

FROM DRIFT TO DEPTH

A 6-Week Christian Schema Therapy & Discipleship Workbook for Men

This workbook integrates Christian spiritual formation with schema-level therapeutic work to address spiritual drift, avoidance, discipline deficits, and relational isolation.

Week 1 – Awareness of Drift & Disconnection Schema

Focus: Identifying spiritual disconnection, avoidance, and emotional detachment.

Reflection Questions:

- Where have I drifted from God?

- What patterns keep me distant?

- What am I avoiding emotionally or spiritually?

Scripture Meditation:

- Revelation 2:4–5
- Psalm 139:23–24

Week 2 – Discipline as Sonship (Insufficient Self-Control Schema)

Focus: Reframing discipline as love-based training, not punishment.

Reflection Questions:

- What does discipline trigger in me?

- How did I learn to relate to authority?

- How does God define discipline?

Scripture Meditation:

- Hebrews 12:10–11
- 1 Corinthians 9:24–27

Week 3 – Comfort vs. Calling (Entitlement / Comfort Schema)

Focus: Confronting avoidance, pleasure-seeking, and passivity.

Reflection Questions:

- What comforts compete with God?

- What do I use to numb discomfort?

- What is God calling me to surrender?

Scripture Meditation:

- Luke 9:23
- Matthew 6:33

Week 4 – Identity in Christ (Shame / Failure Schema)

Focus: Replacing false identity narratives with biblical truth.

Reflection Questions:

- What labels have I accepted?

- How do I define my worth?

- What does God say about who I am?

Scripture Meditation:

- Romans 8:1

- Galatians 2:20

Week 5 – Brotherhood & Community (Social Isolation Schema)

Focus: Moving from isolation to accountability and connection.

Reflection Questions:

- What fears keep me isolated?

- How has isolation protected me?

- What does biblical community require?

Scripture Meditation:

- Hebrews 10:24–25

- Ecclesiastes 4:9–12

Week 6 – Integration & Covenant Living

Focus: Sustaining change through commitment and structure.

Reflection Questions:

- What has changed in me?

- What disciplines will I keep?

- What community will I stay connected to?

Scripture Meditation:

- Micah 6:8

- Philippians 1:6