PUTTING FAITH INTO PRACTICE

The Six-Part
F.A.I.T.H. Formula
Worksheet Collection

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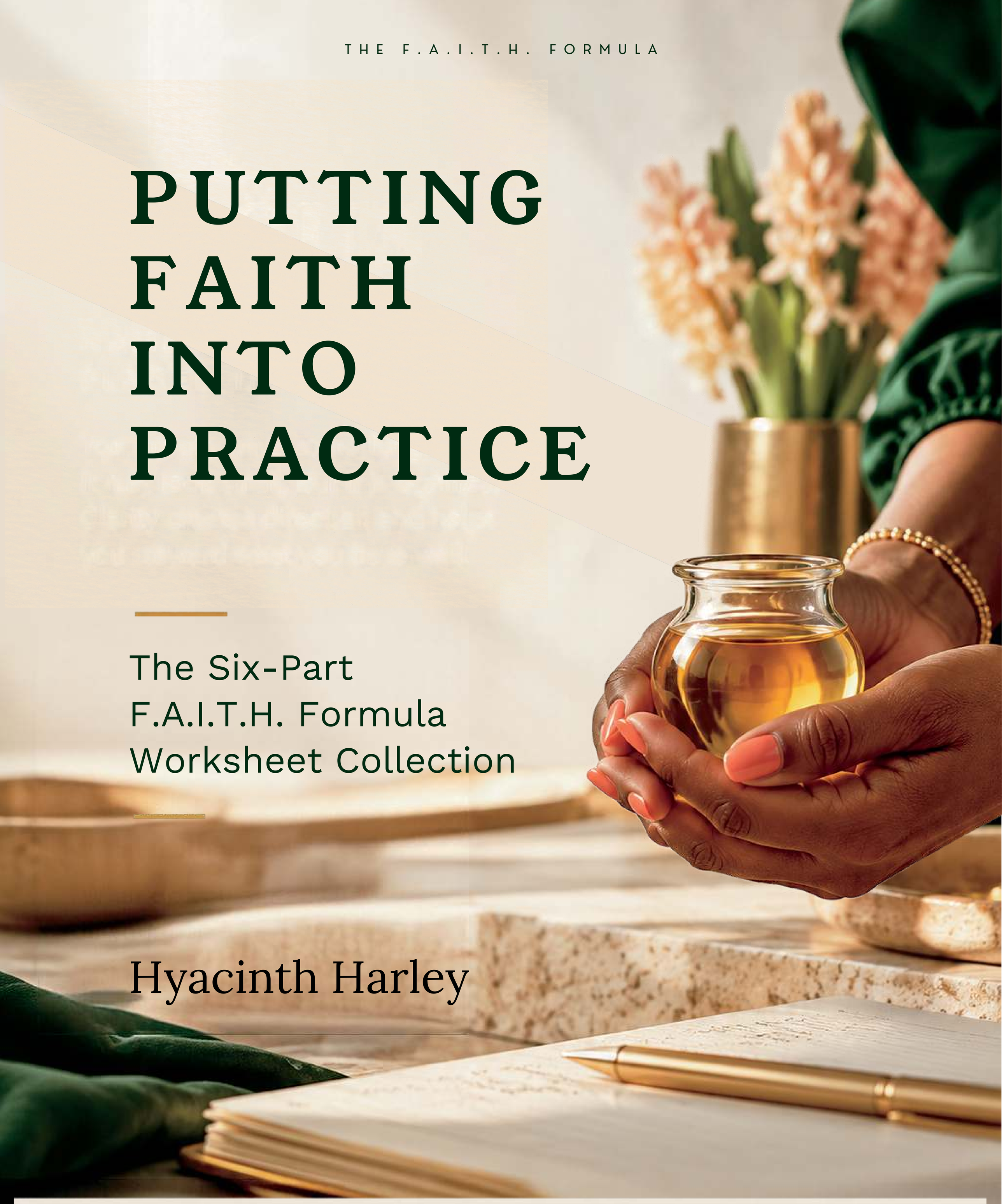

The EXCEPT Exercise → FOCUS → ACTION → INVESTMENT → TRUST → HOPE

00

THE EXCEPT EXERCISE

The foundation practice for the entire F.A.I.T.H. Formula.

1. WHERE AM I LIVING INSIDE 'NOTHING AT ALL'?

What problem, loss, limitation or lack has become so large that it is all I can see?

2. I HAVE NOTHING AT ALL, EXCEPT...

Do not edit or decide whether something counts. Name every except, including the ones that feel embarrassingly small.

3. LOOK AGAIN. WHAT HAVE I BEEN CALLING NOTHING?

Go beyond the obvious. Look for the oil hidden in ordinary, painful or overlooked parts of your story.

WHAT I KNOW HOW TO DO:

WHAT HAVE I NEVER NAMED AS A GIFT?

WHAT I HAVE LIVED THROUGH:

WHAT UNDERSTANDING DID IT PRODUCE?

WHO ALREADY TRUSTS ME:

WHAT DO THEY ALREADY COME TO ME FOR?

4. NAME MY EXCEPT

THE EXCEPT THAT SURPRISED ME MOST:

THE EXCEPT I MAY BE UNDERESTIMATING:

5. MY STARTING POINT

Complete the sentence again. This time, do not apologize for what is already in your house.

REMEMBER: The except is the starting point. Your oil is already in the house.

01

F = FOCUS

Shift your attention from the size of the problem to the faithfulness of God.



1. WHAT AM I FOCUSING ON?

What problem, fear, delay, limitation, comparison or circumstance keeps taking my attention?

2. WHERE IS THAT FOCUS TAKING ME?

What am I believing, saying or doing because my attention has stayed in the wrong place?

3. WHAT DOES GOD SAY?

Write the Scriptures you need to combat your wrong focus and bring your attention back into alignment.

SCRIPTURE:	WHAT TRUTH DOES IT REMIND ME OF?
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SCRIPTURE:	WHAT TRUTH DOES IT REMIND ME OF?

4. SHIFT MY FOCUS

I AM SHIFTING MY FOCUS FROM:	→	I AM SHIFTING MY FOCUS TO:

5. MY FOCUS DECLARATION

When my attention drifts, what will I choose to believe and focus on?

REMEMBER: Focus is a practiced discipline. When your attention drifts, bring it back to what is true.

02

A = ACTION

Move before you feel ready.



1. WHERE AM I WAITING TO FEEL READY?

What have I delayed because I am waiting for more certainty, confidence, resources, permission or the "right" time?

2. WHAT AM I WAITING FOR GOD TO MAKE SOLID?

Where have I been waiting for God to remove the uncertainty before I move?

3. WHAT DOES GOD SAY?

Read Proverbs 16:9 and Matthew 14:28–31. Let Scripture speak into the step you are being asked to take.

PROVERBS 16:9	**WHAT DOES THIS TEACH ME ABOUT MOVING?**
MATTHEW 14:28–31	**WHERE AM I BEING ASKED TO STEP?**
THE TRUTH I WILL CARRY	**WHAT WILL I BELIEVE AS I MOVE?**

4. WHAT IS MY ONE STEP?

THE SMALLEST FAITHFUL STEP I CAN TAKE: → **I WILL TAKE THIS STEP BY:**

5. MY ACTION DECLARATION

What am I choosing to do before I feel completely ready?

REMEMBER: Faith moves first. God establishes my steps as I take them. So I move. He steers.

03

I = INVESTMENT

Pour out what you have.



1. WHERE HAVE I ALREADY POURED?

What have I given, served, built or invested that seemed to produce little or no visible return?

2. WHAT FRUIT DID IT PRODUCE IN ME?

What did that season form in me that I could not have manufactured any other way?

3. WHAT DOES GOD SAY?

Read 2 Kings 4:1–7. Let the widow's pouring speak into what you carry and where God may be asking you to invest it.

2 KINGS 4:2	WHAT DO I ALREADY HAVE TO POUR?
2 KINGS 4:5–6	**WHAT HAPPENED WHEN SHE POURED?**
THE TRUTH I WILL CARRY	**WHAT DOES THIS TEACH ME ABOUT INVESTMENT?**

4. WHERE WILL I POUR NEXT?

THE PERSON OR COMMUNITY I WILL POUR INTO:	→	WHAT I WILL POUR:

5. MY INVESTMENT DECLARATION

What am I committing to pour, and who or what am I committing to pour it into?

REMEMBER: Nothing poured in faith is ever wasted. The multiplication is His work. The pouring is mine.

04

T = TRUST

Hold your position in the dark.



1. WHAT AM I TRUSTING GOD WITH?

What feels uncertain, delayed or impossible right now? Name the specific thing you are being asked to trust God with.

2. WHAT DOES HIS TRACK RECORD SHOW ME?

Where has God shown up before in a way you could not have manufactured? Write the evidence you do not want to forget.

3. WHAT DOES GOD SAY?

Read Exodus 14:14 and Lamentations 3:22–23. Let Scripture speak into the place where you are being asked to trust.

EXODUS 14:14	WHAT WOULD IT MEAN TO BE STILL HERE?
LAMENTATIONS 3:22–23	WHAT DOES THIS REMIND ME ABOUT GOD?
THE TRUTH I WILL CARRY	WHAT WILL I BELIEVE WHILE I WAIT?

4. MY TRUST PRACTICE

LORD, WHAT DO YOU WANT ME TO TRUST YOU WITH TODAY?	→	WHAT I WILL RELEASE:

5. MY TRUST DECLARATION

What am I choosing to believe about God while I cannot yet see the outcome?

REMEMBER: His delays are not denials. His silences are not absences. Trust the track record, not the timeline.

05

H = HOPE

Sustain momentum for the legacy that outlives you.



1. WHAT AM I STILL HOPING FOR?

What is one thing I am still hoping for that I have almost stopped believing is possible? Name the dream plainly.

2. WHERE DO I NEED TO STAY AT MY POST?

Where am I at risk of walking away from something I am meant to remain in? What would it look like to stay?

3. WHAT DOES GOD SAY?

Read Psalm 78:4 and Esther 4:14. Let Scripture speak into the legacy you are building and the purpose of your present position.

PSALM 78:4

WHAT MUST I TELL THE NEXT GENERATION?

ESTHER 4:14

WHAT IS MY 'SUCH A TIME AS THIS'?

THE TRUTH I WILL CARRY

WHAT WILL KEEP MY HOPE ALIVE?

4. MY LEGACY COMMITMENT

THE PERSON OR GENERATION I AM BUILDING FOR: → **WHAT I WILL PASS ON:**

5. MY HOPE DECLARATION

What am I choosing to keep believing, building and passing forward?

REMEMBER: My history is someone's future. I am building for generations I will never meet. I will not hide what God has done.