

# Mourning Dove Discipleship Worksheet

## Subjective vs. Objective Alignment

Where Biblical Truth Meets Daily Living

---

---

### Purpose

This guided worksheet helps you slow down, examine your internal experience, and bring your thoughts, emotions, and responses into alignment with God's unchanging truth.

### Understanding the Tension

Subjective: What I feel, think, fear, or assume

Objective: What is true regardless of how I feel

Feelings are real—but they are not always reliable guides.

Truth is constant—whether I feel it or not.

---

---

### STEPS 1-3: IDENTIFY (Slow down and see what's actually going on inside you)

#### Step 1: Identify What You Are Feeling

What emotions are you experiencing right now?

---

---

---

---

When did these feelings begin?

---

---

---

## Step 2: Identify the Thought Behind the Feeling

What are you believing?

---

---

---

## Step 3: Examine the Thought

Is this thought based on feelings or facts?

---

---

---

---

## STEPS 4-6: ALIGN (Bring what you see in alignment with truth)

### Step 4: Anchor in Objective Truth

What does God's Word say?

---

---

---

---

### Step 5: Identify the Gap

Where is the difference between feelings and truth?

---

---

---

## Step 6: Choose Alignment

Continue doing in faith (even if feelings don't follow yet):

---

---

---

---

## STEP 7: WALKING IN TRUTH (From thinking to obeying)

### Step 7: Take One Faithful Step

What is one action you will take today?

---

---

When will you do it?

---

---

---

### **Mourning Dove Discipleship Counseling**

Where Biblical Truth Meets Daily Living

[md-discipleship.com](http://md-discipleship.com)

877-535-3300