

# NAVIGATING THE CYCLE OF RENEWAL WORKSHEET

"FOR THE WIDE BUT NOT DEEP"

## Introduction

You are likely here because you desire change. Perhaps you are exhausted from trying to fix yourself, or perhaps you feel the "rubber band" of old habits snapping you back after a period of success. This worksheet is based on the truth that "wide" reform (changing behavior) is useless without "deep" renewal (changing the heart) or as Terry Walling of LeaderBreakthru says, "God often needs to do a deeper work in our lives before he can do a greater work through our lives."

## Instructions:

Read the descriptions of the five profiles below. Be honest about your current condition. Use the "Diagnostic Indicators" to find where you are, then complete the "Next Steps" exercises for that specific stage.

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## SECTION 1: LOCATE YOUR STARTING POINT

Review the five profiles. Which one resonates with your current spiritual and emotional state?

### Profile A: The Amnesiac (Needs REMIND)

- **The Vibe:** Anxious, Striving, Defensive.
- **The Symptom:** You feel like you are constantly "interviewing" for your own life. You feel the need to prove your worth through your work, your parenting, or your ministry. When you fail, you feel crushed; when you succeed, you feel arrogant.
- **The Reality:** You have forgotten your identity. You are living as an orphan trying to earn a place at the table, rather than a son or daughter who is already seated.
- **Key Question:** *Do you know who you are, or are you defined by what you do?*

### Profile B: The Avoider (Needs REVIEW)

- **The Vibe:** Numb, Distracted, Vaguely Guilty.
- **The Symptom:** You keep the radio on. You avoid silence. You feel a "low-grade fever" of guilt but refuse to take your spiritual temperature. You are maintaining a facade of order while sensing internal chaos.
- **The Reality:** You are avoiding the mirror. You are afraid of what you might see if you look closely at your heart, so you keep the lights dim.
- **Key Question:** *What are you afraid to see?*

### Profile C: The Drifter (Needs REFOCUS)

- **The Vibe:** Overwhelmed, Scattered, Reactive.
- **The Symptom:** You are doing many things, but few things well. You feel pulled by the demands of others rather than driven by a clear call. You have "mission creep" in your own soul. You are busy, but not fruitful.
- **The Reality:** You have lost your "North Star." Your life is reactive to the urgent, rather than proactive for the important.
- **Key Question:** *If you could only do one thing for the King this season, what would it be?*

### Profile D: The Clinger (Needs REFINE)

- **The Vibe:** Resistant, Secretive, Double-Minded.
- **The Symptom:** You know what is right, but you can't seem to stop doing what is wrong. You feel "dragon scales" growing back. You are secretly holding onto a habit, a relationship, or a comfort that you value more than God's presence.
- **The Reality:** You are harboring an idol. You are trying to add Jesus to your life without subtracting the things that compete with Him.
- **Key Question:** *What are you terrified of losing?*

### Profile E: The Stagnant (Needs REFORM)

- **The Vibe:** Chaotic, Inconsistent, Frustrated.
- **The Symptom:** You have had spiritual breakthroughs recently, but they are fading. You feel the "fire" dying down. You have good intentions but no structure to support them. You rely on willpower rather than systems (disciplines) of grace.
- **The Reality:** You lack the "wineskins" for the new wine. You have not built the habits necessary to sustain the renewal God has given you.
- **Key Question:** *What new habits will sustain your new heart?*

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## SECTION 2: THE DEEP WORK (Select Your Profile)

*Proceed to the section corresponding to the Profile you selected above.*

### PATH A: REMIND (For the Amnesiac)

The Objective: To move from "Earning" to "Receiving."

The Truth: The "Josiah Paradox" happens when we try to obey the Law without the power of the Gospel. You need to stop working and start remembering.

#### Exercise 1: The Identity Audit

List three things you felt you had to "prove" or "earn" this week (e.g., intelligence, lovability, competence).

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_

### Exercise 2: The Scriptural Anchor

Read Ephesians 1:3-14. This passage lists what is already true about you before you do a single thing. List five of these truths (e.g., chosen, adopted, redeemed, sealed).

- Truth 1: \_\_\_\_\_
- Truth 2: \_\_\_\_\_
- Truth 3: \_\_\_\_\_
- Truth 4: \_\_\_\_\_
- Truth 5: \_\_\_\_\_

The Next Step:

For the next 3 days, start your morning by reading this list aloud. Do not attempt to fix any behavior yet. Your only "job" is to agree with God about who you are.

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### **PATH B: REVIEW (For the Avoider)**

The Objective: To move from "Hiding" to "Honesty."

The Truth: The Law is a mirror. It shows you the dirt, but it cannot wash you. Only the Surgeon (Jesus) can do that. But you must step into the light for the surgery to happen.

#### Exercise 1: The Mirror Moment

Set a timer for 10 minutes of absolute silence. Put your phone in another room. Ask the Holy Spirit to bring to mind one area of "rubble" in your life that you have been ignoring. Write it down. Be specific.

- *The Rubble:* \_\_\_\_\_

#### Exercise 2: The "Search Me" Prayer

Pray Psalm 139:23-24 aloud: "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"

- *What came to mind as you prayed?* \_\_\_\_\_

The Next Step:

Confession is the antiseptic for the soul. Share the "rubble" you identified with one trusted friend or pastor (a "Puddleglum" who will stand with you). Do not keep it in the dark.

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### **PATH C: REFOCUS (For the Drifter)**

The Objective: To move from "Clutter" to "Clarity."

The Truth: You cannot serve two masters. Renewal requires a single eye. "Wide but not deep" often happens because we are too wide—trying to do too much.

#### Exercise 1: The Priority Audit

List your top 5 time-consumers this past week. Be honest.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_

#### Exercise 2: The Alignment Check

Look at the list above. Mark which ones align with the priorities of the Kingdom. Mark which ones are distractions or "clutter."

#### Exercise 3: The "One Thing"

If you could only accomplish one spiritual goal in this next season, what would it be?

- *My Refocus Goal:* \_\_\_\_\_

The Next Step:

Identify three things you will stop doing this week to make space for the "One Thing." Write them down.

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### **PATH D: REFINE (For the Clinger)**

The Objective: To move from "Management" to "Mortification."

The Truth: You cannot peel off the dragon skin yourself (like Eustace). You must let the Lion tear it off. This hurts, but it heals.

#### Exercise 1: Idol Identification

Complete this sentence: "I am most terrified of losing \_\_\_\_\_, because it gives me a sense of \_\_\_\_\_."

(Whatever you wrote in the first blank is your functional idol).

## Exercise 2: The Cost Analysis

How has this idol failed you? (Remember: the rubber band always snaps back).

- *The cost of keeping this idol is:* \_\_\_\_\_

## Exercise 3: The "Refine" Prayer

"Lord, I give you permission to tear down this idol. I cannot do it. I ask for the surgery. Give me a heart of flesh in place of this stone."

The Next Step:

Take one physical action to break the link to this idol today. (e.g., delete an app, throw away an object, end a subscription, break off a conversation).

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## **PATH E: REFORM (For the Stagnant)**

The Objective: To move from "Intention" to "Habit."

The Truth: "Grace is not opposed to effort; it is opposed to earning", said Dallas Willard. Now that you have a new heart (Review/Refine), you need new habits (Reform) to protect it.

## Exercise 1: The Habit Audit

What daily habit is missing that would sustain your connection to the King? (e.g., morning prayer, scripture reading, silence, sabbath).

- *The Missing Habit:* \_\_\_\_\_

## Exercise 2: The "Micro-Reform"

Do not try to be King Josiah overnight. Pick one small, repeatable action.

- *My New Habit:* \_\_\_\_\_
- *When I will do it:* \_\_\_\_\_
- *The Cue (what reminds me):* \_\_\_\_\_

The Next Step:

Commit to this micro-reform for 7 days. Track your consistency. If you miss a day, don't give up—just restart.

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## SECTION 3: THE COMMITMENT TO STAND

### The "Puddleglum" Declaration

Renewal is not a group project; it is an individual decision that affects the group. The story of Josiah shows us that when the leader dies, the culture can collapse. You must be prepared to stand alone.

Read aloud and sign:

"Suppose the world tells me that my faith is a dream. Suppose the culture drifts back to darkness. I'm on the King's side even if there isn't any King to lead. I will live for the Greater King, Jesus, even if I have to stand alone."

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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## Conclusion

The "Wide But Not Deep" phenomenon describes a critical failure mode in both leadership and spiritual formation: the tendency to prioritize breadth of coverage (behavioral compliance) over depth of transformation (heart change). The case of King Josiah stands as a permanent warning that even the most rigorous external reforms are temporary if the "heart of stone" is not replaced by a "heart of flesh."

This worksheet provides a systematic method for avoiding this trap. By directing us to engage with the preparatory stages of **Remind**, **Review**, and **Refocus** before attempting **Refine** or **Reform**, it ensures that the resulting changes are powered by the "Greater King" rather than human willpower.

Ultimately, the Cycle of Renewal is not a ladder to climb, but a pathway to walk repeatedly. As C.S. Lewis's Eustace discovered, we cannot undragon ourselves. We require the intervention of Aslan. This worksheet is merely a tool that positions us on the operating table, ready for the Surgeon to do what only He can do: bring true, deep, and lasting resurrection.