

Gospel Fluency Quick Reference Guide

1. Deconstructive Rhythm: Fruit to Root

When listening to someone share a struggle, trace visible **fruit** (behaviors and emotions) down to the heart's **root** (unbelief in God's character) using four diagnostic questions:

1. **What are you doing or experiencing right now?**
(Identifies behavioral or emotional fruit)
 2. **In light of that, what do you believe about yourself?**
(Exposes identity lies)
 3. **What do you believe God is doing or has done?**
(Exposes functional belief about God's actions)
 4. **What do you believe God is like?**
(Exposes root unbelief in God's character)
-

2. The Four G's Diagnostic Matrix

Correlate visible fruit to the root of unbelief in God's character and nature as revealed in the Gospel (The Four G's – God is Great, Glorious, Good, and Gracious).

Surface Symptoms	Root Unbelief (The Lie About God)
Anxiety, chronic worry, panic, micromanagement, anger when plans change, etc.	"God is not Great" – Believing God is weak, absent, or unsovereign, forcing me to take charge.
People-pleasing, fear of criticism or rejection, image obsession, hiding flaws, etc.	"God is not Glorious" – Believing human opinion carries more weight than God's judgment.
Addiction, escapism, consumerism, gluttony, chronic emptiness or dissatisfaction, etc.	"God is not Good" – Believing God is stingy or withholding, forcing me to seek satisfaction elsewhere.
Workaholism, legalism, perfectionism, pride in success, shame in failure, etc.	"God is not Gracious" – Believing acceptance and worth must be earned through my performance.

3. Reconstructive Rhythm: Root to Fruit

Once root unbelief is exposed, guide the person back to gospel belief by working progressively upward:

1. **Who is God?**
(Declare His character—Great, Glorious, Good, or Gracious)
2. **What has God done in Christ?**
(Proclaim Jesus's life, death, and resurrection)
3. **Who are you in light of God's work?**
(Affirm true gospel identity)
4. **How should you live in light of who you are?**
(Walk out true gospel fruit)

4. Immediate Action: Spiritual Breathing

Encourage the person to practice real-time repentance and faith in conversation:

- **Exhale (Repentance/Confession):** Verbally confess the specific fruit and root unbelief (e.g., *"I confess I am anxious because I am trying to control this situation"*).
- **Inhale (Faith/Proclamation):** Rest in the targeted truth of God's character (e.g., *"I believe God is Great, so I don't have to be in control"*).