**Faith-Based ACT (Acceptance and Commitment Therapy) Worksheet: Living with Purpose and Faith**

**Purpose:**

This worksheet is designed to integrate the principles of **Acceptance and Commitment Therapy (ACT)** with a faith-based approach. ACT helps individuals to embrace their emotions, accept difficult thoughts, and live a life aligned with their values. In the Christian context, this approach is deeply resonant with biblical teachings of surrender, trust in God, and pursuing His will despite the challenges we face.

ACT encourages you to **accept** the thoughts and emotions you may be avoiding, **commit** to actions that reflect your values, and **live fully in the present moment**. This mirrors the biblical call to trust God's plan (Proverbs 3:5-6), to surrender our own will (Matthew 6:10), and to fix our eyes on eternal things, not temporary struggles (Colossians 3:2). As you engage with this worksheet, you will begin to identify areas where you can accept what is out of your control, commit to actions that reflect your deepest values, and find the strength to live boldly in your faith.

**Step 1: Values Clarification**

**Instructions:** ACT encourages you to live a life aligned with your **values**. Your values are the things that matter most to you—your **"why"**—and they help guide your decisions and actions. Reflect on your Christian values and how they align with your beliefs about what is most important in your life.

**Questions for Reflection:**

* **What values do I hold most dear in my faith?** (e.g., love, forgiveness, service, humility, integrity)
* **How do these values align with God’s Word?** (Consider passages such as Matthew 22:37-39, Micah 6:8, and Matthew 5:13-16.)
* **What are some areas in my life where I feel I’m not living in alignment with these values?**

**Example Reflection:**
"My value of love calls me to forgive those who hurt me, even when it’s difficult. I believe God’s Word teaches me to love others as Christ loved me (John 13:34). I feel I am not always living up to this in my relationships with others, especially when I hold onto bitterness."

**Your Reflection:**

**Step 2: Acceptance of Emotions**

**Instructions:** Acceptance is a key part of ACT—learning to accept emotions and thoughts as they come, without judgment or resistance. Just as the Bible teaches us to surrender our burdens to the Lord (Matthew 11:28-30), acceptance in ACT involves letting go of the struggle to control emotions. Instead, we acknowledge them and move forward in spite of them.

**Questions for Reflection:**

* **What difficult emotions am I currently experiencing?** (e.g., fear, anxiety, sadness, anger)
* **How have I been resisting these emotions, or trying to avoid them?**
* **How can I bring these emotions before God in prayer and trust Him with them?**

**Example Reflection:**
"I’ve been struggling with anxiety about my future. I’ve been trying to control every detail, which only makes the anxiety worse. I will give this anxiety to God, trusting that He will guide me and that I don’t need to have everything figured out right now (Philippians 4:6-7)."

**Your Reflection:**

**Step 3: Defusion from Thoughts**

**Instructions:** In ACT, **cognitive defusion** is the practice of distancing yourself from negative or unhelpful thoughts. Rather than identifying with them, you learn to recognize them as just thoughts—not truths or commands. The Bible teaches us that our thoughts are not always in alignment with God's truth (2 Corinthians 10:5), and we are called to renew our minds (Romans 12:2).

**Questions for Reflection:**

* **What negative or distressing thoughts have been recurring in my mind?**
* **How can I "defuse" from these thoughts by recognizing them as just thoughts and not necessarily truths about me?**
* **What biblical truths can I remind myself of to replace these thoughts?**

**Example Reflection:**
"I often think, ‘I’m not good enough,’ but I know that God calls me His beloved child (1 John 3:1), and that my worth is not based on my performance but on His love for me."

**Your Reflection:**

**Step 4: Committing to Values-Based Action**

**Instructions:** ACT teaches you to commit to actions that align with your core values, even when it's difficult. This step is about living in line with your beliefs, even when emotions or obstacles arise. The Bible calls us to live with purpose and faith, trusting that God will help us accomplish the good work He has prepared for us (Ephesians 2:10).

**Questions for Reflection:**

* **What is one action I can take today that aligns with my core values and faith?**
* **How can I trust God to give me the strength to take that step, even when it’s hard?**

**Example Reflection:**
"I value service, and I know that God is calling me to serve at my church. I’ve been afraid to step out because of my own insecurities, but I will trust God to equip me for the task and take that first step of volunteering."

**Your Reflection:**

**Step 5: Living in the Present Moment**

**Instructions:** A key element of ACT is mindfulness—living fully in the present moment. In the Bible, we are encouraged to cast our worries on God and focus on today, trusting Him with tomorrow (Matthew 6:34). By practicing mindfulness, you can be present in your life, rather than dwelling on the past or worrying about the future.

**Questions for Reflection:**

* **What are some areas in my life where I tend to worry about the future or dwell on the past?**
* **How can I practice being fully present in the moment, trusting God with my future?**
* **What activities can I engage in today to help me stay grounded in the present moment?**

**Example Reflection:**
"I often worry about my career and whether I’m making the right choices. I will focus on the present, knowing that God has a plan for me (Jeremiah 29:11), and I’ll take one step at a time, trusting Him with the bigger picture."

**Your Reflection:**

**Step 6: Prayer and Surrender**

**Instructions:** As you work through these steps, turn to prayer for help in surrendering your struggles and commitments to God. ACT emphasizes acceptance and commitment to action, and prayer is the ultimate act of surrender to God’s will. The Bible teaches us that God’s grace is sufficient for us, and in our weakness, His strength is made perfect (2 Corinthians 12:9).

**Prayer:** "Lord, help me to accept the emotions I am feeling and not resist them. Teach me to commit to actions that reflect my deepest values. I trust You to help me live in the present moment, surrendering my worries and fears to You. Thank You for being with me in all things. Amen."

**Your Prayer:**

**Step 7: Reflection and Action Plan**

**Instructions:** Reflect on the insights you’ve gained from this worksheet. Write down the specific actions you are committing to take based on your values and the principles you’ve learned in this exercise.

**Action Plan:**

**Conclusion:**

Incorporating **ACT** with your faith allows you to approach life's challenges with acceptance, commitment, and a focus on living in alignment with God’s will. Remember that each step of this process is about **trusting God** to guide you and empowering you to act in a way that reflects His love and truth. As you practice these skills, know that you are **walking in the freedom** that comes from surrendering to God’s plan and living with purpose and hope.