



Weekly Lesson Workbook

Faithful Path Coaching · Faith Over Brokenness

Use one workbook page-set for each week of your program. Print it, fill it in, and bring it to your coaching session.

Week #		Date	
Lesson Title			

Program

☐ Women's Coaching

☐ Men's Coaching

☐ Youth Coaching

☐ Pre-Teen Coaching

☐ Certification Academy

☐ Other: _____

Opening Prayer

Begin this lesson by inviting God into your heart and mind.

This Week's Scripture

Bible Verse

Scripture Reference

--

Understanding God's Word — what does this Scripture teach us?

Weekly Teaching

Lesson Overview — this week's lesson teaches:

Key Biblical Principles

Real-Life Application

How can you apply today's lesson?

☐ **At Home**

☐ **At Work**

☐ **At Church**

☐ **In Relationships**

Personal Reflection

Take a few moments to honestly answer these questions.

1. What spoke to your heart today?

2. What challenged you?

3. What is God teaching you?

4. What step of faith will you take this week?

Growth Practice

Complete these throughout the week.

- | | |
|--|---|
| ☐ Read today's Scripture each day | ☐ Pray for at least 10 minutes daily |
| ☐ Practice this week's lesson | ☐ Encourage another person |
| ☐ Attend church or Bible study | ☐ Complete your journal |

Notes on my Growth Practice

Additional Notes

Faith Journal

Write what God is speaking to your heart.

Healthy Boundaries

What healthy boundary are you working on this week?

How will this help your spiritual growth?

Accountability Check-In

Did you complete this week's goals?

☐ Yes

☐ Mostly

☐ Still Working On It

What obstacles did you face?

How did God help you?

Weekly Progress Review

Rate yourself this week by filling in the stars.

Prayer Life	☆ ☆ ☆ ☆ ☆
Bible Reading	☆ ☆ ☆ ☆ ☆
Faith Growth	☆ ☆ ☆ ☆ ☆
Obedience	☆ ☆ ☆ ☆ ☆
Emotional Healing	☆ ☆ ☆ ☆ ☆
Healthy Boundaries	☆ ☆ ☆ ☆ ☆
Overall Progress	☆ ☆ ☆ ☆ ☆

What I want to celebrate or bring to my coach

Coach Feedback

Coach Notes

Prayer Requests

Words of Encouragement

Closing Prayer

Dear Heavenly Father,

Thank You for speaking to me through Your Word today. Help me to walk in obedience, grow in faith, and trust You in every area of my life. Strengthen me as I continue this journey of healing, purpose, and transformation. May everything I do bring glory to You.

In Jesus' Name, Amen.

Weekly Memory Verse

Write this week's verse from memory.

Preparing for Next Week

Before your next lesson:

- | | |
|--|---|
| ☐ Complete Growth Practice | ☐ Finish Journal Entry |
| ☐ Memorize Scripture | ☐ Pray Daily |
| ☐ Review This Week's Lesson | ☐ Come Ready for the Next Step |

My commitment for next week

Faithful Path Coaching · Faith Over Brokenness

"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