

Truth, Transformation, and Discernment

A Spirit-Led Workbook for Grounded Faith
and Eternal Perspective

Learning to recognize God's truth,
walk in healing, and live with clarity in a confused world

*“Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.”*
— Romans 12:2 (NIV)



By: Jana Smith
Using Words to Bring Light

Author | Teacher | Founder of the Eternal Focus Community

A Workbook for Believers Seeking Depth, Clarity, and Spiritual Maturity

In a time when truth is questioned, identity is shaken, and discernment is often replaced with emotion or opinion, God is calling His people back to anchored faith—faith that is rooted in Scripture, shaped by the Holy Spirit, and lived with eternal awareness.

Truth, Transformation, and Discernment is a guided devotional workbook designed to move faith beyond information and into formation. Through Scripture, reflection, prayer, and Spirit-led activation, readers are invited to slow down, listen deeply, and allow God to renew the heart and mind.

This workbook addresses:

- Trusting God in seasons of uncertainty
- Healing identity wounds through Christ
- Recognizing God's faithfulness in wilderness seasons
- Walking in forgiveness and freedom
- Living with an eternal perspective

Each study is intentionally structured to encourage biblical grounding, spiritual discernment, and obedient response, making this resource suitable for personal devotion, group study, or guided discipleship.

Rooted in Faith. Grounded in Truth. Focused on Eternity.

This workbook reflects the heart and theological foundation of the Faith, Fact & Fiction teaching framework—affirming biblical truth, engaging real-world application, and exposing distortion through Spirit-led discernment.

It is written for believers who desire:

- A faith that is grounded, not trendy
 - Spiritual growth that is Spirit-led, not sensational
 - Discernment that is biblical, not reactive
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An Invitation

If you find yourself longing for deeper clarity, stronger discernment, and a faith that remains steady in uncertain times, you are not alone—and you are not meant to walk this journey in isolation.

This workbook is an invitation into ongoing discipleship, community, and eternal focus.

You are warmly invited to continue this journey inside the *Eternal Focus Community*—a Christ-centered space for believers who desire to grow in truth, maturity, and spiritual discernment together.

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ICBN: 978-1-7-388120-3-5

Workbook for Truth, Transformation, and Discernment

Introduction

Faith was never meant to be passive.

Scripture does not call believers merely to *consume* truth, but to be transformed by it (Romans 12:2). In an age where information is abundant, discernment is rare—and where faith is often reduced to feeling or formula, God is restoring depth, authority, and Spirit-led clarity.

This workbook was written to bridge head knowledge and heart transformation, grounding readers in biblical truth while making space for the active work of the Holy Spirit. These studies are not designed to rush you toward answers, but to slow you into presence—where God speaks, heals, convicts, and empowers.

Whether used individually, in a group, or as a companion to a larger Faith, Fact and Fiction teaching or book, this resource invites you into intentional reflection, prayerful listening, and obedient response.

Theological Positioning of the Faith, Fact & Fiction Community

Faith, Fact, and Fiction exist to:

- Affirm biblical truth (Faith)
- Engage real-world application (Fact)
- Expose distortion, deception, and false narratives (Fiction)

At its core, Faith, Fact, and Fiction is rooted in biblical orthodoxy, Spirit-led discernment, and Christ-centered transformation. We affirm:

- The authority of Scripture as God-breathed and sufficient
- The active, present work of the Holy Spirit today

- Salvation and identity through Jesus Christ alone
- The call for believers to grow in maturity, discernment, and obedience

This workbook reflects a theology that is:

- Grounded, not trendy
- Spirit-filled, not sensational
- Reflective, not reactive

Readers are encouraged to test all things against Scripture, remain teachable before God, and cultivate a faith that is both deeply rooted and courageously lived.

How to Use This Book

Each chapter includes:

- A teaching section (for understanding)
- A reflection section (for heart examination)
- Holy Spirit-led activation exercises (for spiritual engagement)
- Journaling space and prayer

Move slowly. Re-read Scripture. Pause often. Allow silence.

This is not about finishing chapters—it is about becoming more aligned with Christ.

Bible Study Workbook: Five Themes for Spiritual Growth (Expanded Edition)

Chapter 1: Trusting God in Uncertainty

Teaching

Uncertainty is one of the primary tools God uses to invite deeper trust. When outcomes are unclear, we face a choice: either rely on our understanding or submit to God's wisdom. Scripture consistently reveals that trust is relational—it grows as we know God's character, not when we control circumstances.

Key Scriptures:

Proverbs 3:5–6 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Psalms 37:5–6 Commit your way to the LORD; trust in him, and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

God does not ask for blind faith; He asks for surrendered faith. Trusting Him involves letting go of the illusion of control and anchoring ourselves in His faithfulness.

Reflection

Many believers struggle not because God is silent, but because uncertainty exposes misplaced trust. This chapter invites you to examine where fear, self-reliance, or urgency may be overriding obedience.

Holy Spirit–Led Activation

1. **Surrender Exercise:** In prayer, open your hands and name each uncertain area aloud. After each one, say: “*I place this in Your hands, Lord.*”
2. **Listening Prayer:** Sit quietly for 5 minutes. Ask the Holy Spirit: “*What are You inviting me to trust You with?*” Write what you sense.

3. Faith Step: Identify one small, obedient action God is prompting you to take this week.

Journaling Prompts

- Where am I resisting trust because I fear the outcome?
- How has God proven faithful to me in the past?
- What does obedience look like before clarity arrives?

Closing Prayer

Lord, I surrender my need to understand everything. Teach me to trust You fully and walk forward in obedience, even when the path is unclear. Amen.

Chapter 2: Identity in Christ – Healing and Renewal

Teaching

Many believers struggle not because they lack faith, but because they live from wounded identities. Past experiences, spoken words, trauma, rejection, and sin can distort how we see ourselves—even after salvation. Healing and renewal begin when God’s truth is allowed to confront the lies we have believed.

Scripture makes it clear that identity in Christ is not something we achieve; it is something we receive. Renewal happens as we allow the Holy Spirit to replace false narratives with God’s truth, bringing freedom, wholeness, and peace.

Key Scriptures (NIV):

2 Corinthians 5:17 “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Ephesians 1:4–5 “For he chose us in him before the creation of the world to be holy and blameless in his sight. In love, he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—”

Psalm 147:3 “He heals the broken-hearted and binds up their wounds.”

Healing identity wounds is not a denial of the past—it is its redemption. God does not erase your story; He restores it. God uses everything we experience to shape us and conform us to the likeness of His Son, Jesus.

Reflection

For many, false identity often forms in pain, as it did for me. Words spoken over us, experiences that shaped us, and failures we never released can quietly become beliefs – and yet, so many are lies. Lies we believe often distort our understanding of God, who He is, and how He is involved in our lives. These beliefs/lies influence how we relate to God, others, and even ourselves.

Healing begins when we allow God to name us instead of our wounds. God calls us by name, for He knows each and every one of us more deeply than anyone on this planet. Yet, he loves us and desires for us to see ourselves as He sees us. His perfect creation.

This chapter invites you to slow down and gently examine where your identity may be rooted in hurt and lies rather than truth.

Holy Spirit–Led Activation Exercises

1. Identity Inventory (Healing Exercise):

In prayer, ask the Holy Spirit: *“What false belief about myself have I been carrying?”* Write down what comes to mind without filtering.

2. Truth Replacement:

Now ask: *“What do You say about me instead?”* Write the truth God reveals and compare it with Scripture.

3. Inner Renewal Prayer:

Place your hand over your heart and invite Jesus into the memory or belief connected to the wound. Ask Him to heal what still hurts.

Journaling Prompts

- What labels have shaped how I see myself that God never gave me?
- Where do I still feel broken, rejected, or unworthy?
- How does knowing I am chosen and adopted change my understanding of my value?
- What would living healed and renewed look like in my daily life?

Closing Prayer

Father God, I bring You every wound, lie, and label that has shaped my identity. Heal what is broken and renew my mind with Your truth. Teach me to see myself as You see me—chosen, loved, and made new in Christ. Amen.

Study 3: God's Faithfulness in the Wilderness

Key Scriptures:

Deuteronomy 8:2–3 Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. ³ He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

Lamentations 3:31–33 For no one is cast off by the Lord forever. ³² Though he brings grief, he will show compassion, so great is his unfailing love. ³³ For he does not willingly bring affliction or grief to anyone.

Exodus 16:4 Then the LORD said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way, I will test them and see whether they will follow my instructions. Exodus 16:4

Expanded Reflection:

Wilderness seasons are uncomfortable but purposeful. God often uses these times to refine faith, remove self-reliance, and deepen intimacy with Him. God never wastes a moment of your life but uses it to transform you. Into the image of His Son.

For each of us, the path is different. We need to embrace it and find joy in every moment, as we look to Him for strength, wisdom, and guidance. My journey, although long, has been fruitful, though I did not see it until much later.

Although God's provision may differ from our expectations, God remains faithful and present even in scarcity.

Application for Today:

Modern wilderness seasons may look like burnout, waiting, grief, isolation, or transition. Instead of resisting these moments, we can lean into God's lessons, trusting that He is forming endurance and dependence within us.

Journaling Prompts:

1. What lessons has God taught me in past wilderness seasons?
2. How has my faith grown through difficulty?
3. Where do I see God sustaining me right now?

Prayer Prompt:

Thank God for His sustaining presence.

Closing Prayer:

God, even when I feel unseen or unsure, You remain faithful. Help me trust Your work in this season and lean on You daily. Amen.

Takeaway:

God's faithfulness does not waver in the wilderness.

Study 4: Forgiveness and Freedom

Key Scriptures:

- *Ephesians 4:31–32 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*
- *Matthew 18:21–22 Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.*
- *Colossians 3:13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

Expanded Reflection:

Forgiveness is a spiritual discipline that releases us from emotional bondage. It does not deny pain or excuse wrongdoing but entrusts justice to God. Unforgiveness hardens the heart, while forgiveness restores peace and spiritual clarity.

When we forgive, we first release ourselves from the prison of unforgiveness. It weighs us down, colors our lives and perceptions, clouds our memory, and generally takes away joy and peace.

Application for Today:

Choosing forgiveness may be a process rather than a moment. It often requires prayer, boundaries, and repeated surrender. As Christ forgave us, we are empowered to forgive others.

Journaling Prompts:

1. Who or what do I need to forgive?
2. What fears keep me from releasing forgiveness?
3. How might forgiveness bring freedom to my life?

Prayer Prompt:

Ask God for the strength to forgive fully. You will find that true forgiveness frees you. The burden of holding onto unforgiveness weighs you down, but when you forgive others, even if they don't know it, it lifts those burdens, removes anger and bitterness, and replaces them with joy and peace.

Closing Prayer:

Lord, I release bitterness and resentment into Your hands. Heal my heart and teach me to walk in forgiveness as You have forgiven me. Amen.

Takeaway:

Forgiveness restores peace and freedom.

Study 5: Living with Eternal Perspective

Key Scriptures:

- *Colossians 3:1–2* Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.
- *2 Corinthians 4:16–18* Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.¹⁸ So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
- *Matthew 6:19–21* “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal.²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.²¹ For where your treasure is, there your heart will be also.

Expanded Reflection:

An eternal perspective reshapes priorities. When we focus solely on temporary and often momentary concerns, discouragement and distraction increase. We lose track of the important, exchanging it for the trivial.

I find it easy to go down these rabbit holes, so I’ve had to ask God to help me avoid them, or to pull me out when I insist on crawling in. However, the best way is to follow scriptural advice, which calls believers to fix their eyes on what lasts—God’s kingdom, truth, and purpose.

2 Corinthians 4:18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

Application for Today:

Living with eternity in mind influences how we spend time, resources, and energy. It encourages faithfulness in small acts and hope during hardship, reminding us that our lives have a lasting impact.

Journaling Prompts:

1. What temporary things tend to distract me from eternal priorities?
2. How can I invest more intentionally in God's kingdom?
3. What would change if I viewed my challenges through an eternal lens?

Prayer Prompt:

Ask God to align your heart with eternal values, reflecting His heart rather than the ways of the world. It will bring clarity and strengthen your faith.

Closing Prayer:

God, lift my eyes beyond the temporary. Help me live with purpose, hope, and faith rooted in eternity. Amen.

Takeaway:

Eternal perspective brings clarity and peace, joy and hope.

Continue the Journey

Faith was never meant to be lived in isolation.

As you move through this workbook, you may find that God is stirring deeper questions, inviting greater surrender, and sharpening your discernment. That is not accidental. Spiritual growth flourishes best in intentional community, where truth is upheld, Scripture is honored, and the Holy Spirit is welcomed as teacher and guide.

The Eternal Focus Community

The Eternal Focus Community exists for believers who desire more than surface-level faith. It is a Christ-centered space rooted in biblical truth, spiritual maturity, and eternal perspective.

Inside the community, you will find:

- *Ongoing discipleship grounded in Scripture*
- *Teaching that aligns with the Faith, Fact & Fiction framework*
- *Spirit-led discussion, reflection, and prayer*
- *Encouragement to live faithfully, discerningly, and obediently in today's world*

This is not a place for trends, controversy, or shallow answers. It is a place for believers who are willing to slow down, test all things against Scripture, and grow in wisdom and discernment.

Why Community Matters

God often does His deepest work not only in private devotion, but in shared pursuit of truth. Community provides accountability, encouragement, and clarity—helping believers remain anchored when culture shifts and confusion rises.

If this workbook has spoken to your heart, challenged your thinking, or confirmed a hunger for deeper truth, it may be an invitation to continue walking this path alongside others who share the same eternal focus.

You Are Welcome

Whether you are discerning your next steps, rebuilding foundations, or simply longing for deeper spiritual clarity, you are welcome here.

Continue the journey at:
Eternal Focus Community

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught.”
– Colossians 2:6-7 (NIV)

Blessings,

Jana

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