

# 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?

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- What patterns keep me distant?

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- What am I avoiding emotionally or spiritually?

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### **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?

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- How did I learn to relate to authority?

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- How does God define discipline?

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### **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?

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- What do I use to numb discomfort?

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- What is God calling me to surrender?

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### 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?

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- How do I define my worth?

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- What does God say about who I am?

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### **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?

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- How has isolation protected me?

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- What does biblical community require?

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### **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?

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- What disciplines will I keep?

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- What community will I stay connected to?

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### Scripture Meditation:

- Micah 6:8
- Philippians 1:6