

The REFINE Worksheet

Protocols for Spiritual Surgery

Objective: To move from *knowledge* of the need for reform to the *action* of purging idols. This worksheet is divided into two sections: **Part I** for individual self-examination, and **Part II** for church leadership teams to evaluate the corporate body.

PART I: PERSONAL REFINING (The Internal Temple)

For the individual believer. To be completed in a time of silence and solitude.

Phase 1: The Diagnostic X-Ray

Josiah's reform began with identifying the specific idols within the Temple. Use these "X-Ray Questions" (adapted from David Powlison and Tim Keller) to identify the functional gods competing for your heart.

1. The Mind Test (Where do you go in solitude?)

What do you habitually think about to get joy and comfort when you have nothing else to do?

- ☐ My career/future success
- ☐ A specific relationship (or lack thereof)
- ☐ Financial accumulation/security
- ☐ Revenge/Vindication against those who hurt me
- ☐ My appearance/image
- ☐ God and His Kingdom

Analysis: What your mind drifts toward effortlessly is often what you worship.

2. The Nightmare Test (What do you fear most?)

Complete this sentence: "Life would not be worth living if I lost _____."

Analysis: If you can't imagine being happy without it, it is functioning as a savior.

3. The Emotion Test (Where do you rage?)

What makes you uncontrollably angry, anxious, or despondent when it is blocked or threatened?

Analysis: Idols rage when they are threatened. Disproportionate emotions are like smoke from the altar of an idol.

Phase 2: Naming the "High Places"

Based on your answers above, identify which "Root Idol" is currently occupying the throne of your heart. Check the one that resonates most:

[] **The Idol of Power:** "I only have worth if I am winning, influencing, or dominating."

Symptoms: Overworking, anxiety about status, crushing others to get ahead.

[] **The Idol of Approval:** "I only have worth if I am loved, respected, and admired."

Symptoms: People-pleasing, cowardice in conflict, obsession with social media likes.

[] **The Idol of Comfort:** "I only have worth if I am stress-free, pain-free, and experiencing pleasure."

Symptoms: Procrastination, addiction (food, porn, substances), avoiding difficult duties.

[] **The Idol of Control:** "I only have worth if I can master my circumstances and guarantee my future."

Symptoms: Worry, micromanagement, lack of trust in God's providence.

Phase 3: The Purge Protocol (Action Steps)

Josiah didn't just pray about the idols; he burned them. Identify one concrete "tearing down" action you will take this week.

The "Digital Topheth" (Technology Purge):

[] **The Gray-Scale Challenge:** Turn your phone screen to grayscale to remove the dopamine trigger of colorful icons.

[] **The Notification Fast:** Turn off *all* non-human notifications (news, apps, games). Only allow texts/calls.

[] **The Bedroom Sanctuary:** Buy an analog alarm clock and charge the phone in the kitchen overnight.

The "Asherah Pole" (Habit Purge):

- **Name the specific habit:** _____
- **The "Violent" Action:** (e.g., Pouring the alcohol down the drain, deleting the contact, canceling the subscription).

- *My Action:*

Prayer of Detachment:

"Lord, I name _____ as a false god. It cannot save me. I tear down its altar in my heart. Burn away the dross so that I may reflect Your image. Amen."

PART II: LEADERSHIP REFINING (The Corporate Temple)

For Pastors, Elders, and Ministry Leaders. To be discussed in a leadership meeting.

Phase 1: The "Temples of the Lord" Audit

Josiah found that the Temple itself had become cluttered with pagan housing and horses dedicated to the sun. We must ask what cultural idols have set up shop inside our church.

1. The Fruit vs. Foliage Test

Jesus cursed the fig tree that had leaves (activity) but no fruit. List your top 3 ministries/programs:

1. _____
2. _____
3. _____

Evaluate: Is this ministry producing *disciples* (life change, repentance, service) or just *consumers* (attendees, complaints, entitlement)? If it is foliage without fruit, it is a candidate for pruning.

2. The Consumerism Audit

- ☐ Do we make decisions primarily to keep people "happy" rather than holy?
- ☐ Do our worship services resemble a performance more than a corporate sacrifice of praise?
- ☐ Do we avoid preaching on "unpopular" sins (sexual ethics, greed, idolatry) to protect our attendance numbers?

Analysis: If we fear the crowd more than God, we have erected an Idol of Approval in the pulpit.

3. The Political Idol Audit

- ☐ Has our fellowship been fractured by political tribalism?
- ☐ Do our people seem more passionate about a political candidate than the Great Commission?
- ☐ Have we allowed political ideology to become a "functional savior" that we trust to fix the world?

Analysis: Identifying where the church has trusted "horses of the sun" (political power) instead of the Lord.

Phase 2: The "Stop Doing" List (Pruning)

Jim Collins and ministry experts suggest that you cannot add new life without pruning old growth. What needs to die so the church can live?

- **Ministry/Program to Prune:** _____
- **Reason:** (e.g., "It consumes 20% of our budget but produces no discipleship fruit.")
- **The Action:**
 - ☐ **Reduce:** Scale back frequency or scope.
 - ☐ **Combine:** Merge with another ministry.
 - ☐ **Terminate:** Give it a "funeral" and end it completely.¹⁹

Phase 3: Establishing Guardrails

Josiah defiled the high places so they could not be used again. What guardrails will you install to prevent the return of these idols?

- **Integrity Guardrail:** (e.g., "We will not allow leaders to serve who do not have an accountability partner.").
- **Mission Guardrail:** (e.g., "We will not launch any new program that does not have a clear discipleship pathway.").

Corporate Prayer of Repentance:

"Lord, we confess we have built high places in Your house. We have sought numbers over depth and comfort over holiness. Give us the courage of Josiah to tear down what is popular to build what is eternal. Refine Your bride, O Lord. Amen."