



LIVING IN THE WORD- WORKBOOK:

A THERAPIST'S GUIDE
TO BECOMING A STRONGER CHRISTIAN

MELISSA GENDREAU MS, LMHC
HUMBLEFAITHFAMILYWELLNESS.COM

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Introduction

My prayer for this workbook is that it helps you to address the multiple aspects of your life from a Christian perspective.

Each topic will utilize bible verses, questions, and practical advice to assist you in forming thoughts, opinions, and behaviors that align with God's Word.

It's a big workbook with a wide variety of topics. Some areas may take longer for you to process through. They may challenge how you have been viewing that particular topic. Other topics you may breeze through or not feel like you need to spend time on them at all. At least not in your present situation in life.

I encourage you to print out the workbook and place it in a binder. Whether you print all of it out at one time or topic by topic is entirely up to you. Please utilize whatever method you believe will provide you the best benefit.

I urge you to take your time!

This workbook is meant to help you become a stronger Christian. I can't think of anything more important and worth your time.

God bless your journey!

Melissa Gendreau, MS, LMHC



Fruit of the Spirit Characteristics

Galatians 5:22-23 (NASB) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

I wanted to start with the fruit of the Spirit characteristics because out of our character, everything else flows.

If we don't address who we are on the inside, we will struggle to change our behaviors and actions in all other aspects of our life.

This section breaks down and addresses each of the nine fruit of the Spirit characteristics that we are called to emulate and put into practice.

Don't feel bound by the order they are in. Focus first on the areas you feel God is leading you to address.

Remember this is a process for growth. Not something to rush through so you can check it off your to-do list.



Love

Matthew 5:43-46 (NASB)

43 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' 44 But I say to you, love your enemies and pray for those who persecute you, 45 so that you may be sons of your Father who is in heaven; for He causes His sun to rise on *the* evil and *the* good, and sends rain on *the* righteous and *the* unrighteous. 46 For if you love those who love you, what reward do you have? Do not even the tax collectors do the same?

Jesus tells us to love our enemies.

Who in your life do you feel like you are struggling to love?

In what ways could you practice loving this person?

How will loving this person reward and benefit you and them?



Love

Love One Another

1 John 4:7-21 (NASB)

7 Beloved, let us love one another, for love is from God; and everyone who loves is born of God and knows God. 8 The one who does not love does not know God, for God is love. 9 By this the love of God was manifested in us, that God has sent His [c]only begotten Son into the world so that we might live through Him. 10 In this is love, not that we loved God, but that He loved us and sent His Son *to be* the propitiation for our sins. 11 Beloved, if God so loved us, we also ought to love one another. 12 No one has seen God at any time; if we love one another, God abides in us, and His love is perfected in us. 13 By this we know that we abide in Him and He in us, because He has given us of His Spirit. 14 We have seen and testify that the Father has sent the Son *to be* the Savior of the world.

15 Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. 16 We have come to know and have believed the love which God has for us. God is love, and the one who abides in love abides in God, and God abides in him. 17 By this, love is perfected with us, so that we may have confidence in the day of judgment; because as He is, so also are we in this world. 18 There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. 19 We love, because He first loved us. 20 If someone says, "I love God," and hates his brother, he is a liar; for the one who does not love his brother whom he has seen, cannot love God whom he has not seen. 21 And this commandment we have from Him, that the one who loves God should love his brother also.



Love

Love Your Enemies

Luke 6:27-36 (NASB)

27 "But I say to you who hear, love your enemies, do good to those who hate you, 28 bless those who curse you, pray for those who mistreat you. 29 Whoever hits you on the cheek, offer him the other also; and whoever takes away your coat, do not withhold your shirt from him either. 30 Give to everyone who asks of you, and whoever takes away what is yours, do not demand it back. 31 Treat others the same way you want them to treat you. 32 If you love those who love you, what credit is *that* to you? For even sinners love those who love them. 33 If you do good to those who do good to you, what credit is *that* to you? For even sinners do the same. 34 If you lend to those from whom you expect to receive, what credit is *that* to you? Even sinners lend to sinners in order to receive back the same *amount*. 35 But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil *men*. 36 Be merciful, just as your Father is merciful.

What are some ways you can implement this passage into your life?



Love

Step Back - A Shift in Perspective

Everyone has bad days where nothing seems to be going right for them; whether it is an argument with your spouse or an issue at work. You're stressed and in a bad mood and then someone crosses your path and says or does something different than what you wanted and you snap. You were in the wrong, but the real question is how did the other person react? Were they patient or did they snap back? Did they show you love? How did their reaction make you feel?

Now think a situation where you were the one getting criticized or yelled at.

What are all of the potential issues that could have been going on with that person?

How did you react to that person?



How could you have reacted differently?

How would a different reaction have changed the situation?

We cannot change other people but we can change our own behaviors and through our example of love, we may make a difference in others.

1 Thessalonians 3:12 (NASB) 12 and may the Lord cause you to increase and
abound in love for one another, and for all people, just as we also *do* for
you;



Joy

Happiness Measure

What makes you happy?

How often do you feel happy?

Has this gone up or down recently and what do you think the reasons are?



Joy

God's Past Lessons

1 Peter 1:3-9 (NASB)

³ Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, ⁴ to *obtain* an inheritance *which is* imperishable and undefiled and will not fade away, reserved in heaven for you, ⁵ who are protected by the power of God through faith for a salvation ready to be revealed in the last time. ⁶ In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, ⁷ so that the proof of your faith, *being* more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; ⁸ and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, ⁹ obtaining as the outcome of your faith the salvation of your souls.

What is a past hardship or trial that you had to go through?



What did it take to get through that difficulty?

Why do you think God brought that trial into your life or allowed it to happen?

How are you stronger because of that situation?



Joy

God's Current Lesson

James 1:2-4 (NASB)

2 Consider it all joy, my brethren, when you encounter various trials,³ knowing that the testing of your faith produces endurance. 4 And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing.

What do you think God is trying to teach you from your current circumstance?

What are the positives about this situation?



Joy

Finding Joy in Our Mundane and Displeasurable Duties

What is one thing you do daily that you dislike?

What don't you like about it?

What is the reason for having to do this task?

What are the positives for completing this task?

Are there ways to make this task glorifying to God?

Print out and complete the same line of questions for each daily task you dislike doing.



Joy

Philippians 4:12-13 (NASB)

12 I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.

13 I can do all things through Him who strengthens me.

What does this passage mean to you?

How can you make this passage a reality in your own life?



Peace

Finding Peace

Matthew 6:25-34 (NASB)

25 "For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they? 27 And who of you by being worried can add a *single* hour to his life? 28 And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, 29 yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30 But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith! 31 Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 But seek first His kingdom and His righteousness, and all these things will be added to you.

34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

What is something from the past that you worried about but God brought you peace?



What is a current worry that you have that is hindering peace?

How does this current worry negatively affect you and other areas of your life?



Peace

Matthew 5:9 (NASB) Blessed are the Peacemakers, for they will be called sons of God.

A peace-maker is a man who, being endowed with a generous public spirit, labors for the public good, and feels his own interest promoted in promoting that of others. Instead of fanning the fire of strife, he uses his influence and wisdom to reconcile the contending parties, adjust their differences, and restore them to a state of unity.

How in your life are you a peacemaker?

In what area(s) of your life do you fan the flame of discord instead of putting out the fire?



How do you meet others where they are emotionally? Do you take into consideration the emotional ability of your children? Do you account for the pain and/or trauma a person has had to endure?

How do you meet others where they are spiritually? Do you know their beliefs? Have you taken the time to understand their questions?



Patience

Proverbs 19:11 (NASB)

11 A man’s discretion makes him slow to anger,
And it is his glory to overlook a transgression.

No one is perfect, therefore we all make mistakes. It is how we learn from our mistakes that can lead to growth. Often learning from our mistakes takes place due to the reactions and interactions of others involved in the situation.

Think of a time when you made a mistake and someone pointed it out to you with impatience and lack of kindness.

How did you feel?

How did you react to that person?

How was your relationship with the person after the incident?

Now think of a time when you made a mistake and someone pointed it out gently, with love and patience.

What did they say?



How did you feel?

How did you react to that person?

How was your relationship with that person after the situation?

How often do you respond to people with gentleness and patience or unkindness and impatience?



Thank You

I pray you found these first four chapters beneficial!

If you would like to continue your journey in becoming a stronger Christian, please go to humblefaithfamilywellness.com/workbook where you can purchase the full workbook.

God bless!

Melissa Gendreau MS, LMHC

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