



in motherhood. in ministry. in the marketplace.

## ORTHOPRAXY

"what you do"

(actions/practices)

Notice your auto-pilot practices.

What is your behavior revealing about your longings?

## ORTHOPATHY

"what you feel"

(feelings/emotion)

Notice your emotional responses.

Let them give input, then pick a course of action with your goals and values.

## ORTHODOXY

"what you believe"

(thoughts/attitudes)

Notice the attitudes derived from your thoughts.

What have you assumed as you examine your belief systems?