



COMFORT

TO

Calling

FORMATION

THE PROCESS

That Prepares



A FIELD GUIDE FOR THE JOURNEY
from revelation to formation to activation



Welcome, SOUL SISTER.



If you're anything like me, you've spent years trying to figure out why certain seasons felt so painful.

Maybe you've wondered if God forgot you.
Maybe you've questioned His timing.
Maybe you've even questioned yourself.

This Field Guide isn't about having all the answers. It's about creating space for the Holy Spirit to reveal what He may have been doing all along.

Some pages are designed for today's gathering. Others are intentionally meant for quiet mornings with your Bible, a cup of coffee, and Jesus.

*Don't rush.
Formation isn't something we complete.
It's something we surrender to.*



WELCOME TO THE JOURNEY.

THE JOURNEY



Every calling begins with a *revelation*.
Every calling is strengthened through *formation*.
Every calling requires courageous *activation*.



REVELATION

The Moment Before Clarity

God changes
what you know.

✓ COMPLETED



FORMATION

*The Process
That Prepares*

God changes
who you are.

★ YOU ARE HERE



ACTIVATION

Coming Next Session

God changes
what you do.

God rarely sends before He prepares.



Follow Along



TODAY'S BIG IDEA

THE FORMATION FRAMEWORK



RECOGNIZE



RENOVATE



REINFORCE



♥ FAVORITE QUOTE

♥ SCRIPTURE GOD HIGHLIGHTED

♥ HOLY SPIRIT WHISPER

Write less. Listen more.



THE FORMATION *Framework*



A simple, biblically rooted process to help you
RECOGNIZE, **RENOVATE**, and **REINFORCE** what God
is forming in you.



RECOGNIZE

2 Corinthians 10:3–6

Identify the thoughts, lies,
and patterns that are shaping
you instead of Scripture.

Ask Yourself:

What am I believing?

Where did this thought come from?

Is this thought aligned with God's truth?



RENOVATE

Romans 12:1–2

Replace lies with truth and
surrender to the renewal of
your mind by God's Word.

Ask Yourself:

What truth does God say instead?

How can I surrender this area to Him?

What is He inviting me to believe?



REINFORCE

Philippians 4:8–9

Practice, repeat, and fix your
focus on what is true, godly,
and life-giving.

Ask Yourself:

What will I focus on today?

What habits will help me stay anchored
in God's truth?

Who can help me stay accountable?

Recognize the lie. Renovate with truth. Reinforce through practice.

REPEAT DAILY. TRUST GOD ALWAYS. 

BIBLICAL COMFORT

VS.

Counterfeit Comfort

Comfort is not the absence of formation.
It is God's active presence *within* the process.



BIBLICAL COMFORT

God meets me in the process.



Draws me closer to God.
Psalm 34:18



Leads to growth,
formed character.
Hebrews 12:5–11



Invites surrender and
obedience.
John 14:21



Anchors me in truth
and hope.
Romans 15:13



Produces lasting peace
that endures.
John 16:33

COUNTERFEIT COMFORT

I escape the process.



Pulls me away from God.
Psalm 1:1



Avoids growth,
stays comfortable.
Proverbs 12:5



Resists surrender and
change.
Luke 9:23



Offers temporary relief
that doesn't last.
Proverbs 14:12



Leads to emptiness
that returns.
Ecclesiastes 1:2



Biblical comfort says: *"I'm here. Now let's go."*

Counterfeit comfort says: *"Come here and hide."*





Holy Spirit HIGHLIGHTS



Take a few minutes to listen.

What is the Holy Spirit *highlighting* in you today?

Write it down. Don't filter it. Don't edit it. Just receive it.



LORD... WHAT ARE YOU HIGHLIGHTING FOR ME TODAY?



WHAT SENTENCE, STORY, OR SCRIPTURE

won't leave me alone?



WHICH OF THE THREE R'S NEEDS MY ATTENTION TODAY?

☐

RECOGNIZE

☐

RENOVATE

☐

REINFORCE

Why?



ONE THING I'M SURRENDERING TO YOU TODAY...



Remember: Don't edit what the Holy Spirit says.
Just write it. Trust it.

He is forming something *beautiful* in you.





CONTINUE THE *Conversation*



You've already listened. You've already written.
Now, let's share together and encourage one another.

Be real. Be kind. Be confidential.



1



What was the Holy Spirit highlighting for you today?

(Share as much or as little as you feel comfortable.)

.....

.....

2



Which story, Scripture, or truth from today's message stayed with you the longest?

.....

.....

3



Which of the Three R's feels most important for you in this season? Why?

RECOGNIZE • RENOVATE • REINFORCE

.....

.....

4



How can we pray for you before we leave today?

(Keep it specific and simple.)

.....

.....



Remember: Listening is more important than fixing.
Sharing is more important than sounding spiritual.
Prayer is more important than advice.



THINK ABOUT *These Things*

A BIBLICAL THOUGHT AUDIT

“ Transformation isn’t found in a moment of truth.
It’s found in *repeated agreement* with the Truth. ”

PHILIPPIANS 4:8

ASK YOURSELF...	PHILIPPIANS 4:8
 IS IT TRUE?	Am I believing reality... or fear?
 IS IT HONORABLE?	Does this thought reflect what is worthy in action?
 IS IT JUST?	Is this thought right and fair before God?
 IS IT PURE?	Is this thought clean and free from corruption?
 IS IT LOVELY?	Does this thought reflect beauty, grace, and goodness?
 IS IT COMMENDABLE?	Will this thought build others up?
 IS IT EXCELLENT?	Does this thought reflect virtue, quality, and the best version of me?
 IS IT PRAISEWORTHY?	Would I be comfortable saying this thought out loud to Jesus?

The Thought Audit

1 WRITE ONE RECURRING THOUGHT
YOU’VE HAD THIS WEEK.

2 NOW, ASK THESE QUESTIONS.

- ☐ Is it true?
- ☐ Is it honorable?
- ☐ Is it just?
- ☐ Is it pure?
- ☐ Is it lovely?
- ☐ Is it commendable?
- ☐ Is it excellent?
- ☐ Is it praiseworthy?



3 WHAT DID YOU
NOTICE?

REPLACE IT

With Truth

Renovate your mind. Reinforce God's truth.

RECOGNIZE

What I've been believing.

RENOVATE

What Scripture says instead.

REINFORCE

How I will walk in this truth.



OLD THOUGHT

What have I been believing?



WHAT DOES SCRIPTURE SAY INSTEAD?

What is God's truth about this?



NEW THOUGHT

What truth will I choose to believe instead?



PRAYER

Lord, help me believe and walk in Your truth.



HOW WILL I REINFORCE THIS TRUTH THIS WEEK?

One step.
One habit.
One reminder.

Truth repeated becomes transformation. 

THE TRUTH

That Sets Me Free

SCRIPTURE TRANSFORMS HOW WE THINK.

“Then you will know the truth, and the truth will set you free.”

JOHN 8:32

Use this space to go deeper with one thought area the Holy Spirit is highlighting for you.

1



RECOGNIZE

What I've been believing.

2 CORINTHIANS 10:3-6

WHAT THOUGHT OR LIE HAVE I BEEN BELIEVING?

2



RENOVATE

What Scripture says instead.

ROMANS 12:1-2

WHAT DOES GOD'S WORD SAY ABOUT THIS?

3



REINFORCE

How I will walk in this truth.

PHILIPPIANS 4:8-9

HOW WILL I CHOOSE TO THINK, SPEAK, AND LIVE THIS TRUTH?



Reflection

What freedom is God inviting me into through this truth?



WALK IT OUT

This Week's Invitation ♡

Formation happens in the everyday.
What I do this week *matters*.

THIS WEEK I WILL INTENTIONALLY...

- ☐ Pause before reacting.
- ☐ Capture one recurring thought.
- ☐ Memorize Philippians 4:8.
- ☐ Replace one lie with Scripture.
- ☐ Practice gratitude.
- ☐ Encourage someone.
- ☐ Rest without guilt.
- ☐ Pray before I panic.
- ☐ Other: _____

THIS WEEK GOD IS INVITING ME TO...



Accountability ♡

Who will ask me about this? _____

When will I check in? _____



MY FAVORITE SCRIPTURE ♡



HOLY SPIRIT HIGHLIGHT ♡

♡ Tomorrow's calling is shaped
by today's formation. ♡



A Prayer

FOR MY FORMATION



Give me the *strength*
to do what You're asking,
and the *peace* to do it well.

Give me the *patience*
to do what You're asking,
and the *confidence* to do it well.

Give me the *motivation*
to do what You're asking,
and the *discipline* to do it well.



Thank You for loving me enough
to form me for the calling You've placed on my life.

Amen.



A decorative journal page with a light cream background. In the top left corner, there are teal leaves on a branch. In the top right corner, there is a torn paper effect showing red and blue colors. The title "WHAT I DON'T" is in a teal serif font, and "Want to Forget" is in a red cursive font, followed by a gold heart icon. Below the title is a horizontal line with a gold heart in the center. Underneath the line is the text "NOTES. INSIGHTS. REMINDERS. TRUTHS TO HOLD ON TO." in a dark blue sans-serif font. The middle section of the page is filled with horizontal dotted lines for writing. In the bottom right corner, there are more teal leaves on a branch. At the bottom, there is a teal brushstroke containing the text "Write it down. Remember it. Walk it out." in a dark blue sans-serif font, followed by a gold heart icon.

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BEFORE NEXT

Session...

THE PROCESS CONTINUES.

Formation happens in the everyday.

As you walk out this process, pay attention to what God is doing in you.
Bring these stories back next month to encourage someone else.



**WHERE DID YOU
RECOGNIZE**
a thought?



**WHERE DID GOD
RENEW YOUR**
mind?



**WHERE DID YOU
CHOOSE TRUTH**
instead?

Takeaway for Next Time

WHAT DO YOU WANT TO REMEMBER TO SHARE NEXT SESSION?

God is still forming you. Keep noticing. 



God is not revealing a calling.
He's *developing* the person
capable of carrying it.

-Lindsay Tedder

