

Lived Faith Practice Tracker

A practice tracker for workers, caregivers, veterans, builders, women, men, and everyday believers carrying faith under real pressure.

GOVERNED PRINTABLE EDITION

Colossians 3:12-24 | Psalm 90:12-17 | Mark 6:30-44

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

How to use this edition

What does trust in God look like in schedules, pressure, responsibility, grief, work, and rest?

A practice tracker for workers, caregivers, veterans, builders, women, men, and everyday believers carrying faith under real pressure.

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

Colossians 3:12-24

Character enters ordinary roles

Compassion, patience, forgiveness, peace, gratitude, speech, and work share one passage.

- 01 Observation: What does Colossians 3:12-24 actually say before we summarize it?
- 02 Context: What covenant, literary, historical, or relational setting controls the reading?
- 03 Tension: Where could character enters ordinary roles be reduced to a slogan or used carelessly?
- 04 Practice: Which action in this passage can be made concrete, safe, and accountable?

Guided practice

Psalm 90:12-17

Number days and establish work

The prayer joins limits, wisdom, mercy, joy, and meaningful labor.

- 01 Observation: What does Psalm 90:12-17 actually say before we summarize it?
- 02 Context: What covenant, literary, historical, or relational setting controls the reading?
- 03 Tension: Where could number days and establish work 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 What does trust in God look like in schedules, pressure, responsibility, grief, work, and rest?

02 Which part of lived faith 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

Pray before reacting

PRACTICE 05

Pay people fairly

PRACTICE 02

Do one task with care

PRACTICE 06

Keep a promise

PRACTICE 03

Ask for help

PRACTICE 07

Serve without applause

PRACTICE 04

Protect rest

PRACTICE 08

Tell the truth under pressure

Prayer, commitment, and next return

A prayer for faithful practice

Lord, give us wisdom to read truthfully, courage to practice lived faith 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

Tell the truth under pressure

Return date: _____ Trusted reviewer: _____