



MENDED MINISTRIES

Where Do I Begin?

A reflection guide for the place in your life that is asking for truth

KNOW | HEAL | LIVE FREE | BECOME

BEGIN HERE You do not have to solve everything today. Start with the place that is asking for truth, and take one honest step at a time.

Helping people know the Father through Jesus Christ.

Know God. Understand Truth. Live Whole.

BEFORE YOU BEGIN

Start with what is asking for truth.

This guide is not a test, a diagnosis, or a demand to fix your entire life in one sitting. It is a place to slow down, notice what is happening, and bring it into the light with God.

You may begin with a question about God, a wound that still affects your choices, a pattern you are tired of repeating, or a next step you already know you need to take. Begin where you are. Honest beginnings are still holy beginnings.

KEEP THIS IN MIND You are not trying to perform the right answer. You are making room for the honest one.

How to use this guide

- Read one pathway at a time. You do not have to complete all four today.
- Write what is true, not what sounds spiritual or impressive.
- Pause when something feels important. Pray, read the Scripture in context, and give yourself time.
- Share what you discover with a safe, wise person when support would help.

The four pathways

KNOW - Return to Jesus and examine the picture of God you are carrying.

HEAL - Tell the truth about what hurt and what wise care may look like now.

LIVE FREE - Recognize the pattern, the lie beneath it, and the place where truth can interrupt it.

BECOME - Choose the next faithful practice that turns truth into a way of living.

A SIMPLE PRAYER Father, help me see clearly without shame. Show me what is true, what needs care, what needs to change, and what You are inviting me to practice. Lead me through Jesus, by Your Spirit, one honest step at a time. Amen.

01 | KNOW

What picture of God am I carrying?

READ ALONGSIDE *John 14:6-10* | *Hebrews 1:1-3* | *Acts 17:11*

Most of us did not meet God on a blank page. We arrived with sermons we heard, people we trusted, prayers that seemed unanswered, and experiences we did not know how to explain.

If fear, disappointment, or religious pressure shaped your picture of God, begin again with Jesus. He did not come to hide the Father; He came to reveal Him. Watch how Jesus tells the truth, protects the vulnerable, confronts hypocrisy, welcomes honest seekers, and calls people into a different way of living.

TRUTH TO CARRY If your picture of God cannot make room for Jesus, the picture needs to change.

Tell the truth

Who or what has most shaped the way I picture God?

Does that picture agree with the character of Jesus?

What passage or belief do I need to revisit in context rather than through fear?

Practice

Choose one scene from a Gospel. Read it slowly. Notice what Jesus reveals about truth, compassion, authority, correction, and the Father. Write one sentence beginning, 'Jesus shows me that God...'

A SIMPLE PRAYER Father, clear away what fear, pain, or tradition has added to Your face. Help me see You through Jesus and know You beyond borrowed answers. Amen.

02 | HEAL

What pain needs honest attention?

READ ALONGSIDE *Psalms 147:3* | *Proverbs 4:23* | *Luke 10:33-35*

Healing does not begin by pretending the wound was small. It begins when truth is finally allowed into the room. What happened matters. What it cost matters. What you needed and did not receive matters.

Telling the truth is not the same as living in bitterness. Forgiveness is not denial, reconciliation is not automatic, and love does not require unlimited access. Healing can include prayer, grief, wise boundaries, changed relationships, and appropriate pastoral, medical, or mental-health care.

TRUTH TO CARRY You can release revenge without reopening a door that wisdom has closed.

Tell the truth

What am I still minimizing because acknowledging it feels uncomfortable?

What belief about myself grew around that pain?

What would wise care look like now - comfort, grief, a boundary, support, or repair?

Practice

Name the wound without naming it as your identity. Complete this sentence: 'What happened affected me, but it does not get to decide who I am becoming.' Then choose one safe action that honors the truth.

A SIMPLE PRAYER Jesus, meet me where I stopped telling the truth. Bring Your care into what hurts, give me wisdom about access and boundaries, and lead me toward healing without shame. Amen.

03 | LIVE FREE

What pattern keeps repeating?

READ ALONGSIDE *John 8:31-36* | *Romans 12:1-2* | *Galatians 5:1*

Patterns usually begin before the final choice. Something happens, you tell yourself a familiar story, an emotion or urge rises, you reach for the old response, and the consequence seems to prove the story was true.

Freedom grows when you stop studying only the collapse and begin noticing the road that leads to it. Naming the pattern is not naming your identity. It is gathering the evidence you need to interrupt the cycle earlier.

NOTICE THE SEQUENCE Trigger -> Story -> Urge -> Choice -> Consequence -> Where truth can enter next time

Tell the truth

What usually happens just before this pattern begins?

What story becomes believable in that moment?

Where could one boundary, prayer, truth, or practical action interrupt the sequence earlier?

Practice

Write the exit plan while you are clear. Decide who you will call, what Scripture you will read in context, which access you will change, and what different action you will practice when the pattern starts knocking.

A SIMPLE PRAYER Jesus, show me the pattern without condemning me. Expose the lie beneath it, strengthen me to change what feeds it, and teach me to walk in the freedom You give. Amen.

04 | BECOME

What is my next faithful step?

READ ALONGSIDE *Ephesians 4:20-24* | *James 1:22-25* | *Galatians 5:22-23*

Truth is meant to become a way of living. Insight can open the door, but formation happens as you practice a different response again and again - especially when the old one still feels easier.

Becoming does not mean performing a polished version of yourself. It means letting the life of Jesus reach your character, choices, relationships, appetite, time, boundaries, and responsibility. God forms whole people, not public images.

TRUTH TO CARRY Do not confuse a small faithful step with a small result. Repeated obedience builds a different life.

Tell the truth

What truth do I already understand but need to practice?

What habit, relationship, or environment makes that practice harder?

What is one realistic step I can repeat this week?

Practice

Make the step specific enough to do. Not 'pray more,' but 'sit with God for ten quiet minutes before checking my phone.' Not 'have boundaries,' but 'wait before answering requests that pressure me.' Give truth a schedule, a place, and a next action.

A SIMPLE PRAYER Holy Spirit, form truth into my daily life. Grow mature fruit in me, strengthen my next faithful choice, and help me become more like Jesus without performing for people. Amen.

CARRY IT INTO THE WEEK

Your next seven days

Choose one pathway from this guide. You are not trying to complete a spiritual challenge perfectly. You are giving one truth enough attention to begin taking root.

1. **Day 1 - Name it:** Write the question, wound, pattern, or next step in one honest sentence.
2. **Day 2 - Read:** Read the listed Scripture in context. Notice what it reveals about Jesus, truth, and your response.
3. **Day 3 - Pray:** Bring God the unpolished version. Tell Him what you believe, fear, want, and do not understand.
4. **Day 4 - Notice:** Pay attention to the moment the old belief or pattern becomes loud. Record what triggered it.
5. **Day 5 - Change access:** Adjust one environment, boundary, routine, or relationship that keeps feeding the old response.
6. **Day 6 - Practice:** Choose the new response once. Small and real is better than dramatic and temporary.
7. **Day 7 - Review:** Ask what you learned, where you need support, and what practice should continue next week.

My one next step

This week, I will...

The safe person I can ask for support is...

REMEMBER A hard day does not erase honest progress. Tell the truth, receive grace, and take the next faithful step.

KEEP BECOMING

You do not have to solve everything today.

Wholeness is not a performance, and healing is not a race. You may have discovered a question that needs study, a wound that needs care, a pattern that needs interruption, or a practice that needs repetition. That is enough for a beginning.

Keep Jesus at the center. Test what you are taught. Pay attention to fruit. Receive prayer without surrendering responsibility. Seek wise help without treating it as a failure of faith. Let truth reach the places where real life is happening.

You are not required to become everything in one day. You are invited to keep walking - knowing God, healing honestly, living free, and becoming who He created you to be.

A SIMPLE PRAYER Father, thank You for meeting me in truth. Keep revealing Yourself through Jesus. Heal what needs care, free me from what has held me, and form Your character in the life I am building. Give me courage for the next step and grace for the process. Amen.

Wise care is not a failure of faith

This guide offers biblical reflection and education. It is not a substitute for professional medical, mental-health, legal, or crisis care. If you are in immediate danger, experiencing a medical emergency, or considering harming yourself or someone else, contact emergency services or an appropriate crisis resource immediately.

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