



FAITH OVER BROKENNESS

Faithful Path 101

First Steps

A Ten-Week Christian Spiritual Coaching Workbook
Lessons · Worksheets · Devotionals · Growth Practices · Action Plan

Faithful Path Coaching Ministry & Certification Academy

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Participant name _____ Start date _____

WELCOME

Before You Begin

You are holding ten weeks of honest, gentle, biblically grounded work. This workbook belongs to you. Write in it, mark it, leave pages unfinished and return to them. Nothing here requires prior Bible knowledge, and nothing here requires you to arrive already healed.

Every week follows the same rhythm so the structure becomes familiar and the work becomes possible.

Opening prayer	Welcome and check-in	Icebreaker
Weekly Scripture	Scripture background	Bible study and main lesson
Key teaching points	Real-life application	Group discussion
Personal reflection	Scripture memory	Guided worksheet
Journaling activity	Seven-day devotional	Prayer activity
Boundaries lesson	Accountability activity	Growth Practice
Weekly challenge	Progress check	Closing prayer

A note on Growth Practice

Faithful Path does not assign homework. Each week ends with a Growth Practice — one small, doable step taken at your own pace. Missing a week is not failure. Return to it when you can.

Important disclaimer

Faithful Path Coaching Ministry & Certification Academy provides Christian spiritual coaching, mentorship, biblical education, encouragement, and faith-based resources. It does not provide medical treatment, psychotherapy, licensed mental-health counseling, legal advice, crisis intervention, or emergency services. Participation does not guarantee a specific personal, spiritual, emotional, or ministry outcome. If you are in immediate danger or crisis, call 911, or call or text 988 (Suicide & Crisis Lifeline).

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Welcome to Faithful Path

“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11

SCRIPTURE BACKGROUND

Jeremiah wrote to people in exile — far from home, uncertain, and grieving. God's promise was not that the hard season would vanish overnight, but that He already knew the way forward. That is the ground you stand on as you begin.

LESSON OBJECTIVES

- Understand how the ten weeks are structured
- Name what you hope God does in this season
- Agree to respect, confidentiality, and safety in the group
- Understand what a Growth Practice is and how it works

OPENING PRAYER

Lord, thank You for bringing me here. Meet me honestly in this beginning. Quiet my fear, steady my heart, and give me courage to be truthful with You and with myself. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share your first name and one word for how you arrived today.
- Icebreaker: Name one small thing that brought you comfort this week.

MAIN LESSON

Most people arrive at Faithful Path carrying something. Some carry grief, some carry exhaustion, some carry a faith that has grown quiet. This first week is not about fixing anything. It is about setting the table: understanding how the journey works, deciding what honesty will look like for you, and asking God to begin. Each week follows the same rhythm — prayer, Scripture, teaching, reflection, worksheet, devotional, and a Growth Practice — so that the structure becomes familiar and the work becomes possible.

KEY TEACHING POINTS

- Faithful Path is coaching, education, and encouragement — not therapy or crisis care
- Honesty is welcome here; performance is not required
- Growth is gradual, and slow progress is still progress
- You may pause or decline any activity at any time

REAL-LIFE APPLICATION

Choose the time and place you will meet with God this week. Write it down. Protect it the way you would protect an appointment with someone you love.

GROUP DISCUSSION

- What made you decide to begin this journey now?
- What would make this space feel safe for you?
- What is one hope you are afraid to say out loud?

PERSONAL REFLECTION

What am I bringing into these ten weeks that I have never said out loud to God?

SCRIPTURE MEMORY

Memorize Jeremiah 29:11. Write it from memory:

Welcome to Faithful Path

My reason for beginning this journey is...

Three things I hope God does in me:

One thing I need in order to feel safe here:

My weekly time and place with God:

JOURNALING ACTIVITY

Write a short letter to God describing where you are today — not where you think you should be.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Psalm 139:1-6: God already knows.

Day 2 — Jeremiah 29:11-13: A future and a hope.

Day 3 — Isaiah 43:1-3: Called by name.

Day 4 — Matthew 11:28-30: Rest for the weary.

Day 5 — Psalm 34:18: Near to the brokenhearted.

Day 6 — Lamentations 3:22-23: New every morning.

Day 7 — Philippians 1:6: He finishes what He begins.

PRAYER ACTIVITY

Write a one-sentence prayer for this journey and place it somewhere you will see it daily.

HEALTHY BOUNDARIES

Boundaries begin with honesty. Name one thing you will not do to yourself during these ten weeks — for example, comparing your progress to someone else's.

ACCOUNTABILITY ACTIVITY

Choose one trusted person who knows you have started this journey and ask them to check in with you weekly.

GROWTH PRACTICE

Meet God at your chosen time and place at least four days this week, even for five minutes.

WEEKLY CHALLENGE

Say out loud, once a day: 'God is not finished with me.'

PROGRESS CHECK

- ☐ I understand how the ten weeks are structured
- ☐ I have named my hope for this season
- ☐ I have chosen my weekly time with God

Coach notes. Watch for participants who minimize their reasons for coming. Affirm honesty without pressing for detail.

CLOSING PRAYER

Father, thank You for beginning. Keep me here. Keep me honest. Keep me hopeful.
Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Identity in Christ

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."

Psalm 139:14

SCRIPTURE BACKGROUND

Psalm 139 is a song of being fully known. David does not argue for his worth; he receives it. The psalm insists that God's knowledge of you and God's care for you are the same thing.

LESSON OBJECTIVES

- Describe your identity from a biblical foundation
- Identify labels you have accepted that God did not give you
- Name three God-given strengths
- Practice healthy self-respect

OPENING PRAYER

Lord, quiet every voice in me that is not Yours. Teach me to see myself the way You do. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share one word you have often heard used about you.
- Icebreaker: Name something you are good at that you rarely mention.

MAIN LESSON

Many people can recite what God says about them and still live from what someone else said about them. This week separates the two. We name the labels honestly — 'too much,' 'not enough,' 'the strong one,' 'the failure' — and hold each one against Scripture. What God says does not shift with your worst week. Identity is not something you build; it is something you accept and then live from.

KEY TEACHING POINTS

- Your value was decided before your performance
- Labels given by wounded people are not verdicts
- Self-respect is not pride; it is agreement with God
- Strengths are given for service, not for proving

REAL-LIFE APPLICATION

When a harmful label surfaces this week, write it down and write one Scripture beside it.

GROUP DISCUSSION

- Which label has been hardest to put down?
- Where did it first come from?
- What changes if Psalm 139:14 is true about you today?

PERSONAL REFLECTION

What would I do differently this week if I fully believed I was valuable to God?

SCRIPTURE MEMORY

Memorize Psalm 139:14. Write it from memory:

Identity in Christ

Labels I have carried:

Where each label came from:

What Scripture says instead:

Three strengths God has given me:

JOURNALING ACTIVITY

Describe yourself in five sentences without mentioning failure, appearance, or productivity.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Psalm 139:13-16

Day 2 — Ephesians 2:10

Day 3 — 1 Peter 2:9

Day 4 — Isaiah 43:4

Day 5 — Romans 8:15-17

Day 6 — Zephaniah 3:17

Day 7 — 1 John 3:1

PRAYER ACTIVITY

Pray Psalm 139:14 aloud, inserting your own name.

HEALTHY BOUNDARIES

Decide how you will respond when someone repeats a harmful label about you.

ACCOUNTABILITY ACTIVITY

Tell your accountability partner one label you are putting down this week.

GROWTH PRACTICE

Each morning, read your three strengths aloud before you check your phone.

WEEKLY CHALLENGE

Refuse one act of self-criticism per day and replace it with Scripture.

PROGRESS CHECK

- ☐ I named the labels I carry
- ☐ I found Scripture that answers each one
- ☐ I can list three God-given strengths

Coach notes. Some participants will struggle to name a single strength. Offer observations gently rather than pushing.

CLOSING PRAYER

Father, thank You that I am fearfully and wonderfully made. Help me live like it.
Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Healing from Emotional Hurt

"He heals the brokenhearted and binds up their wounds."

Psalm 147:3

SCRIPTURE BACKGROUND

The Hebrew image here is medical and tender — a physician wrapping a wound with care. God does not rush past pain or minimize it. He attends to it.

LESSON OBJECTIVES

- Acknowledge hurt without shame
- Bring pain to God in honest prayer
- Understand healing as a process, not an event
- Distinguish forgiveness from the removal of boundaries

OPENING PRAYER

Lord, You see what I have carried quietly. I bring it to You now, unedited. Bind up what is broken. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share how you are doing on a scale of one to five, with no explanation required.
- Icebreaker: Name a place where you feel calm.

MAIN LESSON

Unspoken pain does not disappear; it relocates. It shows up in exhaustion, irritability, avoidance, or a faith that has gone silent. This week we practice honesty with God, because honesty is the doorway to healing. We also draw a firm line between forgiveness and access: you may forgive someone completely and still not permit them near you. That distinction protects many people from a second wounding.

KEY TEACHING POINTS

- Naming pain is not complaining
- Healing is not linear and setbacks are not failures
- Forgiveness releases the offense; it does not restore unsafe access
- Safe support accelerates healing

REAL-LIFE APPLICATION

Set aside twenty uninterrupted minutes to tell God the truth about one hurt.

GROUP DISCUSSION

- What makes honesty with God difficult?
- What has healing looked like for you before?
- Where have forgiveness and boundaries been confused in your life?

PERSONAL REFLECTION

What hurt am I still protecting because naming it would make it real?

SCRIPTURE MEMORY

Memorize Psalm 147:3. Write it from memory:

Healing from Emotional Hurt

A hurt I am ready to name:

How it has affected me:

What I need from God right now:

One safe person I can talk to:

JOURNALING ACTIVITY

Write the prayer you would pray if no one could ever read it.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Psalm 147:1-6

Day 2 — Psalm 34:17-19

Day 3 — Isaiah 61:1-3

Day 4 — 2 Corinthians 1:3-5

Day 5 — Psalm 56:8

Day 6 — Matthew 5:4

Day 7 — Revelation 21:4

PRAYER ACTIVITY

Write one hurt on paper, pray over it, and keep it in your Bible at Psalm 147.

HEALTHY BOUNDARIES

Identify one relationship where forgiveness must be paired with distance.

ACCOUNTABILITY ACTIVITY

Ask your partner to check whether you completed your honest prayer time.

GROWTH PRACTICE

Pray honestly about one hurt on four separate days this week.

WEEKLY CHALLENGE

Say once daily: 'God is near to the brokenhearted, and that includes me.'

PROGRESS CHECK

- ☐ I named one hurt honestly
- ☐ I prayed about it without editing
- ☐ I understand forgiveness does not require unsafe access

Coach notes. If disclosure moves toward abuse, self-harm, or crisis, follow the crisis and referral policy immediately.

CLOSING PRAYER

Father, thank You for coming close to what hurts. Continue Your careful work in me.
Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Understanding Brokenness

"The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."

Psalm 51:17

SCRIPTURE BACKGROUND

David wrote this after his most public failure. He discovered that God was not repelled by his brokenness but drawn to his honesty about it.

LESSON OBJECTIVES

- Define brokenness biblically
- Separate brokenness from shame
- Recognize unhealthy patterns formed in hard seasons
- Practice asking for support

OPENING PRAYER

Lord, I stop pretending. Meet me where I actually am. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share one thing you have been carrying this week.
- Icebreaker: Name something old or repaired that you still treasure.

MAIN LESSON

Brokenness is not a category of person; it is a season every person meets. The danger is not the break — it is the shame that convinces you to hide it. Hidden brokenness hardens into patterns: withdrawal, over-functioning, numbing, control. This week we look honestly at the patterns without condemning ourselves for having formed them, and we practice the single most difficult sentence in recovery: 'I need help with this.'

KEY TEACHING POINTS

- Brokenness describes a condition, not a verdict
- Shame says 'I am bad'; conviction says 'this needs to change'
- Coping patterns once protected you and may now limit you
- Asking for help is strength, not weakness

REAL-LIFE APPLICATION

Name one coping pattern and one healthier response you will try instead.

GROUP DISCUSSION

- What does the word brokenness bring up for you?
- Which pattern protected you once but limits you now?
- What makes asking for help hard?

PERSONAL REFLECTION

Where has shame been doing the job that honesty should be doing?

SCRIPTURE MEMORY

Memorize Psalm 51:17. Write it from memory:

Understanding Brokenness

A hard season that shaped me:

A pattern I formed in it:

What that pattern protected:

A healthier response I will try:

JOURNALING ACTIVITY

Write about a time you asked for help and it went well.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Psalm 51:1-12

Day 2 — Psalm 34:18

Day 3 — 2 Corinthians 12:9-10

Day 4 — Isaiah 42:3

Day 5 — Romans 8:1

Day 6 — Hebrews 4:15-16

Day 7 — Joel 2:25

PRAYER ACTIVITY

Pray Romans 8:1 over one area where shame speaks loudest.

HEALTHY BOUNDARIES

Decide one place you will stop over-functioning this week.

ACCOUNTABILITY ACTIVITY

Ask one person for one specific, small piece of help.

GROWTH PRACTICE

Practice your healthier response at least three times this week.

WEEKLY CHALLENGE

Replace one shame statement each day with a truth statement.

PROGRESS CHECK

- ☐ I can define brokenness without shame
- ☐ I named one pattern honestly
- ☐ I asked someone for help

Coach notes. Normalize coping patterns before inviting change. Shame shuts down growth quickly.

CLOSING PRAYER

Father, thank You that You do not despise a broken heart. Rebuild me gently. Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Renewing the Mind

“Do not be conformed to this world, but be transformed by the renewal of your mind.”

Romans 12:2

SCRIPTURE BACKGROUND

Paul writes to believers surrounded by competing voices. Renewal is presented as ongoing and deliberate — a daily replacing, not a single decision.

LESSON OBJECTIVES

- Recognize recurring negative thoughts
- Compare thoughts to biblical truth
- Build a daily thought-renewal practice
- Practice gratitude and speaking life

OPENING PRAYER

Lord, renew my thinking. Where my mind runs to fear, teach it to run to You. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share the thought that has repeated most this week.
- Icebreaker: Name one thing you are grateful for today.

MAIN LESSON

Most harmful thinking is habitual rather than considered. It runs on a track worn smooth by repetition. Renewal means noticing the thought, testing it against Scripture, and deliberately replacing it — again and again, until the new track is worn. This is slow, unglamorous work, and it is one of the most transformative practices in the entire program.

KEY TEACHING POINTS

- Thoughts are not automatically true
- Renewal is repetition, not willpower
- Gratitude retrains attention
- Words spoken aloud shape belief

REAL-LIFE APPLICATION

Keep a thought log for four days: thought, truth, replacement.

GROUP DISCUSSION

- Which thought is loudest for you?
- What Scripture answers it?
- What makes replacement difficult?

PERSONAL REFLECTION

What have I believed about myself simply because I have thought it often?

SCRIPTURE MEMORY

Memorize Romans 12:2. Write it from memory:

Renewing the Mind

Recurring thought:

Is it true? What is the evidence?

Scripture that answers it:

My replacement statement:

JOURNALING ACTIVITY

List ten things you are grateful for, then write why one of them matters.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Romans 12:1-2

Day 2 — Philippians 4:6-9

Day 3 — 2 Corinthians 10:5

Day 4 — Psalm 19:14

Day 5 — Colossians 3:1-3

Day 6 — Isaiah 26:3

Day 7 — Psalm 1:1-3

PRAYER ACTIVITY

Pray Philippians 4:8 slowly, pausing on each word.

HEALTHY BOUNDARIES

Limit one input that consistently feeds harmful thinking.

ACCOUNTABILITY ACTIVITY

Share your replacement statement with your partner.

GROWTH PRACTICE

Complete your thought log on at least four days.

WEEKLY CHALLENGE

Speak one truth statement aloud every morning.

PROGRESS CHECK

- ☐ I identified my recurring thought
- ☐ I found Scripture that answers it
- ☐ I practiced replacement daily

Coach notes. Watch for participants using renewal to suppress real grief. Renewal is not denial.

CLOSING PRAYER

Father, transform me by the renewing of my mind. Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Strengthening Faith and Prayer

“Now faith is the assurance of things hoped for, the conviction of things not seen.”

Hebrews 11:1

SCRIPTURE BACKGROUND

Hebrews 11 lists people who trusted God without seeing the outcome. Faith there is not certainty about circumstances; it is confidence in God's character.

LESSON OBJECTIVES

- Define faith biblically
- Pray honestly rather than performatively
- Practice stillness and listening
- Build a sustainable prayer routine

OPENING PRAYER

Lord, teach me to pray honestly and to wait without panic. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share one thing you are trusting God with right now.
- Icebreaker: Name the time of day you feel most at peace.

MAIN LESSON

Prayer collapses for most people when it becomes performance. This week we return to honesty: telling God what is actually true, asking for what we actually need, and staying quiet long enough to listen. A short, consistent prayer routine will carry you further than an ambitious one you abandon in nine days.

KEY TEACHING POINTS

- Faith is trust in God's character, not certainty about outcomes
- Honest prayer is better than eloquent prayer
- Stillness is part of prayer
- Routine sustains faith when feeling does not

REAL-LIFE APPLICATION

Pray for five minutes at the same time each day — three of them in silence.

GROUP DISCUSSION

- What has shaped your view of prayer?
- When has waiting been hardest?
- What would a sustainable routine look like for you?

PERSONAL REFLECTION

What am I afraid to ask God for directly?

SCRIPTURE MEMORY

Memorize Hebrews 11:1. Write it from memory:

Strengthening Faith and Prayer

My current prayer routine:

What gets in the way:

My realistic daily routine:

What I am asking God for directly:

JOURNALING ACTIVITY

Write a prayer of request and a prayer of trust for the same situation.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Hebrews 11:1-6

Day 2 — Matthew 6:5-13

Day 3 — Psalm 46:10

Day 4 — Luke 18:1-8

Day 5 — James 1:5-8

Day 6 — Psalm 62:5-8

Day 7 — Romans 8:26-28

PRAYER ACTIVITY

Keep a prayer journal with two columns: requests and answers.

HEALTHY BOUNDARIES

Protect your prayer time from interruption for five minutes daily.

ACCOUNTABILITY ACTIVITY

Report your prayer routine consistency to your partner.

GROWTH PRACTICE

Pray at your chosen time on at least five days this week.

WEEKLY CHALLENGE

Sit in silence with God for three minutes each day.

PROGRESS CHECK

- ☐ I have a realistic prayer routine
- ☐ I prayed honestly this week
- ☐ I practiced stillness

Coach notes. Discourage over-ambitious routines. Consistency matters more than duration.

CLOSING PRAYER

Father, increase my faith and steady my waiting. Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Healthy Boundaries

“Keep your heart with all vigilance, for from it flow the springs of life.”

Proverbs 4:23

SCRIPTURE BACKGROUND

The Hebrew word for 'keep' is the language of guarding a city. Scripture treats the inner life as something worth protecting deliberately.

LESSON OBJECTIVES

- Define boundaries biblically
- Identify personal limits
- Say no respectfully
- Recognize controlling behavior and seek support

OPENING PRAYER

Lord, give me courage to protect what You have entrusted to me. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share one area where you feel stretched thin.
- Icebreaker: Name something you have said yes to that you wish you had declined.

MAIN LESSON

Boundaries are frequently mistaught in faith settings as selfishness. In Scripture they are stewardship. A boundary is simply the line where your responsibility ends and another person's begins. This week you will write three specific boundaries — for family, friendship, work, ministry, or online life — and script exactly how you will say each one out loud.

KEY TEACHING POINTS

- Boundaries protect relationships rather than end them
- A boundary is about your behavior, not controlling theirs
- No is a complete sentence, said kindly
- Persistent boundary violation is a safety issue

REAL-LIFE APPLICATION

Communicate one boundary this week using your written script.

GROUP DISCUSSION

- Where do you most need a boundary?
- What do you fear will happen if you set it?
- What support do you need to hold it?

PERSONAL REFLECTION

Whose disappointment am I most afraid of, and why?

SCRIPTURE MEMORY

Memorize Proverbs 4:23. Write it from memory:

Healthy Boundaries

Boundary 1 and the words I will use:

Boundary 2 and the words I will use:

Boundary 3 and the words I will use:

How I will respond if it is not respected:

JOURNALING ACTIVITY

Write about a time a boundary protected something valuable.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Proverbs 4:20-27

Day 2 — Matthew 5:37

Day 3 — Luke 5:15-16

Day 4 — Galatians 6:2-5

Day 5 — Proverbs 22:24-25

Day 6 — Nehemiah 6:1-4

Day 7 — Psalm 121

PRAYER ACTIVITY

Pray for each person affected by your boundaries by name.

HEALTHY BOUNDARIES

Practice your boundary script aloud before the conversation.

ACCOUNTABILITY ACTIVITY

Tell your partner which boundary you will communicate and when.

GROWTH PRACTICE

Communicate at least one boundary this week and record what happened.

WEEKLY CHALLENGE

Decline one request that you would previously have accepted out of fear.

PROGRESS CHECK

- ☐ I wrote three specific boundaries
- ☐ I scripted how to say each one
- ☐ I communicated at least one

Coach notes. If a participant describes controlling or coercive behavior, follow safety and referral policy.

CLOSING PRAYER

Father, help me guard my heart and love people well at the same time. Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Accountability and Responsibility

"Iron sharpens iron, and one man sharpens another."

Proverbs 27:17

SCRIPTURE BACKGROUND

Sharpening in the ancient world was friction with purpose. The proverb assumes closeness, honesty, and a shared aim.

LESSON OBJECTIVES

- Distinguish healthy from shame-based accountability
- Accept responsibility without self-condemnation
- Follow through on commitments
- Choose an accountability partner well

OPENING PRAYER

Lord, make me teachable and honest. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share one commitment you kept this week.
- Icebreaker: Name someone who has told you the truth kindly.

MAIN LESSON

Accountability fails when it is built on fear. Healthy accountability is a chosen relationship with a person who wants your good, asks specific questions, and does not shame you when the answer is no. This week you will define exactly what you want to be asked, and you will make one amends where it is safe and appropriate to do so.

KEY TEACHING POINTS

- Accountability is invited, not imposed
- Responsibility is ownership without self-punishment
- Making amends is action, not apology alone
- Shame-based accountability produces hiding

REAL-LIFE APPLICATION

Write three specific questions your partner should ask you weekly.

GROUP DISCUSSION

- What has accountability looked like for you before?
- What makes it feel safe or unsafe?
- Where do you need to take responsibility?

PERSONAL REFLECTION

Where have I confused taking responsibility with punishing myself?

SCRIPTURE MEMORY

Memorize Proverbs 27:17. Write it from memory:

Accountability and Responsibility

My accountability partner:

Three questions they will ask me:

One responsibility I am accepting:

One amends I will make, if safe:

JOURNALING ACTIVITY

Write about the difference between guilt and shame in your own experience.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Proverbs 27:5-6,17

Day 2 — James 5:16

Day 3 — Galatians 6:1-2

Day 4 — Ecclesiastes 4:9-12

Day 5 — Matthew 5:23-24

Day 6 — Psalm 141:5

Day 7 — Hebrews 10:24-25

PRAYER ACTIVITY

Pray for your accountability partner by name each day.

HEALTHY BOUNDARIES

Agree with your partner on what is off-limits and how feedback is given.

ACCOUNTABILITY ACTIVITY

Hold your first structured check-in this week.

GROWTH PRACTICE

Answer your three accountability questions honestly at one check-in.

WEEKLY CHALLENGE

Own one mistake out loud without self-condemnation.

PROGRESS CHECK

- ☐ I chose an accountability partner
- ☐ I wrote my three questions
- ☐ I completed one check-in

Coach notes. Reinforce that accountability without kindness is control.

CLOSING PRAYER

Father, surround me with people who tell me the truth in love. Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Discovering Purpose

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand."

Ephesians 2:10

SCRIPTURE BACKGROUND

The word translated 'workmanship' carries the sense of a crafted work. Purpose in this verse is prepared, not invented.

LESSON OBJECTIVES

- Identify gifts, strengths, and interests
- Recognize purpose in life experience
- Understand purpose across seasons
- Write a personal purpose statement

OPENING PRAYER

Lord, show me what You have prepared for me and give me courage to walk in it.
Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share one thing you do that makes you lose track of time.
- Icebreaker: Name a time you helped someone and it felt right.

MAIN LESSON

Purpose is rarely discovered by introspection alone. It emerges where your gifts, your experience, and other people's real needs overlap. Some of your clearest purpose will grow directly out of what hurt most, redeemed. This week you will write a single-sentence purpose statement — specific enough to act on and flexible enough to grow.

KEY TEACHING POINTS

- Purpose includes ordinary faithfulness
- Your hardest season often shapes your clearest calling
- Purpose changes shape across seasons
- Gifts are confirmed by community

REAL-LIFE APPLICATION

Do one small act of service that uses a named strength.

GROUP DISCUSSION

- What do people consistently thank you for?
- What need moves you most?
- What experience has prepared you to help someone else?

PERSONAL REFLECTION

What would I attempt if I believed God had prepared it for me?

SCRIPTURE MEMORY

Memorize Ephesians 2:10. Write it from memory:

Discovering Purpose

My gifts and strengths:

Experiences that shaped me:

Needs that move me:

My purpose statement (one sentence):

JOURNALING ACTIVITY

Write about a time your experience helped someone else.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Ephesians 2:8-10

Day 2 — 1 Peter 4:10-11

Day 3 — Romans 12:3-8

Day 4 — Esther 4:14

Day 5 — 2 Corinthians 1:3-4

Day 6 — Colossians 3:23-24

Day 7 — Micah 6:8

PRAYER ACTIVITY

Pray your purpose statement back to God and ask for confirmation.

HEALTHY BOUNDARIES

Decide what you will say no to in order to say yes to your purpose.

ACCOUNTABILITY ACTIVITY

Share your purpose statement with your partner and ask for honest feedback.

GROWTH PRACTICE

Complete one act of service that uses a named strength.

WEEKLY CHALLENGE

Ask two people what strength they see in you.

PROGRESS CHECK

- ☐ I named my gifts and strengths
- ☐ I wrote a one-sentence purpose statement
- ☐ I served once using a strength

Coach notes. Help participants keep purpose statements concrete and achievable.

CLOSING PRAYER

Father, thank You for preparing good work for me. Make me faithful in it. Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

Moving Forward with God

“He who began a good work in you will bring it to completion at the day of Jesus Christ.”

Philippians 1:6

SCRIPTURE BACKGROUND

Paul writes from prison to a church he loves. His confidence is not in their consistency but in God's faithfulness to finish what He starts.

LESSON OBJECTIVES

- Review and celebrate growth
- Commit to ongoing spiritual practices
- Maintain boundaries and accountability
- Create a written Faithful Path action plan

OPENING PRAYER

Lord, thank You for what You have done in these ten weeks. Carry it forward. Amen.

WELCOME, CHECK-IN & ICEBREAKER

- Check-in: Share one way you are different than in week one.
- Icebreaker: Name one moment from this journey you will remember.

MAIN LESSON

The end of a program is where most growth is quietly lost — not through failure, but through the absence of a plan. This final week you will look back honestly at what changed, celebrate it deliberately, and write a plan specific enough to follow on a hard week: your practices, your boundaries, your accountability, and your next step.

KEY TEACHING POINTS

- Growth that is not planned tends to fade
- Celebration is a spiritual discipline
- Maintenance requires the same tools that produced change
- Completion is a beginning, not an ending

REAL-LIFE APPLICATION

Complete your Faithful Path action plan and give a copy to your accountability partner.

GROUP DISCUSSION

- What changed most for you?
- What was hardest?
- What will you carry forward?

PERSONAL REFLECTION

What do I want to be true of me one year from today?

SCRIPTURE MEMORY

Memorize Philippians 1:6. Write it from memory:

Moving Forward with God

What changed in these ten weeks:

Practices I will continue:

Boundaries I will maintain:

My next step with Faithful Path:

JOURNALING ACTIVITY

Write a letter to yourself in week one.

Devotional, Prayer & Growth

SEVEN-DAY DEVOTIONAL PLAN

Day 1 — Philippians 1:3-11

Day 2 — Psalm 103:1-5

Day 3 — Isaiah 43:18-19

Day 4 — Hebrews 12:1-2

Day 5 — Deuteronomy 6:4-9

Day 6 — Psalm 16:5-11

Day 7 — Numbers 6:24-26

PRAYER ACTIVITY

Pray through your action plan line by line.

HEALTHY BOUNDARIES

Write how you will restore a boundary if it slips.

ACCOUNTABILITY ACTIVITY

Schedule your next three accountability check-ins now.

GROWTH PRACTICE

Complete and share your written action plan.

WEEKLY CHALLENGE

Tell one person what God did in you during these ten weeks.

PROGRESS CHECK

- ☐ I reviewed my growth honestly
- ☐ I completed my action plan
- ☐ I scheduled ongoing accountability

Coach notes. Close with genuine celebration. Confirm completion documentation and next-step options.

CLOSING PRAYER

Father, thank You for beginning a good work in me. I trust You to complete it. Amen.

MY NOTES THIS WEEK

What God said, what surprised me, what I want to remember.

AFTER WEEK TEN

My Faithful Path Action Plan

Growth that is not planned tends to fade. Write this plan specifically enough to follow on a hard week.

My daily spiritual practice and when it happens:

Boundaries I am maintaining:

My accountability partner and check-in schedule:

My purpose statement:

My next step with Faithful Path:

How I will restart if I slip:

TEN WEEKS

Progress Tracker

Week	Lesson	Worksheet	Devotional	Growth Practice	Date completed
01 Welcome to Faithful Path	☐	☐	☐	☐	
02 Identity in Christ	☐	☐	☐	☐	
03 Healing from Emotional Hurt	☐	☐	☐	☐	
04 Understanding Brokenness	☐	☐	☐	☐	
05 Renewing the Mind	☐	☐	☐	☐	
06 Strengthening Faith and Prayer	☐	☐	☐	☐	
07 Healthy Boundaries	☐	☐	☐	☐	
08 Accountability and Responsibility	☐	☐	☐	☐	
09 Discovering Purpose	☐	☐	☐	☐	
10 Moving Forward with God	☐	☐	☐	☐	

Notes



CERTIFICATE OF COMPLETION

Faithful Path 101: First Steps

This certifies that

participant name

has faithfully completed the ten-week Faithful Path 101: First Steps coaching journey, including all weekly lessons, worksheets, devotional readings, and Growth Practices.

Mrs. Monique Velasquez · Spiritual
Coach and Founder

Date of completion

Faith Over Brokenness

Completion of this program is not a professional license or credential in counseling, therapy, psychology, social work, or medicine.