

THE SEQUENTIAL WRITING FORMULA

Instruction & Template



A Pattern of Learning

From: Crisis, Conflict, Confusion & Questions

To: Clarity, Comfort, & Confidence in Christ

1. **Recognize & Record the Gap** you want to write about by using the Sequential Writing Formula (SWF). A gap is anything between where you are now and where you want to be. Examples: a health issue, job loss, financial crisis, any unexpected occurrence that is painful or challenging.

Acknowledge to yourself "I am in the process of change, and I'm not yet finished."

2. As you record steps and phases of change over time, by using the SWF, you will eventually be able to see the stepping stones of your growth. This feels very encouraging as you shift your perspective to seeing evidence of progress, rather than seeing yourself as a failure.
3. You are not just 'one story' because your journey is ongoing. If you want others to better understand you, share the stories of how you've gone through phases of imperfection and learning as you use the SWF.
4. Stop defining yourself by failures and successes. Trust in God, do your part in going forward in faith, one small step at a time. Any credit for your success you can graciously give to God. Jesus Christ has already taken everyone's sin, separation, and pain upon Himself. Anything you are still improving is just that, you are in the process of change and growth. You're not finished. Come unto Christ and allow Him to heal you in your walk together.
5. **Return & Repent** - Trust God's plan for you and stay in partnership with Him. Continue to turn to Him for strength, comfort, guidance, and direction. There are seeds of divinity planted within you. Each seed has great potential as you progress throughout eternity. Keep the faith and remember you are loved as a precious child of God.
6. We can have wounds and scars from the past AND move forward in growth. It isn't just one or the other. The most important focus here is that you are in a continuous process of learning. Jesus Christ is the One who offers you added clarity, strength, and vision as you rely on Him in your becoming.
7. **Receive & Rejoice** - Give thanks for the opportunity to progress with Christ. When you identify what is changing within you, rejoice and make sure those insights are recorded in the SWF.
8. Continue practicing these things. Focus on seeing the good happening in you.



The **Sequential Writing Formula (SWF)** is something I developed with God's guidance. It came to me over time as I sought to help myself and clients identify our incremental learning and the many ways God is in the details of our story.

1st phase of a new gap (an unexpected situation)

1. What is happening at the time? Identify in simple terms:

2. How do you feel about this? Be specific:

Based on those feelings, how did you respond?

3. Where do you want to go from here? First thoughts:

Do you want to invite Jesus Christ into your experience of this? He can be a great source of comfort and strength.

2nd phase

1. What is happening with this gap after some time has passed? Describe what has changed.

2. How do you feel you are coping with this change?

3. Where do you want to go from here?

Do you want to involve Jesus Christ in your solutions and plans?

3rd phase

1. What is happening with this after more time has passed? Describe any changes or improvements:

2. How have things changed? Or have they? How are you feeling now? Describe:

3. Where do you want to go from here?

Have you invited Jesus Christ into your learning and progress?

Something more about my learning and awareness over these phases of time:

Write additional phases as needed in this sequence, until you are able to identify valuable insight and learning from your experience. The time needed between each phase is for you to determine as you go. When you feel complete with this particular 'gap' you can finish the sequential writing for that event.

I sincerely care about you and would love to hear about what you learn as you use the Sequential Writing Formula.

You can email me at micheleruthbrown@gmail.com or message me on social media. I'm on Instagram and Facebook under "Faith Based Writing." My YouTube channel is "How We Learn & Grow."

Much love,

Michele