



FAITHFUL PATH COACHING MINISTRY

Faithful Path Abilities

10-Week Christian Coaching Workbook

Created with Purpose. Growing in Christ.

Genesis 1:27

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Before You Begin

Faithful Path Abilities exists to encourage, equip, and empower individuals of all abilities through biblical truth, compassionate coaching, practical life skills, and Christ-centered community. Every person is created in the image of God with unique gifts, value, purpose, and the ability to grow in Christ.

How each week works

Every week of this workbook follows the exact same twelve-part format, so you always know what comes next.

- Opening prayer
- Memory verse
- Bible lesson
- Teaching
- Life application
- Reflection questions
- Growth activity
- Prayer journal
- Weekly goals
- Coach notes
- Homework
- Closing prayer

My name

My coach

Start date

WEEK 1

God Created Me with Purpose

Opening Prayer

Father, thank You for making me on purpose. Open my heart this week to see myself the way You see me. Amen.

Memory Verse

So God created mankind in his own image, in the image of God he created them.
— Genesis 1:27

Bible Lesson

Before anything else was true about you, this was true: God made you in His image. Not by accident, not as a leftover, and not as a lesser version of anyone else. Genesis tells us God looked at what He made and called it very good.

Teaching

- God made you on purpose, with purpose
- Being made in God's image gives every person equal dignity
- Your abilities and your limits are both part of a life God can use
- Purpose grows over time; you do not have to see all of it today

Week 1 · God Created Me with Purpose

Life Application

This week, notice one moment where you did something kind, faithful, or brave. That moment is purpose in action.

Reflection Questions

What does it mean to you that God made you in His image?

What is one gift or strength God has given you?

What is one thing you would like God to help you grow in?

Week 1 · God Created Me with Purpose

Growth Activity

Write your name at the top of a page and list five true things God says about you.
Read the list out loud each morning.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Genesis 1:26-31 slowly, twice.
- Say the memory verse out loud three times a day.
- Write one sentence each day about something good God made.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 2

Knowing My Identity in Christ

Opening Prayer

Jesus, thank You for calling me Your own. Teach me who I am in You this week. Amen.

Memory Verse

*For we are God's handiwork, created in Christ Jesus to do good works. —
Ephesians 2:10*

Bible Lesson

The word handiwork means a work of art. You are not a mistake to be fixed; you are a creation being completed. Your identity is not what others have said about you, and it is not your hardest day. It is what God says.

Teaching

- Identity in Christ is given, not earned
- Labels from other people do not define you
- God prepared good works for you to walk in
- Knowing who you are steadies how you live

Week 2 · Knowing My Identity in Christ

Life Application

When a discouraging thought comes, answer it out loud with the memory verse.

Reflection Questions

What labels have you carried that God never gave you?

What does God call you instead?

What good work could God be preparing for you?

Week 2 · Knowing My Identity in Christ

Growth Activity

Make two columns: 'What I've been told' and 'What God says.' Fill in the second column with Scripture.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Ephesians 2:1-10.
- Replace one negative label with a Bible truth.
- Tell one safe person one true thing God says about you.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 3

Building Confidence Through God's Word

Opening Prayer

Lord, my confidence comes from You. Strengthen me where I feel small. Amen.

Memory Verse

I can do all this through him who gives me strength. — Philippians 4:13

Bible Lesson

Biblical confidence is not pretending to be strong. It is trusting that God supplies strength for what He asks of you. Confidence grows when you take one small step and see God meet you there.

Teaching

- Confidence is trust in God, not comparison with others
- Small steps build real confidence
- God's strength shows up in weakness
- Practice, prayer, and encouragement grow courage

Week 3 · Building Confidence Through God's Word

Life Application

Choose one thing you have been avoiding and take the first small step this week.

Reflection Questions

Where do you feel least confident?

What is one small step you could take there?

Who encourages you well, and how can you thank them?

Week 3 · Building Confidence Through God's Word

Growth Activity

Write your memory verse on a card and place it where you will see it before the hard thing.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Philippians 4:10-13.
- Take one small brave step.
- Write down what happened and how you felt.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 4

Learning Healthy Boundaries

Opening Prayer

Father, help me set limits that protect what is good and honor others. Amen.

Memory Verse

Above all else, guard your heart, for everything you do flows from it. — Proverbs 4:23

Bible Lesson

A boundary is a loving line that keeps you safe and keeps relationships honest. Saying no to one thing lets you say a full yes to another. Boundaries are not unkind; they are wise.

Teaching

- Boundaries protect your heart, body, time, and money
- You may say no respectfully and without a long explanation
- Safe people accept your boundaries; unsafe people push against them
- Tell a trusted adult or coach if someone will not respect your limits

Week 4 · Learning Healthy Boundaries

Life Application

Practice one boundary sentence this week: 'That doesn't work for me, but thank you for asking.'

Reflection Questions

Where do you need a boundary right now?

What words will you use?

Who is a safe person you can tell?

Week 4 · Learning Healthy Boundaries

Growth Activity

Write three boundaries: one for your time, one for your relationships, one for your phone or online use.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Proverbs 4:20-27.
- Practice one boundary sentence out loud.
- Note who respected it and who did not.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 5

Managing Emotions God's Way

Opening Prayer

God, thank You for staying close when I feel too much. Help me bring my feelings to You. Amen.

Memory Verse

The Lord is close to the brokenhearted and saves those who are crushed in spirit. — Psalm 34:18

Bible Lesson

Feelings are information, not instructions. God is not afraid of your anger, sadness, or fear. The Psalms are full of honest prayers. Naming a feeling takes away much of its power.

Teaching

- Name the feeling before you act on it
- Bring the feeling to God in honest prayer
- Use calming tools: slow breathing, walking, music, and talking to a safe person
- Ask for help when a feeling is too heavy to carry alone

Week 5 · Managing Emotions God's Way

Life Application

Each day this week, name one feeling out loud and say a one-sentence prayer about it.

Reflection Questions

Which feeling is hardest for you to handle?

What helps you calm down?

Who can you talk to when a feeling is too big?

Week 5 · Managing Emotions God's Way

Growth Activity

Make a simple feelings list with a calming plan next to each feeling.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Psalm 34.
- Complete a daily feelings check-in.
- Try one calming tool and note if it helped.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 6

Healthy Relationships

Opening Prayer

Lord, surround me with safe, kind people, and help me be one. Amen.

Memory Verse

A friend loves at all times. — Proverbs 17:17

Bible Lesson

Healthy relationships are marked by respect, honesty, kindness, and freedom. Unhealthy ones are marked by control, secrecy, pressure, and fear. God wants both safety and connection for you.

Teaching

- Safe people are consistent, respectful, and honest
- Healthy relationships allow you to say no
- Being a good friend means listening and keeping your word
- Secrecy, pressure, and fear are warning signs to report

Week 6 · Healthy Relationships

Life Application

Thank one safe person this week and tell them one specific reason you are grateful for them.

Reflection Questions

Who are your safest people?

What kind of friend do you want to be?

Is there a relationship that feels unsafe? Who will you tell?

Week 6 · Healthy Relationships

Growth Activity

Draw three circles: closest people, friendly people, and people to keep at a distance.
Place names in each.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read 1 Corinthians 13:4-7.
- Thank one safe person.
- Practice listening without interrupting once a day.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 7

Serving Others with My Gifts

Opening Prayer

Father, show me how to use what You gave me to bless someone else. Amen.

Memory Verse

Each of you should use whatever gift you have received to serve others. — 1 Peter 4:10

Bible Lesson

Every believer has something to give. Serving does not require a stage or a title. A kind word, a prepared meal, a card, or faithful prayer is real ministry.

Teaching

- Your gift may be practical, creative, encouraging, or prayerful
- Serving grows joy and purpose
- Start small and serve consistently
- Serve within healthy limits so you do not run empty

Week 7 · Serving Others with My Gifts

Life Application

Choose one act of service to do this week and plan the day and time now.

Reflection Questions

What are you good at?

Who could that help?

What will you do this week and when?

Week 7 · Serving Others with My Gifts

Growth Activity

Write a Gift Inventory: three things you do well, three things you enjoy, and one way to combine them in service.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read 1 Peter 4:7-11.
- Complete one act of service.
- Write down how it felt.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 8

Growing in Faith Every Day

Opening Prayer

Jesus, grow my roots deep. Help me meet with You every day. Amen.

Memory Verse

Rooted and built up in him, strengthened in the faith. — Colossians 2:7

Bible Lesson

Faith grows through small, repeated habits: a verse a day, an honest prayer, worship in the car, and church community. Roots grow quietly, then hold you steady in storms.

Teaching

- Daily habits matter more than long, occasional efforts
- Choose a time, a place, and a plan
- Community keeps faith from drifting
- Missing a day is not failure; begin again

Week 8 · Growing in Faith Every Day

Life Application

Pick a five-minute daily faith habit and set an alarm for it.

Reflection Questions

What time of day works best for you?

What will your five minutes include?

Who will ask you about it each week?

Week 8 · Growing in Faith Every Day

Growth Activity

Fill out a seven-day Bible reading tracker and check off each day.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Colossians 2:6-7.
- Keep a five-minute daily faith habit.
- Attend or watch one church service.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 9

Living with Courage and Hope

Opening Prayer

God, thank You that I never walk alone. Give me courage for what is next. Amen.

Memory Verse

Be strong and courageous. Do not be afraid; the Lord your God will be with you wherever you go. — Joshua 1:9

Bible Lesson

Courage is not the absence of fear; it is moving forward with God in spite of it. Hope is confident expectation that God is still writing your story.

Teaching

- God's presence is the reason for courage
- Hope looks forward without denying today's difficulty
- Courage grows through practice and support
- Celebrate every step forward

Week 9 · Living with Courage and Hope

Life Application

Name one hope for the next year and one step toward it this month.

Reflection Questions

What are you afraid of right now?

What would courage look like this week?

What are you hoping for?

Week 9 · Living with Courage and Hope

Growth Activity

Write a Hope Page: one hope for this month, one for this year, and one prayer for each.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Joshua 1:1-9.
- Take one courageous step.
- Tell your coach or a safe person about it.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

WEEK 10

Walking Forward with Christ

Opening Prayer

Father, thank You for these ten weeks. Keep growing what You started in me. Amen.

Memory Verse

He who began a good work in you will carry it on to completion. — Philippians 1:6

Bible Lesson

This is not an ending. God finishes what He starts. Look back at how far you have come, then make a simple plan to keep walking: church, prayer, Scripture, safe people, and healthy boundaries.

Teaching

- Review your growth and celebrate it
- Keep the habits that worked
- Keep your boundaries in place
- Stay connected to community and coaching support

Week 10 · Walking Forward with Christ

Life Application

Write your forward plan and share it with your coach and one safe person.

Reflection Questions

How have you changed in ten weeks?

Which habit will you keep?

What is your next step?

Week 10 · Walking Forward with Christ

Growth Activity

Complete your Faithful Path Forward Plan: habits, boundaries, people, church, and next goal.

Prayer Journal

Weekly Goals

☐ Goal 1

☐ Goal 2

☐ Goal 3

Homework

- Read Philippians 1:3-11.
- Write your forward plan.
- Prepare a short testimony of your growth to share at graduation.

Coach Notes

Closing Prayer

Lord, thank You for this week. Help me remember what You have shown me and to walk it out with You. In Jesus' name, Amen.

Weekly Worksheet Checklist

Every Faithful Path Abilities weekly worksheet includes each of the following.

☐ Scripture reading

☐ Scripture explanation

☐ Reflection questions

☐ Prayer

☐ Journal page

☐ Weekly goals

☐ Habit tracker

☐ Gratitude list

☐ Bible memory verse

☐ Action steps

☐ Accountability check-in

☐ Coach notes

☐ Parent/caregiver notes (when applicable)

Graduation Reflection

What has God shown me about my purpose?

How have I grown in confidence?

Which boundary or habit has helped me most?

How will I keep growing after this program?

Final Prayer

Heavenly Father, thank You for creating me with purpose and walking with me through every week of this journey. Thank You for the growth You have started in me. Give me courage to keep walking forward with You, confidence in who You say I am, and a heart that serves others with the gifts You have given me. In Jesus' name, Amen.

Bonus Downloads

- Faithful Path Abilities Daily Prayer Guide
- Faithful Path Abilities Scripture Cards
- Faithful Path Abilities Monthly Calendar
- Faithful Path Abilities Feelings Wheel
- Faithful Path Abilities Communication Cards
- Faithful Path Abilities Bible Reading Tracker
- Faithful Path Abilities Encouragement Cards
- Faithful Path Abilities Gratitude Journal
- Faithful Path Abilities Goal Planner
- Faithful Path Abilities Graduation Certificate



Certificate of Completion

This certifies that

has faithfully completed the 10-week
Faithful Path Abilities Christian Coaching Program

"So God created mankind in his own image." — Genesis 1:27

Coach signature

Date