

# FINAL CONCLUSION - Spiritual Drift + S.T.A.N.D WORKSHEET

## Sustaining Freedom & Preventing Spiritual Drift, a.k.a: Relapse Mode (moving toward old behaviors)

### The R.E.N.E.W. + S.T.A.N.D. Maintenance Plan

#### Why This Matters

Breakthrough is powerful — but sustaining freedom requires continued renewal, accountability, healthy community, and Spirit-led consistency.

Spiritual drift usually begins slowly.

But healthy maintenance helps prevent old patterns from regaining control.

God never intended for believers to walk alone.

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#### Scripture Focus

##### **Ecclesiastes 4:9–10**

“Two are better than one... For if they fall, one will lift up his companion.”

##### **1 Peter 5:8**

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion...”

##### **Galatians 6:2**

“Bear one another’s burdens, and so fulfill the law of Christ.”

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## Warning Signs of Spiritual Drift

Check any signs you have recently experienced:

- Isolation
  - Secrecy
  - Prayerlessness
  - Emotional numbness
  - Spiritual fatigue
  - Returning unhealthy attachments
  - Bitterness resurfacing
  - Losing hunger for God
  - Pride or self-reliance
  - Avoiding accountability
  - Increased temptation
  - Cynicism
  - Emotional overwhelm
  - Returning false beliefs
  - Hiding struggles
  - Neglecting rest or emotional care
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## Reflection Questions

Which warning sign has affected you the most recently?

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What helps you remain spiritually healthy?

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What environments or situations weaken you spiritually?

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

## R — Recognize the Drift

What early warning signs should you pay attention to in the future?

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## E — Exchange Lies with Truth

What false belief tries to pull you backward?

False Belief	Kingdom Truth
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## N — Nurture Healthy Spiritual Rhythms

Choose healthy rhythms you want to maintain long-term:

- Prayer
- Worship
- Scripture
- Church attendance
- Accountability
- Counseling/support
- Journaling
- Rest

- Healthy boundaries
- Serving others
- Emotional awareness
- Gratitude practice

My long-term growth plan:

1.

2.

3.

## E — Engage with Accountability

Freedom grows stronger in honest community.

Who are trusted people that help strengthen your walk with God?

Name	Role in My Life	How They Help Me
_____	_____	_____
_____	_____	_____
_____	_____	_____

## **W — Walk in Ongoing Transformation**

Write a declaration for your future:

“I will continue walking in freedom by remaining connected to God, rooted in truth, honest with others, and dependent on the Holy Spirit.”

Write your own declaration below:

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## **S.T.A.N.D. Accountability Reflection**

### **S — Support**

Who supports your spiritual growth?

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### **T — Truth**

What truths must you continually return to?

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### **A — Accountability**

Who can lovingly challenge you when drift begins?

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### **N — Nourishment**

What healthy spiritual rhythms nourish your soul?

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## **D — Defense**

What boundaries help protect your freedom?

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## **Final Encouragement**

Transformation is not maintained through perfection.

It is sustained through:

- humility,
- awareness,
- truth,
- accountability,
- healthy rhythms,
- and dependence on the Holy Spirit.

The goal is not merely avoiding relapse —

the goal is becoming spiritually mature, fruitful, and firmly rooted in Christ.

## **Summary Theme**

Lasting freedom grows through continued renewal, honest accountability, healthy community, and daily dependence on the Holy Spirit.