



PROMPT CHEAT SHEET

Context. Purpose. Request.

Everything from today's workshop, on paper you can keep.

THE CPR FRAMEWORK

C	CONTEXT What's the situation? Who's involved? What do I already know?
P	PURPOSE What am I actually trying to accomplish?
R	REQUEST What do I want back — draft, outline, questions, critique?

BEFORE & AFTER

WEAK

"Tell me about leadership."

CPR

"Act as an executive leadership coach. I supervise eight employees. Two are in conflict. Help me prepare for tomorrow's meeting. Ask me questions before giving advice."

MORE PROMPTS TO TRY

MINISTRY	"I lead a Wednesday small group, mostly new believers wrestling with doubt. Write a 5-minute devotional on Mark 9:24 that gives them permission to doubt honestly. Ask me about my group first."
ADMIN	"Sunday service is moving from 10am to 11am permanently, starting next month. Write a warm, clear email to volunteers explaining why, and ask them to confirm their new availability."
PERSONAL	"I'm a 15-year admin professional applying for a church operations director role. Look at what I have and ask me questions before suggesting changes — don't rewrite my voice."

"A vague prompt hands your sous-chef a bag of groceries and says 'make something.' A good prompt tells them exactly what's on the menu."



THE FRAMEWORK

You Are the Chef.

AI is your sous-chef — capable, but never in charge of the vision.

THE CHEF

- Sets the vision and the menu
- Selects what belongs in the dish
- Tastes and makes the final call
- Sends the plate out under their name

THE SOUS-CHEF (AI)

- Preps, organizes, and drafts
- Suggests and notices patterns
- Executes the chef's direction
- Never decides what gets served

God gives revelation. You exercise stewardship. AI assists in execution.

MEET YOUR SOUS-CHEFS

Claude

Text & reasoning
partner

ChatGPT

Text & reasoning
partner

Copilot

Built into Microsoft
tools

Gemini

Built into Google
Workspace

Siri

Built into your iPhone

THE SOUS-CHEF PROCESS — 7 STEPS

- 1 Start With You** — What are you accomplishing? What do you already know?
- 2 Brain-Dump First** — Bring it in messy — don't organize before you start.
- 3 Let AI Organize** — "Where are the gaps? What am I missing?"
- 4 Challenge Yourself** — Does this hold up, or does it just sound good?
- 5 Go Deeper** — Push to the next verse, the next question.
- 6 Bring Your Voice Back** — The conviction is always yours, never AI's.
- 7 Refine Until It's Yours** — By the end, it should sound like nothing but you.

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AI RULES OF ENGAGEMENT

You Are the Governor.

AI is not the authority. You are. Set the terms before you begin.

PARAMETERS TO SET

- Always begin with Scripture before application
- Don't get creative with my theology
- Name multiple interpretations instead of picking one
- Never fabricate sources, quotes, or facts
- Push back if you actually disagree — don't just agree to be agreeable
- Tell me if this is one tradition's view, not universal agreement
- Preserve context — don't summarize my revelations
- Offer suggestions — don't rewrite my thoughts
- If you don't know, say so — don't guess
- Ask before assuming
- Tell me which Bible translation you're drawing from
- Never phrase anything as if you're speaking with spiritual authority

What would you add? This is a starting point — you know where your room needs guardrails.

PHRASES THAT CORRECT DRIFT

- "That's not what I meant."
- "You're making assumptions — don't."
- "Return to the original question."
- "Stay closer to my original thought."
- "That's outside the scope."
- "Keep the context I gave you."

CORE PRINCIPLES

- 1 The Holy Spirit leads. AI assists.**
- 2 I'm the chef. AI is my sous-chef.**
- 3 I'm the governor of every AI conversation.**
- 4 Never surrender your discernment to technology.**

"Don't leave here saying, 'AI is amazing.' Leave saying, 'I know how to use this tool wisely.'"

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