becomes action. And action, taken consistently, becomes transformation.

Warm-Up Prompt:

Reflect on the behavior you circled and the behavior you starred.

Explore why the misaligned one persists and what the aligned one strengthens in you.

Note how each impacts your walk with God and which step of obedience He's prompting you to take next.

Decide on 1 small change you can make this week to move closer towards alignment?

Instructions: In your personal journal or notebook, write your response and reactions to the prompt. When you feel finished, stop. Reread what you wrote.

- Underline any points that stand out to you or resonate deeply.
- In your calendar/ daily planner, schedule the 1 small change that you decided to make this week to move closer towards alignment.



Module 3: Aligning Your Faith

This is where alignment becomes action. And action, taken consistently, becomes transformation.

Follow-Up Prompt:

Looking at the small change you identified, what obstacles — internal or external — might make it difficult to follow through with it this week?

Instructions: In your personal journal or notebook, write your response to the prompt. Then, write out how you plan to navigate or overcome each potential obstacle.

- Note what support, accountability, or adjustments might help you stay consistent and committed.



Closing Prompt:

After reflecting, ask God:

“What is one step of obedience You want me to take right now?”

Instructions: In your personal journal or notebook, write down the answer, however simple it may be, and commit to practicing it over the next seven days. Let this become your first act of alignment.



Module 3: Aligning Your Faith

This is where alignment becomes action. And action, taken consistently, becomes transformation.

Activity 2: Gratitude & Alignment Jar

Growth is meant to be celebrated, no matter how small the steps. This activity turns your reflections, aligned behaviors, and small victories into a tangible, ongoing reminder of progress. Every slip of paper is a moment of recognition, gratitude, and encouragement.

Instructions:

1. Get a small **jar** or an **envelope**.
2. **Write** down on slips of paper:
 - *Moments you notice aligned behaviors*
 - *Insights or truths you've discovered*
 - *Small victories from this module*
3. Fold each slip and place it in the jar.
4. Each day (or week), pull one slip and take a moment to **read, reflect,** and **celebrate**.
5. **Add new slips** as you notice more progress over time.



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Module 3: Aligning Your Faith

This is where alignment becomes action. And action, taken consistently, becomes transformation.

Closing Reflection

What you have explored in this module isn't just observation — it's cultivation. Each aligned action you reinforced and each misaligned behavior you examined is a seed for transformation. Keep noticing the progress you've made. Celebrate the small victories. Act on the steps you've committed to daily. When intention moves from thought to practice, that's when real change takes root, grows, and begins to flourish in every part of your life. Every small step, every intentional choice, matters — and together, they create momentum that builds over time.

Remember, transformation isn't instant; it's built in the gentle, consistent rhythm of living what you believe. Let the insights you've gained and the actions you've committed to guide your steps this week. Celebrate even the tiniest victories, and trust that each faithful action plants seeds that will bear fruit in your life and in your walk with God.



Module 4: Sustainable Faith

Faith grows strongest in the soil of consistency.

Purpose: Build and maintain consistent, aligned action over time. Establish habits and routines that turn intentional faith into sustainable practice.

In This Module:

- Explore strategies to maintain consistency in daily faith-based actions.
- Recognize patterns or triggers that cause drift or inconsistency.
- Implement small routines and habits that turn intentional action into natural practice.

Even when we start strong, sustaining faith in action can be challenging. Momentum can waver, and habits can falter. This module is about discovering **practical** ways to **keep your faith alive day after day**, not just in bursts of motivation. By anchoring small, intentional actions into your routines and noticing what disrupts your rhythm, you create a sustainable path where faith moves naturally and consistently through your life.

For the following exercises, you will need:

- *Index Cards or Sticky Notes*
- *Journal or Notebook*
- *Pen or Pencil*



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Module 4: Sustainable Faith

Faith grows strongest in the soil of consistency.

Activity 1: Momentum Mapping

See where faith moves freely and where it needs a nudge.

Instructions: In your personal journal or notebook, create a *Momentum Map*, simple table with two columns: “**High Momentum**” and “**Low Momentum.**”

1. Under *High Momentum*, **list actions, routines, or habits** that you consistently follow through on and that strengthen your faith.
2. Under *Low Momentum*, **list actions or areas** where your consistency tends to falter.
3. For each item in *Low Momentum*, **write one small step** you could take to make it easier to follow through.
4. **Choose 1 Low Momentum action** to focus on for the next activity.



Module 4: Sustainable Faith

Faith grows strongest in the soil of consistency.

Activity 2: Micro Step Planning

Turn awareness of low-momentum areas into a concrete, achievable action.

Instructions:

1. Take the **1 Low Momentum action** you selected from Activity 1.
2. **Break it down into the smallest possible, specific step** you could realistically take this week to strengthen it.
 - *Example: If the action is “pray every morning,” a micro step could be “pray for 1–2 minutes immediately after brushing teeth.”*
3. Write this micro step in your journal and note **when** and **where** you will do it.
4. **Reflect** briefly on why this small step matters and how it will help create sustainable faith momentum.

Guiding Reflection Questions:

1. *How easy or challenging does this micro step feel?*
2. *What might help you stay consistent with it this week?*
3. *How will completing this step impact your faith practice or mindset?*



Module 4: Sustainable Faith

Faith grows strongest in the soil of consistency.

Activity 3: Trigger Tracker

Recognize the cues, situations, or emotions that lead your aligned actions to falter, and plan practical responses. Where consistency wavers, the smallest acts can guide your path back to alignment.

Instructions:

- 1. Identify Triggers:** Reflect on times when your aligned actions (prayer, journaling, following through on a faith step) were disrupted. Instead of writing immediately, *speak them out loud* — note the circumstances, feelings, or events that set you off track. You can record yourself or say them to a partner if you like.
 - *Example: Feeling rushed, checking phone first thing in the morning, or waking up late could be triggers for skipping your morning prayer.*
- 2. Visual Mapping:** On index cards or sticky notes, write 1 trigger per note.
- 3. Plan Responses:** Next to each trigger, write a small, practical response that can prevent the drift.
 - *Example: **Trigger** = “Waking up late,” **Response** = “Set bedtime 15 min earlier, prep prayer spot night before.”*
- 4. Engage Your Senses:** Arrange the notes so you can see patterns — cluster similar triggers or connect trigger → response with arrows.
- 5. Commit to Action:** Choose 1–2 triggers to focus on this week. Place the notes somewhere visible or take a photo for reference.



Module 4: Sustainable Faith

Faith grows strongest in the soil of consistency.

Closing Reflection

Sustainable faith isn't built in grand leaps but in the quiet choices you've been practicing here — noticing your patterns, protecting your momentum, and honoring the small steps that keep you aligned. Every moment of awareness you cultivated in this module has strengthened your rhythm with God, turning consistency from something you chase into something you carry. Remember: faith grows where intention and grace meet, and you've been tending that ground well.

Closing Reminders

- *Progress that lasts is built one small, steady step at a time.*
- *Your rhythms don't need to be perfect — they just need to be honest.*
- *God strengthens what you commit, even imperfectly.*
- *Awareness is victory; noticing your drift is part of staying aligned.*
- *Consistency grows when your environment supports your intention.*
- *Even small obedience can shift your entire momentum.*
- *You are building a life rooted, steady, and sustainable — keep walking it out.*



Module 5: Living Faith Fully

Faith was never meant to stay internal – it was meant to shape how you show up every day.

Purpose: To help you bring everything you’ve learned — clarity, truth, alignment, and sustainable rhythm — into one integrated practice so your faith becomes the engine of your follow-through, not just the inspiration for it.

In This Module:

- Bring together the spiritual and practical foundations built in Modules 1–4.
- Strengthen the connection between faith, discipline, and everyday decision-making.
- Create a personalized “Faith-in-Action Plan” to carry forward beyond this guide.

Faith isn’t fully lived in the moments when we *feel* inspired — it’s lived in the quiet, repeating **choices** that no one sees but God. This module helps you merge everything you’ve built so far into a daily, repeatable way of living: where your beliefs shape your behaviors, your convictions guide your calendar, and your trust in God moves from something you speak to something you embody. **This is where spiritual conviction and consistent action meet** — where faith becomes a lifestyle, not a lesson.

For the following exercises, you will need:

- *Journal or Notebook*
- *Pen or Pencil*
- *Timer*



Module 5: Living Faith Fully

Faith was never meant to stay internal – it was meant to shape how you show up every day.

Activity 1: Your Faith-in-Action Plan

Now that you've identified truth, clarified barriers, aligned your actions, and strengthened your rhythms, it's time to build a simple, personalized plan that helps you live your faith with clarity and consistency.

Instructions: In your journal or notebook, divide a page into four sections titled: *Daily*, *Weekly*, *Monthly*, and *As Needed*.

1. For each section, list the small, sustainable faith-aligned actions you want to practice.
 - Daily Examples: *morning prayer, a grounding scripture, 10-minute planning.*
 - Weekly Examples: *Sabbath rest, planning session, gratitude review.*
 - Monthly Examples: *reflection day, spiritual check-in, goal audit.*
 - As Needed Examples: *prayer walk, resetting your environment, Scripture flashcards.*
2. **Choose 1 action from each category** and star it — these will serve as your “non-negotiable anchors.”
3. **Commit** to practicing these anchors for the next 30 days.
4. **Write a 3-sentence declaration** of how you will stay committed to honoring your faith through action this month. Include empowering quotes or Bible verses.



Module 5: Living Faith Fully

Faith was never meant to stay internal – it was meant to shape how you show up every day.

Warm-Up Prompt:

What does living my faith fully look like in the smallest, simplest terms — not the ideal, not the dream version, but the doable version?

Instructions: Set a timer for 5 minutes. In your personal journal or notebook, write your response and reactions to the prompt. Once the timer goes off, stop and reread what you wrote. Reflect on it for 2 minutes, then note any insights that come to mind.



Activity 2: Faith-in-Action Micro Challenge

You just identified what alignment looks like for you and warmed up your mindset to hold that clarity with confidence. Now, instead of staying in your head, you're going to act on it — immediately, simply, and without overthinking.

Instructions:

1. Choose 1 action from your **Daily** list to do right now.
2. Set a 2–5 minute timer. Do the action immediately.
3. The moment you finish, celebrate. Congratulate yourself!
 - This shapes your mindset to believe that follow-through is possible.
 - This tells your nervous system: “*This is what faith in action feels like.*”



Module 5: Living Faith Fully

Faith was never meant to stay internal – it was meant to shape how you show up every day.

Follow-Up Prompt:

What did the Faith-in-Action Micro Challenge teach you about the version of yourself you're becoming? What truth did it confirm?
What hesitation did it silence?

Instructions: Set a timer for 5 minutes. In your personal journal or notebook, write your response and reactions to the prompt. Once the timer goes off, stop and reread what you wrote. Reflect on it for 2 minutes, then note any insights that come to mind.

Guiding Reflection Questions:

1. *How did taking immediate action shift the way you see your own capability and spiritual discipline?*
2. *How did completing one quick act of obedience influence your confidence in carrying out larger ones?*
3. *Which truth about God's character — or about your identity in Him — felt more real after you acted?*
4. *How did this moment of follow-through remind you that faith grows through practice, not perfection?*



Module 5: Living Faith Fully

Faith was never meant to stay internal – it was meant to shape how you show up every day.

Activity 3: Commissioning Statement

This final activity is meant to ground you, center you, and remind you of who you are becoming. Like Habakkuk wrote the vision plainly, you will write a short personal commissioning statement that reflects your commitment to living faith in motion.

Instructions:

1. In your journal, **write a 4–6 sentence statement** about how you intend to live your faith going forward.
2. Include:
 - *What you've learned about yourself*
 - *What God has revealed or affirmed*
 - *How you will move with more intention*
 - *The kind of consistency you want to embody*
 - *A declaration of trust*
3. **Rewrite the statement** in a cleaner, shorter version on an index card or separate sheet of paper.
4. **Place it somewhere visible** as a daily reminder.



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Module 5: Living Faith Fully

Faith was never meant to stay internal – it was meant to shape how you show up every day.

Closing Prompt:

What identity am I stepping into now that my faith is becoming action?
Which parts of your character feel clearer, stronger, or more aligned with the person He is calling you to be?

Instructions: Reflect on the ways the steps you've taken — the habits strengthened, barriers challenged, and truths embraced — have shaped your confidence, perspective, and relationship with God. Speak or write a declaration over this emerging version of yourself, naming how your faith now fuels your follow-through.



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Module 5: Living Faith Fully

Faith was never meant to stay internal – it was meant to shape how you show up every day.

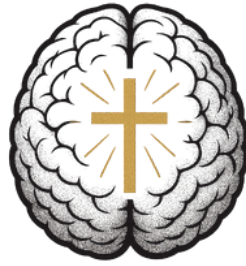
Closing Reflection

You proved you could follow through — now believe it. The habits you built and the steps you took have equipped you for this next season. Carry this truth with you: the small acts of obedience you practiced have already begun to change you. God met you in the doing, and those faithful steps planted roots that will hold you when the winds come. Move forward with calm courage — your routines will steady you, your prayers will fuel you, and your small wins will compound into real, lasting fruit.

You are loved, equipped, and called; step boldly into that calling with confidence, hope, and faith in every next step.

**"Being confident of this, that he who began a good work
in you will carry it on to completion until the day of
Christ Jesus."**

Philippians 1:6 (NIV)



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5-Module Guide to Living What You Believe

Dr. Dymond A. Booth, PsyD