



PUTTING IT INTO PRACTICE:

A 4D
Reflection on
AI in Ministry

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How To Use This Guide

This guide is a companion to the AI Fluency Journey from the Solace Training Academy, designed to be used alongside the video sessions and practice exercises. You can use it on your own, with a staff team, or in a Prompt Circle. It's here to help you slow down, reflect, and make choices about AI that are grounded in your faith and your calling.

Adapt what's useful. Skip what isn't. Let it serve the work you're already doing.

1

Getting Started

This worksheet is meant to help you reflect on your experience using Solace AI in a real ministry praxis. It's not about getting the task perfect (or doing busy work), it's about paying attention to what happened, what choices you made, and what those choices reveal about your instincts, your values, and your pastoral identity and sense of call.

This isn't just a task to complete. It's a culminating moment in your AI fluency journey, a formative exercise that brings together everything you've learned so far. The goal isn't just to finish something, it's to build the kind of skills and spiritual muscle memory that will help you approach new challenges and opportunities with clarity, confidence, and care, in ministry and beyond.



What You'll Need

- This worksheet
- A computer, tablet, or smartphone
- Access to Solace AI
- A little time and willingness to reflect

What is Praxis?

Praxis is not just about doing something. It's about doing and then reflecting.

In Christian formation, praxis is how we grow. It's the sermon we preach and then reconsider, the pastoral moment we replay in prayer, the newsletter we edit after realizing the tone was off.

This worksheet is a praxis moment. You will act by completing a real ministry task using Solace AI.

Then you will reflect, not just on how it went, but on what it revealed. About your values. Your voice. Your instincts. Your theology. That's where formation happens — in the purposeful reflection.

2 Anthropic's 4D Framework

The 4Ds come from Anthropic's AI Fluency Framework¹ — designed to help people use AI in ways that are effective, responsible, and thoughtful. We've adapted it for ministry, because these four competencies aren't just technical or for industry. In our case, they are meant to help guide us as we consider faith and our AI usage.

Anthropic's 4D Framework:

- **Delegation** — Deciding what part of the task you're handing to AI, and what part you're holding onto.
- **Description** — Clearly communicating what you want from the AI — your tone, your purpose, your theology.
- **Discernment** — Evaluating what the AI gives back. What aligns? What feels off? What needs revision?
- **Diligence** — Taking responsibility for what you share. Owning the final result with integrity and care.

The 4D Framework, and the way that we have adapted it, is meant to be a rhythm of reflection. They help you notice not just how you use AI, but who you're becoming as you do.

2.1 | Solace Academy Building Blocks

4D	Where You've Practiced It	Why You're Ready Now
Delegation	You explored this through the Solace Agentic Framework — Assistant, Augmenter, and Automator — three roles that helped you think about control and responsibility.	You've already thought deeply about control and responsibility. Now you get to apply that to a real ministry moment.
Description	You practiced this in the prompting screencasts and templates — shaping tone, context, and clarity	You've seen what good prompting looks like. This is your chance to test it in a real setting and see what changes when it matters.
Discernment	You did this in the "Wait, What?" toolkit — with ethical questions, bias awareness, and scenario practice	Now you get to stop imagining and start noticing. You'll reflect on what feels faithful — and what doesn't.
Diligence	You worked with the questions "Who ought I be?" and "What ought I do?" — and reflected on spiritual integrity	This is the part where you take ownership.

Our work so far has been a little like Mr. Miyagi training Daniel in *The Karate Kid*. It may not have looked like preparation for this moment — but it was.

The tasks we've been engaging in throughout this journey have been honing you for this exact kind of praxis.

You've already done the groundwork:

- When we talked about agency, you were learning how to delegate
- When we practiced prompting, you were learning how to describe
- When you worked through the ethical scenarios, you were training your discernment
- And every time we asked who ought I be?, you were laying the foundation for diligence

This is not a new thing. This is the next thing.

3 4D Praxis

3.1 | About this Activity

Now that we've talked about the 4Ds and how they've been woven through everything we've done, it's time to put them into practice — in real ministry work.

Here's what you'll do:

- You'll complete a short, pastoral task: writing a closing prayer that focuses on gratitude and community.
- You'll use Solace AI to help you — but how much or how little you use it is up to you.
- You'll then reflect on that experience through the 4Ds — Delegation, Description, Discernment, and Diligence — using the worksheet below.

This is not a test. This is a practice round for something you'll likely do again and again — using a new tool with faith, care, and clarity.

You're not being asked to impress anyone. You're being invited to pay attention — to what you chose, why you chose it, and how it felt.

3.2 | Activity Description

Your task is to write a short closing prayer that could be used to end a Bible study or worship service.

The focus of the prayer should be gratitude and community, and it should be around **100 to 150 words**.

You will use Solace AI to support you in this work. That might mean asking it to generate a first draft. It might mean brainstorming language or tone. Or it might mean letting it offer something, and then deciding how to reshape or rewrite what it gives you. How you collaborate is part of what you're reflecting on.

You'll then use the 4D Reflection prompts to step back and notice:

- What did you hand over?
- How did you describe what you needed?
- What showed up that you accepted or revised?
- What are you willing to own?

4 Refelection

Delegation – What is mine to do?

When we talked about agency earlier in the course, we explored three modes: automation, augmentation, and agency.

Think back to this task — what role did Solace AI play in your process? Did you use it to brainstorm? Draft? Tweak language? What did you keep for yourself, and why?

What kind of work do you believe should always stay human and maintain your sense of call to ministry and why?

Reflect here:

Description – How did I ask for what I needed?

One of the most important parts of working with AI is learning to describe your needs clearly.

What did you include in your prompt — tone, theology, audience, or purpose?
How did that shape what the AI gave you?

If you had to do it again, what might you say differently?

Reflect here:

Discernment – What did I notice?

Earlier in this course, you reflected on ethical scenarios and practiced asking not just “What should I do?” but “Why?”

Now you get to notice, in real time, what showed up in the AI’s response.
What felt aligned — theologically, pastorally, spiritually? What didn’t sit quite right — and why?

Did you sense any bias, tone mismatch, or moments where the voice wasn’t yours?
How did your values help you decide what to keep, change, or let go?

Reflect here:

Description – How did I ask for what I needed?

During this journey, we asked a simple but searching question that is the heart of Christian Ethics:

Who ought I be, and what ought I do?

Diligence is where that question meets your real choices.

It's about taking responsibility — not just for what you made with AI, but how you made it, and who you became in the process.

Do you feel comfortable using this prayer in your ministry context? Would you share that AI helped? Why or why not? What do you think your role is — as a spiritual leader and as a communicator of trust — when tools like this are in the mix?

Reflect here:

Looking Back - Formation

Now that you've completed the task and reflected on the 4Ds, take a moment to name what this experience revealed.

What did you notice about your instincts?

Your values?

Your voice as a spiritual leader?

Where did you feel most grounded — and where did you feel stretched?

What will you carry forward from this practice into the next time you use AI in ministry?

Final thoughts: