

# Rethinking Your Faith

Should I stay or should I go?

Things to consider...

Write down what bothers you about the church. It could be the church history, the doctrine, the policies, racism, LGBTQ exclusion, gender inequality, patriarchy, etc. Be as specific as possible so you get a clear view of all of your concerns:

Write down things you like about the church. It could be other members, the social aspect, the feeling of purpose, helping in the community, the tradition, feeling included with friends, family, and/or the neighborhood, still believing some of what's taught, the security of knowing how your life will go etc:

How will leaving affect other relationships in your life? Who will be affected?

Write down those who will understand and still accept you:

Write down those who may understand, but will probably slip out of your life:

Write down those who will not understand and may be mad or hurt by your leaving:

Write down what you're afraid will happen if you leave:

If you've already left, write down what about your life has gotten better, and what has gotten worse:

Better-

Worse-

# Finding Our Own Values

## Core Values Exercise

Circle the values that most represent you. You can circle all that fit.

### Achievement & Accomplishment:

Abundance  
Accomplishment  
Achievement  
Challenge  
Credibility  
Determination  
Endurance  
Fame  
Growth  
Mastery  
Power  
Prosperity  
Recognition  
Self-actualization  
Status  
Success  
Wealth  
Winning

### Feelings & Mindset:

Acceptance  
Comfort  
Compassion  
Contentment  
Empathy  
Grace  
Gratitude  
Happiness  
Inspiring  
Joy  
Kindness  
Love  
Optimism  
Passion  
Poise  
Positivity  
Respect  
Sensitivity  
Serenity  
Thankful  
Thoughtful

### Togetherness & Unity:

Affection  
Caring  
Charity  
Communication  
Community  
Contribution  
Cooperation  
Diversity  
Equality  
Family  
Fidelity  
Friendship  
Generosity  
Giving  
Loyalty  
Patriotism  
Self-less  
Service  
Sharing  
Support  
Teamwork

### Strength & Courage:

Ambition  
Assertiveness  
Boldness  
Bravery  
Confidence  
Courage  
Dedication  
Discipline  
Fearless  
Restraint  
Rigor  
Self-reliance  
Strength  
Temperance  
Tolerance  
Toughness

**Curiosity & Adventure:**

Creativity  
 Curiosity  
 Exploration  
 Imagination  
 Innovation  
 Intuitive  
 Openness  
 Originality  
 Uniqueness

**Knowledge & Intelligence:**

Brilliance  
 Clever  
 Decisiveness  
 Expertise  
 Foresight  
 Insightful

Humor  
 Intelligence  
 Knowledge  
 Wisdom

**Freedom & Independence**

Freedom  
 Independence  
 Individuality

**Stability & Accuracy:**

Careful  
 Certainty  
 Cleanliness  
 Consistency  
 Control  
 Justice  
 Lawful  
 Obedience  
 Order  
 Organization

Security

Stability  
 Structure  
 Thorough  
 Timelines  
 Traditional

**Skillfulness &****Confidence:**

Capable  
 Competence  
 Efficiency  
 Excellence  
 Experience  
 Hard Work  
 Leadership

**Harmony & Adaptability:**

Balance  
 Courtesy  
 Devotion  
 Faith  
 Forgiveness  
 Goodness  
 Harmony  
 Humility  
 Inner Harmony  
 Maturity  
 Meaning  
 Moderation  
 Patience  
 Peace  
 Purpose  
 Spirituality  
 Understanding

**Integrity & Principle:**

Accountability  
 Authenticity  
 Commitment  
 Dependability  
 Dignity  
 Ethical  
 Fairness

**Mindfulness & Alertness:**

Attentive  
 Awareness  
 Beauty  
 Calmness  
 Clarity  
 Focus  
 Silence  
 Simplicity  
 Solitude  
 Tranquility

**Enthusiasm & Enjoyment:**

Enjoyment  
 Enthusiasm  
 Excitement  
 Fun  
 Playfulness

Honesty  
 Honor

Integrity  
 Responsibility  
 Self-respect  
 Sincerity  
 Transparency

Pick a word from each list that best describes you as a whole and write it down here:

Now add a verb to each word so you can see what it looks like as an actionable core value, for instance:

Live in freedom

Seek opportunities for making a difference

Act with mindfulness

Promote well-being

Multiply happiness

Write yours here:

Put your values in order from most important to least. This way you can clearly see what matters most to you in life. This helps in decision making and scheduling your time. It's also a good way to compare whether your new found choices and opportunities outside of the church coincide with your value system:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## More to consider...

Remember, there's no hurry to figure things out! The glory of being out of the church is that there's no pressure. It takes time to unravel thoughts, feelings, beliefs, emotions, and values. And even more time to get on your own path and find a whole new life. These are questions you can just ponder as you go throughout your day, or you can put them aside and not think about them at all until you're ready!

## Religious/Spiritual

Do I want to try a different church?

Do I think there's still a God? If so, who do I think He/She/They are?

Do I still believe in Jesus? If so, who do I think He is?

Do I believe in anything at all? If so, could it be spiritual without being religious?  
What could that look like?



## Values Based

Remember to think about these things in comparison to your values list. Keep in mind not only your own values, but how these things might impact your relationships.

Also, think about your own personality and temperament. What works for one person may not work for another, not necessarily because of church conditioning, but simply because of personality and lifestyle preferences. Also, it's okay if your views on these things don't change much from what they were in the church. What's important is that you know that they are YOUR views, not the church's, or anyone else's. It's also okay (and wise) to take your time thinking about these things.

How do I feel about drinking coffee or alcohol?

How do I feel about piercings, tattoos, and clothing?

How do I feel about watching rated R movies or swearing?

How do I feel about my sexuality or sexuality in general? Is there anything I would change?

How do I feel about my political views?

Write down any other thoughts, ideas, beliefs, questions,  
etc here: