

**D-LIFE BOOT CAMP**

Training for a lifestyle  
of discipleship.



# Keeping it Real

CHRISTIAN FELLOWSHIP

*Pastor Dale L. Crawley Sr.*

*"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20*

**Rev. Dr. Deborah Crawley, Teacher**  
**Sis. Tammi Brown, Asst. Teacher**

## Spiritual Formation: What's Driving Me?

**1. The Situation** Think of a recent moment where you reacted strongly.

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**2. Trigger -- What specifically triggered you?** (Be specific — a word, tone, situation, person, etc.)

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**3. Emotion -- What did you feel?** (Be specific)

**Anger • Fear • Hurt • Anxiety • Rejection • Insecurity • Overwhelm**

**4. Response -- What did you do or say?**

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**5. Root-- Where might this be coming from?**

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**6. What Is This Revealing?**

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**7. Invite God Into It**

**Lord, show me what's underneath this...**

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**8. Spirit-Led Response**

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**Common Roots Cheat Sheet**

- Rejection → Sensitivity**
- Abandonment → Anxiety**
- Criticism → Defensiveness**
- Neglect → Over-functioning**
- Chaos → Control**
- Shame → Withdrawal**
- Insecurity → Performance**