

Biblical Principles for Spiritual Growth

Connecting scripture with your recovery journey



Name: _____ Date: _____

This worksheet helps you connect biblical principles and verses with your spiritual growth during recovery. Reflect on the challenges you face, identify relevant scripture, and apply these teachings to cultivate resilience and hope.

Current Recovery Challenge

Take a moment to describe a specific challenge you are facing in your recovery. Reflect on how this challenge affects your spiritual growth and connection with God.

Relevant Bible Verses

Identify and write down Bible verses that relate to your current challenge. Choose verses that inspire you and offer guidance, such as Philippians 4:13, Romans 12:2, or 2 Corinthians 5:17.

Biblical Principles to Apply

Consider the overarching biblical principles that can support your recovery — forgiveness, hope, perseverance, and love. Write down which principle(s) you would like to focus on.

How This Principle Guides Me

Reflect on how the chosen biblical principle addresses your current challenge. How does it influence your thoughts, feelings, and behaviours in practical ways?

Practical Application Steps

List specific actions you can take to incorporate this biblical principle into your daily life — prayer, meditation on scripture, community involvement, or seeking support from fellow believers.

Prayer for Guidance

Compose a prayer asking for God's guidance, wisdom, and strength in your recovery.

Christian Community Support

Identify ways you can engage with your Christian community during recovery — group meetings, church activities, or mentorship from someone who embodies the principles you are working on.

Growth from Applying This Principle

Reflect on any personal growth you anticipate as you apply these biblical principles. Consider both the emotional and spiritual transformations that could arise.

 "Your word is a lamp to my feet and a light to my path." — Psalm 119:105