

SECTION 7 - Spiritual Drift Worksheet

Walking in the Spirit: Recognizing & Responding to Spiritual Drift,
a.k.a: Relapse Mode (moving toward old behaviors)

The R.E.N.E.W. Recovery Path (returning to the new creation identity)

Why This Matters

Walking in the Spirit is not a one-time emotional experience — it is a daily decision to remain connected to God through truth, obedience, humility, and renewal.

Sometimes spiritual drift begins quietly:

- prayer weakens,
- old thought patterns return,
- emotional reactions increase,
- temptation grows,
- or spiritual hunger fades.

The goal is not perfection.

The goal is learning to recognize drift early and return quickly to God before unhealthy patterns regain influence.

Scripture Focus

Galatians 5:16

“Walk in the Spirit, and you shall not fulfill the lust of the flesh.”

Romans 12:2

“Be transformed by the renewing of your mind.”

Hebrews 2:1

“We must pay the most careful attention, therefore, to what we have heard, so that we do not *drift* away.”

Warning Signs of Spiritual Drift

Check any signs you have recently noticed:

- Prayerlessness
- Emotional numbness
- Isolation
- Increased temptation
- Returning unhealthy thought patterns
- Bitterness resurfacing
- Spiritual exhaustion
- Losing hunger for God
- Hiding struggles
- Compromise becoming easier
- Returning attachments
- Increased anxiety or fear
- Irritability or hopelessness
- Avoiding accountability
- Neglecting rest or emotional care

Reflection Question:

Which warning sign concerns you the most right now? Why?

Neuroscience Meets Scripture

When spiritual rhythms weaken, old emotional and behavioral pathways can become stronger again.

Limbic System

Often reacts through:

- fear,
- emotion,
- impulse,
- comfort-seeking,
- unhealthy habits,
- and old coping patterns.

Spirit-Led Discernment

Supports: Prefrontal Cortex functions

- wisdom,
- conviction,
- self-control,
- healthy choices,
- peace,
- and truth-based responses.

Walking in the Spirit requires intentional renewal.

The R.E.N.E.W. Recovery Path

R — Recognize the Drift

What unhealthy pattern, emotion, or warning sign have you noticed recently?

What may have contributed to it?

- Stress
 - Isolation
 - Burnout
 - Fear
 - Busyness
 - Temptation
 - Emotional pain
 - Unforgiveness
 - Returning attachments
 - Other: _____
-

E — Exchange Lies with Truth

What lie or unhealthy thought has tried to re-enter your thinking?

False Thought	God's Truth
_____	_____
_____	_____
_____	_____

N — Nurture Your Spirit

Choose 3 spiritual rhythms you want to strengthen this week:

- Prayer
- Worship
- Scripture reading
- Journaling
- Accountability
- Rest
- Church community
- Gratitude practice
- Serving others
- Limiting distractions

My personal spiritual care plan:

1.

2.

E — Engage with Obedience

What is one practical step of obedience God may be asking from you right now?

Examples:

- reconnecting spiritually
- confessing honestly
- removing an unhealthy influence
- asking for help
- forgiving someone
- rebuilding consistency

My step of obedience:

W — Walk in Your Renewed Identity

Write a declaration of who you are in Christ:

"I am _____"

Closing Reflection

Walking in the Spirit means continually returning to God with honesty, humility, and dependence on the Holy Spirit. Freedom is strengthened through daily renewal.