

GODLY FRIENDSHIPS / FREE REFLECTION WORKBOOK

What's Already in Your Hands?

A gentle, Scripture-rooted guide to recognizing your gifts, strengths, and one faithful next step.

REFLECT / WRITE / GROW

A FREE REFLECTION WORKBOOK

What’s Already in Your Hands?

A gentle, Scripture-rooted guide to noticing your gifts, naming your strengths, and taking one faithful next step.

You do not have to become someone else to begin.

Sometimes we spend so much time thinking about what we lack that we overlook what is already present: our experiences, compassion, skills, relationships, and willingness to learn.

This workbook is an invitation to notice those things without pressure to turn every gift into a business, ministry, or big accomplishment.

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01 Begin with what is here
02 Notice your strengths
03 Remember what you have lived through
04 Explore where you can serve
05 Choose one small next step
06 A prayer for the journey

Take your time. You can write a little today and return later. There are no right answers.

01 / BEGIN HERE

Start with what is here

In Exodus 4:2, God asks Moses what he has in his hand. Moses answers: a staff. An ordinary object becomes part of a much bigger story.

Read Exodus 4:1–5 in your own Bible. Notice that the question begins with what Moses already has, not with what he wishes he had.

What do I already have access to in this season? Think of time, skills, experiences, relationships, and opportunities.

What have I been dismissing as “too ordinary” to matter?

The gifts you may overlook

Romans 12:6 reminds believers that gifts differ. You do not have to carry every gift to make a meaningful contribution.

Think about the ways you naturally show up. Perhaps you listen well, make people feel welcome, organize details, create, teach, encourage, solve problems, or notice needs others miss.

What do people consistently thank me for?

What comes naturally to me, even if it seems small?

What is one strength I would like to practice with more confidence?

What experience has taught you

Not every difficult season has an easy explanation, and pain does not have to be called good. Still, your experiences may have shaped wisdom, empathy, or understanding that matters.

You can skip any question that feels too personal. This is your space.

What season of life has taught me something important about myself or others?

What have I learned that might help me offer kindness or perspective to someone else?

Where your gifts meet a need

First Peter 4:10 encourages believers to use what they have received to serve others. Service can be quiet and ordinary: checking in, sharing information, helping with a task, or offering prayer.

What needs do I notice in my family, friendships, church, or community?

Which of my strengths could help with one of those needs?

What would serving in a healthy, sustainable way look like for me?

05 / ONE SMALL STEP

Begin with what you can do

You do not need a complete five-year plan. Choose one realistic action you can take in the next seven days.

My one small step:

When I will do it:

Someone who can encourage or support me:

A gentle reminder

Your worth is not measured by productivity, recognition, or how much you do for others. Rest, learning, and asking for help are also part of a faithful life.

What would I say to a friend who was afraid her gifts were not enough?

06 / CLOSING REFLECTION

A prayer for the journey

You can pray these words as written or use them as a starting point for your own conversation with God.

Father, thank You for seeing me fully. Help me recognize what You have already placed in my life without comparing my journey to anyone else’s. Give me wisdom to use my strengths with love, courage to take the next small step, and peace when the path is not yet clear. Teach me to serve without losing sight of rest, grace, and Your care for me. In Jesus’ name, amen.

What is one truth I want to remember from this reflection?

KEEP GROWING TOGETHER

Godly Friendships exists to create a safe, Christ-centered space for women to grow in faith, build authentic friendships, and walk confidently in purpose.

Visit godlyfriendships.com for more encouragement, community, and free resources.