



2 Things You Can Do Instead of "Not Adulting" Today

What are your honest thoughts about this quote? → "I can't adult today."

Maybe you think it's funny? Irresponsible? Or super relatable? Whatever your opinion, I hope today's blog post (and this worksheet) will help sharpen some Biblical ideals about what it means to live as an emotional and spiritual adult.

If you haven't already read the blog post that correlates with this worksheet, you can find it here. →

<https://kristyscottage.com/things-you-can-do-instead-of-not-adulting-today/>

On the blog, I recommended two options that might be more mature choices than "not adulting" when life feels too hard. What are those choices?

What other choices could we make on the really tough days or seasons of life, other than bowing out of adult responsibilities? _____

In your own words, what do you think the message of our culture states about responsibilities that get tiring, difficult, or go against the grain of our natural desires?

Do you think this coincides with or conflicts with God's perspective of personal stewardship? _____

The following Scriptures make some pretty profound statements about God's view of faith and personal responsibility. Take a few minutes to read these, and journal any thoughts below:

II Corinthians 12:9

I Corinthians 16:13

I Corinthians 13:11

Luke 16:10

Jeremiah 32:27

Making it Personal

What feels too hard in your life right now? _____

Do you ever feel like "not adulting?" _____

Would "rest" or "growth" be a better choice for you today?

How can you cultivate a habit of rest in your life at this time? (If you don't have a support system or people you can really lean on, think of small steps you can take to create moments or spaces for rest and re-centering.) _____

Think of your life a year ago. Ten years ago. Have you grown in your capacity to live and love well? Are you continuing to grow in these capacities? **Name one specific area that you know you could grow in right now:** _____

In what ways could this difficult season enlarge your capacity to live as a spiritually and emotionally mature adult _____

Dear Heavenly Father,

Thank you for your grace and patience with me, your precious child. I confess to you my limitations, and ask that you would help me live into your endless strength and grace. I want to be a good steward of everything you have entrusted into my care at this season, even the things I would not have chosen. Please help me to learn how to truly rest so that I can remain faithful on this journey. And please help me to grow into my capacities, especially in this area: _____.

Thank you for meeting me in my place of need.

In Jesus' name,

Amen.

I know
it's hard.
But quitting
isn't
an option.