

Hard Truths & Grace Repair Workbook

A truth-and-repair workbook for confession, accountability, forgiveness, boundaries, restitution, safety, and redemption without denial.

GOVERNED PRINTABLE EDITION

Ephesians 4:15-32 | Luke 19:1-10 | Matthew 18:15-20

8 PAGES | US LETTER | PRINT-SAFE | VECTOR TEXT

How to use this edition

How can truth remain clear while dignity, safety, and the possibility of redemption stay visible?

A truth-and-repair workbook for confession, accountability, forgiveness, boundaries, restitution, safety, and redemption without denial.

Use one page at a time: read the complete cited passage, name the context, answer honestly, choose one practice, and return to review fruit rather than performance.

This resource supports formation and discussion. It is not a substitute for medical, legal, mental-health, safeguarding, or other qualified professional care.

The reading and practice map

1

READ

Open the complete passage.

2

CONTEXT

Name speaker, audience, setting, and movement.

3

TENSION

Tell the truth about the lived pressure.

4

PRACTICE

Choose a concrete, accountable response.

5

REVIEW

Return to evidence, fruit, repair, and next steps.

Guided practice

Ephesians 4:15-32

Truth spoken inside a changed life

Truth, anger, labor, speech, grief, kindness, and forgiveness appear in one formation passage.

- 01 Observation: What does Ephesians 4:15-32 actually say before we summarize it?
- 02 Context: What covenant, literary, historical, or relational setting controls the reading?
- 03 Tension: Where could truth spoken inside a changed life be reduced to a slogan or used carelessly?
- 04 Practice: Which action in this passage can be made concrete, safe, and accountable?

Guided practice

Luke 19:1-10

Repentance moves toward repair

Zacchaeus joins confession to measurable restitution.

- 01 Observation: What does Luke 19:1-10 actually say before we summarize it?
- 02 Context: What covenant, literary, historical, or relational setting controls the reading?
- 03 Tension: Where could repentance moves toward repair be reduced to a slogan or used carelessly?
- 04 Practice: Which action in this passage can be made concrete, safe, and accountable?

Honest reflection before application

01 How can truth remain clear while dignity, safety, and the possibility of redemption stay visible?

02 Which part of hard truths & grace is easiest to discuss but hardest to practice?

03 What fear, desire, habit, or power relationship could distort this work?

04 Who could be helped or harmed by the way this truth is applied?

05 What would honest fruit look like thirty days from now?

A faithful next-step plan

Choose four practices. Give each one an owner, evidence, and review date.

PRACTICE 01

State what happened

PRACTICE 05

Confess specifically

PRACTICE 02

Preserve evidence

PRACTICE 06

Calculate repair

PRACTICE 03

Protect vulnerable people

PRACTICE 07

Set a boundary

PRACTICE 04

Choose the right channel

PRACTICE 08

Refuse retaliation

Prayer, commitment, and next return

A prayer for faithful practice

Lord, give us wisdom to read truthfully, courage to practice hard truths & grace with love, humility to receive correction, and patience to review our fruit. Protect our neighbors from careless certainty. Help us carry one faithful step and return with honesty. Amen.

MY COMMITMENT

Refuse retaliation

Return date: _____ Trusted reviewer: _____