

WILL YOU BE WHOLE

WITH REV. L

W.R.A.P. Model Worksheet

W.R.A.P. is a non-linear theoethical discernment model used to help folks engage the change process around topics of sexuality and faith. Reflect on the question prompts provided and use the space to write your responses. After writing, take some quiet time to consider your answers. Thinking, Writing, and Reflecting are part of the change process.

WRESTLE - What is the challenge you are wrestling with? What is not sitting well with you? What are you questioning?

RECONCILE - What new ideas are you learning? What are you open to? How are you making sense of the new and letting go of the old?

ACCEPT - What do you accept as true and/or right in order to move forward? What new knowledge or awareness gives you some peace?

PRACTICE - What kind of actions or behaviors affirm your new way of understanding? How can you practice them on a regular basis?
