

CHARIS FORMATION WORKSHEET

Bring one situation through the four movements of formation.

BEGIN WITH ONE SITUATION

What happened? What am I noticing in my thoughts, emotions, bodily responses, desires, and reactions?

01 ROOTED IN TRUTH

Begin with what God has revealed. Let Scripture interpret the situation.

- What am I believing about God, myself, others, or this situation?
- What does Scripture reveal that clarifies, corrects, or completes my interpretation?
- What truth do I need to return to?

02 GROUNDED IN IDENTITY

Receive who you are in Christ rather than allowing the situation to define you.

- What does this situation seem to say about me?
- What feels threatened: worth, belonging, approval, competence, usefulness, or control?
- Because I belong to Christ, what remains true?

03 GROWING IN PURPOSE

Discern faithfulness within the responsibility and season God has given you.

- What has God entrusted to me here?
- What is mine to do, and what is not mine to control?
- What response reflects love, wisdom, courage, and faithful stewardship?

04 BEARING FRUIT

Notice what is becoming visible and the fruit Christ is forming in you.

- What reaction, pattern, or response is becoming visible?
- What fruit of the Spirit is most needed here?
- What would Christlike fruit look like in my words, choices, and relationships?

NEXT FAITHFUL STEP

What is one concrete response I will practice?

PRAYER

What do I want to bring honestly before God?
