

S.T.A.N.D. Worksheet

Support Team Accountability Network Defense

Building Healthy Accountability & Long-Term Spiritual Strength

Why This Matters

God never intended for believers to walk alone.

One of the greatest dangers during seasons of struggle, temptation, emotional pain, or spiritual drift is isolation. Healthy accountability and trusted support help protect us from secrecy, discouragement, unhealthy patterns, and returning to old ways of thinking or living.

S.T.A.N.D. is a practical framework designed to help you build:

- healthy spiritual support,
- honest accountability,
- consistent encouragement,
- emotional safety,
- and long-term maintenance of freedom and growth.

This worksheet is not about perfection or control.

It is about building healthy connections that strengthen your walk with God.

Scripture Focus

Ecclesiastes 4:9–10

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

Galatians 6:2

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

Hebrews 10:24–25

“Let us consider one another in order to stir up love and good works...”

Understanding S.T.A.N.D.

S — Support

Healthy people who encourage, strengthen, and pray for you.

T — Truth

Remaining grounded in God's Word instead of emotions, lies, or unhealthy thinking.

A — Accountability

Trusted people who can lovingly challenge, correct, and encourage you when needed.

N — Nourishment

Healthy spiritual rhythms and environments that strengthen your relationship with God.

D — Defense

Healthy boundaries and protection against spiritual drift, temptation, unhealthy attachments, and old patterns.

S — Support

Who are safe, healthy people that support your spiritual growth?

Name	Relationship	How They Support Me
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Reflection Questions

Do you tend to isolate when struggling?

Who do you trust enough to be honest with?

What makes healthy support difficult for you sometimes?

T — Truth

What truths from God’s Word do you need to continually return to?

Examples:

- “I am loved by God.”
- “I am not alone.”
- “God is faithful.”
- “My identity is in Christ.”
- “Feelings are not always truth.”
- “Freedom is possible.”

Write your personal truth statements below:

1.

2.

3.

4.

Truth Reflection

What lies or unhealthy beliefs try to pull you backward?

What Scripture helps combat those lies?

A — Accountability

Accountability is not punishment.

It is loving honesty that protects growth.

Who are trusted people that can:

- ask difficult questions,
- notice warning signs,
- encourage honesty,
- and help you stay spiritually healthy?

Name	Can Encourage Me	Can Correct Me	Can Pray With Me
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Accountability Reflection

How do you usually respond to correction?

What warning signs should trusted people help you notice?

(Check any that apply)

- | | | |
|---|--|--|
| <input type="checkbox"/> Isolation | <input type="checkbox"/> Returning attachments | church/community |
| <input type="checkbox"/> Secrecy | <input type="checkbox"/> Anxiety/fear | <input type="checkbox"/> Negative thinking |
| <input type="checkbox"/> Emotional shutdown | <input type="checkbox"/> Anger/irritability | <input type="checkbox"/> Pride/self-reliance |
| <input type="checkbox"/> Increased temptation | <input type="checkbox"/> Spiritual apathy | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Bitterness | <input type="checkbox"/> Avoiding | _____ |

N — Nourishment

What healthy rhythms nourish your spiritual and emotional life?

Check all that apply:

- | | | |
|---|--|--|
| <input type="checkbox"/> Prayer | <input type="checkbox"/> Accountability | <input type="checkbox"/> Time outdoors |
| <input type="checkbox"/> Worship | <input type="checkbox"/> conversations | <input type="checkbox"/> Creative expression |
| <input type="checkbox"/> Scripture reading | <input type="checkbox"/> Rest/Sabbath | <input type="checkbox"/> Fasting |
| <input type="checkbox"/> Church attendance | <input type="checkbox"/> Serving others | <input type="checkbox"/> Limiting distractions |
| <input type="checkbox"/> Journaling | <input type="checkbox"/> Gratitude practice | |
| <input type="checkbox"/> Counseling/support | <input type="checkbox"/> Healthy friendships | |

Personal Nourishment Plan

Which healthy rhythms help you feel most connected to God?

Which rhythms have weakened recently?

What is one healthy rhythm you want to rebuild this week?

D — Defense

Healthy boundaries protect freedom.

What situations, environments, habits, or influences tend to weaken you spiritually or emotionally?

Boundary Reflection

What boundaries help protect your peace, healing, and growth?

Examples:

- limiting unhealthy media
- avoiding isolation
- asking for help early
- emotional boundaries
- healthy rest
- limiting toxic relationships
- accountability check-ins

Write your boundaries below:

1. _____
 2. _____
 3. _____
 4. _____
-

My S.T.A.N.D. Growth Plan

What is one area where I need stronger support?

What truth must I continue returning to?

Who can help hold me accountable?

What healthy rhythm nourishes me most?

What boundary protects my freedom?

Final Reflection

Freedom and transformation grow stronger through:

- honesty,
- healthy support,
- accountability,
- truth,
- wise boundaries,
- and continued dependence on the Holy Spirit.

You do not have to walk alone.

Closing Prayer

“Father, thank You for placing people, truth, wisdom, and support around me. Help me remain honest, teachable, and connected to healthy community. Strengthen me through Your truth, help me build wise boundaries, and protect me from spiritual drift and unhealthy patterns. Teach me to walk in humility, accountability, and ongoing dependence on You. In Jesus’ name, Amen.”

Summary Theme

Lasting freedom is strengthened through healthy support, accountability, truth, spiritual nourishment, wise boundaries, and dependence on the Holy Spirit.