White Coat Revival.

ALIGN WITH GOD

TRAINING + COMPANION GUIDE

Introduction to the *7 Alignments™ Approach*

Transform Your Thinking. Partner with God in the Exam Room.

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Welcome to Your Training Companion

This guide was created to help you do more than watch a training. It will help you recognize what resonates, expose where misalignment may be creating unnecessary burden, and identify one practical way to begin practicing medicine with God.

HOW TO USE IT Keep this guide open as you watch. When Marilyn reaches a reflection question or major transition, pause the video. Write before moving forward. The transformation happens in the pause—not in consuming the content quickly.

This Training Will Help You

- ☐ Recognize why faith and medicine may feel separated in your daily work.
- ☐ Understand the three foundational needs: Align, Restore, and Empower.
- ☐ Identify burdens and beliefs you were never meant to carry.
- ☐ See how the 7 Alignments™ bring science and Spirit back into unity.
- ☐ Begin practicing presence and partnership in real clinical moments.
- ☐ Choose the next step God may be inviting you to take.

IMPORTANT This guide supports spiritual reflection and professional development. Spiritual impressions do not replace clinical assessment, evidence, informed consent, documentation, consultation, scope of practice, or applicable standards of care.

Before You Press Play

Prepare

- ☐ Set aside uninterrupted time.
- ☐ Bring your Bible and a pen.
- ☐ Silence notifications and close unrelated tabs.
- ☐ Choose a de-identified patient or professional situation you may want to reflect upon.
- ☐ Pray for truth, clarity, and freedom—not another performance task.

OPENING PRAYER Dear Jesus, quiet the noise within me. Show me what You want me to hear, what I need to release, and how You want to partner with me in my calling. I choose to receive truth without striving. Amen.

What brought you to this training today?

What do you most want God to restore in your life or medical practice?

Your Training Roadmap

1. RECOGNIZE Name the quiet tug, the burden, and the separation many Christian medical professionals experience.

2. UNDERSTAND Discover the three foundational needs and three root reasons for misalignment.

3. ALIGN Know who God is and who you are in His plan.

4. RESTORE Renew the way you think through stillness, truth, and the mind of Christ.

5. EMPOWER Translate alignment and restoration into partnership in the exam room.

6. INTEGRATE See how the 7 Alignments™ provide the full transformation pathway.

7. RESPOND Choose the next faithful step for learning, community, mentorship, or implementation.

Watch the *Align with God Training: Introduction to the 7 Alignments™ Approach*

Press play here:



PAUSE POINT 1

Name the Quiet Tug

You love God. You love medicine. Somewhere along the way, the two may have been separated.

WATCH FOR Listen for the difference between being called into medicine and carrying medicine alone.

WATCH • PAUSE • REFLECT • APPLY

What Resonated?

- ☐ I feel alone in wanting more of God in medicine.
- ☐ The system around me often feels hopeless or misaligned.
- ☐ I feel responsible for answers but disconnected from the One who is the answer.
- ☐ I know I was called, but I am exhausted from carrying the weight.
- ☐ I still believe I was created for more Kingdom impact.

Which statement felt most personal—and why?

Where do faith and medicine currently feel most separated in your work?

KEY TRUTH The quiet tug is not proof that you failed. It may be evidence that something essential is calling you back into alignment.

PAUSE POINT 2

Align • Restore • Empower

Three foundational needs create the path from burden toward partnership.

WATCH FOR Notice which need feels most urgent in your present season.

WATCH • PAUSE • REFLECT • APPLY

ALIGN Understand who God is, who you are in His plan, and the purpose He intended for you as a healer.

RESTORE Allow truth to recode how you think, decide, and carry responsibility.

EMPOWER Recognize God's voice and learn to partner with Him in real time—becoming a conduit of love, wisdom, hope, and healing.

Which foundational need is strongest in your life today?

Which one feels weakest or least developed?

What would be different if that need were restored?

PAUSE POINT 3

Recognize the Root Barriers

Misalignment is often the result of what was never taught—not a lack of calling or effort.

WATCH FOR Listen for the barrier that best explains your present cognitive or spiritual burden.

WATCH • PAUSE • REFLECT • APPLY

ROOT BARRIER 1 You were never shown how to partner with God in medicine, so you carry responsibility He never intended you to carry.

ROOT BARRIER 2 You were taught to separate faith from clinical thinking, leaving your cognitive mind to carry the full load alone.

ROOT BARRIER 3 You have lacked a clear framework, practical support, and a community that understands this longing.

Which root barrier has affected you most?

What burden or misunderstanding grew from that barrier?

Complete this sentence: I am not failing; I have been operating without...

REFRAME You are not disqualified. You may simply be misaligned—and alignment can be restored.

PAUSE POINT 4

ALIGN

Know Who God Is & Who You Are

WATCH FOR Notice how identity changes when God—not the system, culture, fear, or performance—becomes the visionary you follow.

WATCH • PAUSE • REFLECT • APPLY

Whose Vision Are You Carrying?

Where has man's vision of medicine become the highest functional authority in your thinking?

What burdens have you accepted because you believed healing depended primarily on you?

Restore the Original Design

- ☐ Science is not the enemy; it is the study of God's creation.
- ☐ Faith was never meant to remain personal but absent from professional thinking.
- ☐ My role is not to manufacture healing but to steward knowledge and partner with God.
- ☐ I was created on purpose, for a purpose, and sent on assignment.

VIDEO REFLECTION Whose vision have I been carrying in my calling—God's, or man's?

What is God inviting you to place back under His vision?

ALIGN: From Identity to Action

The Shift

OLD QUESTION Can I do this?

ALIGNED QUESTION God, how do You want to partner here?

Describe one current situation where you need to make this shift.

What remains yours to steward responsibly?

What weight or outcome belongs to God?

MY ALIGNMENT DECLARATION I was created on purpose, for a purpose. I will steward the knowledge God has given me and practice in partnership with Him—not under the burden of replacing Him.

PAUSE POINT 5

RESTORE

Think with the Mind of Christ

WATCH FOR Listen for the difference between using clinical intelligence and asking clinical intelligence to function alone.

WATCH • PAUSE • REFLECT • APPLY

What Is Carrying the Mental Load?

When clinical uncertainty rises, what does your cognitive mind usually do?

How do striving, pressure, or mental rehearsal show up in your body and behavior?

Are your thoughts thinking God first—or is your IQ doing all the work until you decide to bring Him in?

KEY TRUTH Spirit-led thinking does not require abandoning cognitive excellence. It restores the relationship in which knowledge and divine wisdom can function together.

Be Still—and Then Know

- ☐ Pause before forcing the next conclusion.
- ☐ Shift from pressure toward presence.
- ☐ Invite God into the thinking process.
- ☐ Notice the still, small voice without manufacturing an answer.
- ☐ Test what you receive through Scripture, wisdom, clinical reasoning, and responsibility.

RESTORE: Recode the Thought

Use this process when a belief produces pressure, isolation, fear, control, or identity confusion.

The situation: What happened?

The automatic thought: What did your mind immediately conclude?

The burden: What did that thought make you believe you had to carry?

The lie or misunderstanding: What belief about God, yourself, or medicine may be operating?

The truth: What does Scripture and the character of Jesus reveal instead?

The renewed response: What will you think, say, or do differently?

RECEIVING PRAYER Lord, reveal the thought that keeps me operating alone. I release what is untrue and receive the mind of Christ. Teach me to think from Your promises before defaulting to analysis alone.

PAUSE POINT 6

EMPOWER

Partner with God in the Exam Room

WATCH FOR Notice how alignment and restoration become a repeatable practice of presence, listening, discernment, and responsible action.

WATCH • PAUSE • REFLECT • APPLY

Partnership Changes the Question

FROM What can my human brain carry, retrieve, analyze, and solve alone?

TO Lord, what do You want me to notice—and how does that illumination interact with the knowledge, evidence, and responsibility already entrusted to me?

Where do you most often hit the ceiling of what your cognitive mind can carry?

What keeps you from inviting God into that moment?

REMEMBER You do not stop using your training. You stop using it alone.

EMPOWER: The Exam-Room Practice

1. ARRIVE Release the previous encounter and become present.

2. REMEMBER The person before you is created in God's image.

3. INVITE Silently ask God to help you see, hear, and remember what is needed.

4. LISTEN Allow the patient to finish speaking. Notice clinical cues and unexpected thoughts without rushing.

5. REASON Integrate what you notice with history, examination, evidence, red flags, scope, and consultation.

6. TEST Do not assume every impression is divine or clinically correct. Seek confirmation and remain accountable.

7. ACT Take the clearest responsible step and preserve truthful hope.

8. RELEASE After completing your responsibility, release the outcome to God.

Practice with a Real Situation

PRIVACY Use no patient names, record numbers, exact dates, or identifying details.

What de-identified clinical or professional situation will you bring before God?

What does the available evidence currently support?

What are you sensing, noticing, remembering, or questioning after becoming still?

How will you responsibly test or confirm it?

What is the next faithful clinical or professional action?

PAUSE POINT 7

Integrate the Journey

The three keys open the pathway; the 7 Alignments™ teach you how to live it.

WATCH FOR Listen for how the full framework moves from preparation of the healer into practical patient-care partnership.

WATCH • PAUSE • REFLECT • APPLY

ALIGNMENT 1 Align with God's Vision

ALIGNMENT 2 Align with the Purpose God Intended for You

ALIGNMENT 3 Align Your Soul with Your Spirit

ALIGNMENT 4 Align Your Expectation with the God of All Hope

ALIGNMENT 5 Align with God's Love and Stand in the Gap

ALIGNMENT 6 Align Your Mind with Your Heart

ALIGNMENT 7 Align Science with Spirit—Partner with Heaven

Which Alignment is God highlighting for you?

What makes this the next Alignment—not simply the most interesting one?

Your Training Integration Map

ALIGN What truth about God, healing, or your identity became clearer?

My response:

RESTORE What thought, lie, burden, or identity confusion needs renewal?

My response:

EMPOWER What partnership practice will you begin using in real time?

My response:

ONE-SENTENCE INTEGRATION Complete this sentence in the open space below: Because I now understand..., I will stop... and begin... with God.

Your Seven-Day Partnership Experiment

Choose one small, observable practice. This is not an attempt to prove your spirituality or force an outcome. It is a wayto build awareness and consistency.

The practice I will repeat:

The clinical, leadership, or personal moment in which I will use it:

The cue that will remind me:

The safeguard, consultation, or accountability I will maintain:

Your Seven-Day Partnership Experiment

Daily Observations

DAY	WHAT I NOTICED	WHAT CHANGED / NEXT STEP
1		
2		
3		
4		
5		
6		
7		

Knowing the Solution Is Only the Beginning

Transformation deepens when truth becomes a supported practice. The training presents three pathways for continuing the journey.

JOIN THE COMMUNITY AND ACCESS OUR COURSE HUB On-demand courses, a growing teaching library, and connection with like-minded medical professionals through an annual membership.
WhiteCoatRevival.com/join-our-community

REVIVE YOUR CALLING™ MENTORSHIP/BUSINESS ADVISING Individualized guidance for medical professionals seeking spiritual clarity and practical movement in their calling, vision, or work.
WhiteCoatRevival.com/work-with-marilyn

ENROLL IN THE 7 ALIGNMENTS™ COURSE An intensive 9-hour self-paced on-demand course designed to operationalize the 7 Alignments™ Approach in clinical decisions, patient interactions, team dynamics, and care delivery. This intensive course is designed to help you fully internalize and apply the transformational truths of White Coat Revival.
WhiteCoatRevival.com/7-alignments-course

CONNECT ONLINE Walk with Christian medical professionals who share the desire to reunite science and Spirit by attending our FREE monthly Zooms.
WhiteCoatRevival.com/monthly-community-zoom-meetup

Which pathway best matches what you need now?

What question do you need answered before taking that step?

Explore current opportunities at WhiteCoatRevival.com

Your Personal Commission

You were never meant to heal alone.

You were created on purpose, for a purpose, andsent into medicine with knowledge worth stewarding. Scientific excellence and Holy Spiritpartnership were never meant to compete. They were meant to work in unity.

You can practice with presence instead of pressure. You can invite God into your thinking without abandoning clinical responsibility. You can carry hope without guaranteeing an outcome. You can complete what is yours and release what belongs to God.

DECLARE IT I choose alignment over striving, truth over misunderstanding, and partnership over isolation. I will practice medicine with God—honoring both the knowledge entrusted to me and the divine wisdom available through relationship with Him.

What is God asking you to say yes to?

Signature

Date

GO AND HEAL. NOT ALONE—BUT IN PARTNERSHIP WITH THE ONE WHO CALLED YOU.

Continue the White Coat Revival Journey



WATCH OR SHARE THE FREE TRAINING

The 7 Alignments Approach to Medicine — FreeTraining

YOU ARE APPOINTED FOR MORE THAN MEDICINE.