

ANCHORED:

Ephesians 2:10 — His Workmanship

“For we are His workmanship \[His own master work, a work of art], created in Christ Jesus \[reborn from above—spiritually transformed, renewed, ready to be used] for good works, which God prepared \[for us] beforehand, taking paths which He set, so that we would walk in them \[living the good life which He prearranged and made ready for us].”

—EPHESIANS 2:10 (AMP)

Spiritually Speaking:

God uses His Word as the hammer and His Spirit as the chisel. He shapes us by removing what doesn't belong, not to control us, but to align us with the life He designed. This shaping brings us into deeper relationship with Him and equips us to reflect Him in the world.

Clinically Speaking:

Transformation isn't just willpower—it's rewiring. God's Word renews our thinking while His presence creates emotional safety. Like therapy, this spiritual formation involves letting go of false beliefs and protective habits developed in survival mode.

Anchor Thought:

God is not trying to improve you. He is revealing the real you He designed—through truth, through grace, and through relationship with Him.

Life Application:

God isn't angry at your rough edges. Like a sculptor, He works on, in, and through you. He removes what doesn't fit your design, heals the inner structure, and then sends you to reflect Him. Your role isn't to prove your value, but to surrender to His process.

Box Breathing (4-4-4-4)

Great for: grounding when overwhelmed

- Inhale 4 seconds
- Hold 4 seconds
- Exhale 4 seconds
- Hold 4 seconds
- Repeat x4+

Guided Prayer:

Father, thank You for forming me with purpose. Help me let go of what I've used to protect myself, and trust Your hand to shape me. I want to walk in the purpose You've prepared, in relationship with You. In Jesus' name, amen.

Journal Prompts:

1. What thoughts, patterns, or protective behaviors is God currently chiseling away in your life?
2. What would it look like to surrender to His process—not with fear, but with trust?