

Week Two

This week's activities each focus on a specific word for each day. Each word and the focus for that day are intended to help you address areas of your life that trauma has affected, so that you can be healed and enjoy the results of that healing in your relationships.

Don't buy into the lie that there is a long process you need to go through first.

God can bring about healing for us in ways that are wonderful and beautiful, not long and drawn out and depressing. He wants us to be powerful in Him, not powerless against our wounds.

As you heal, you may experience various emotions, and they are real. But emotions are not meant to be our permanent truth. They merely serve as information signals so that we can become more aware of our wounds, bring them to the Lord, and be healed and set free. It is important to take a serious look at whether or not our emotions are keeping us stuck. **Are they benefiting us**, or are **they holding us back** from processing our pain and being healed?

Trauma taught you survival, but survival is not freedom. It's just a captivity with coping mechanisms. The enemy doesn't have to rebuild you if he can convince you to decorate your chains.

Therapy may help you name the wound. Deliverance breaks the cycle, but only the Holy Spirit can renew your mind. You prayed the prayer, you went to church, but freedom didn't come, because you kept protecting what God called you to expose.

Unforgiveness is a gate, Bitterness is a thief. Generational curses live where repentance is absent. You being silent isn't strength, it's agreement. And what you won't confront, you'll pass on. Satan is not afraid of your church attendance, He's afraid of your full surrender.

The way to process your emotions is to identify what you are feeling, and then take it to the Lord, and He will reveal to you how to transform it. Remember, there is no condemnation for those who are in Christ. There is no condemnation if you're feeling angry or sad. You may

even feel overwhelmed as you go through the daily activities at times, because what you experienced in your past has been so intense. This is understandable! And there is no condemnation over how long it takes you to process what you have experienced. It may take you a few days, a few months, a year, or more. **Take one concept at a time**, one day at a time. After a while, you may wish to address a concept again, when you need to and are ready to do so. This is normal. Healing of our past traumas is a process. I am simply encouraging you that God **makes all things possible. If you desire to experience a quicker healing, by all means you have the right to that. You have the right to your healing! You have the right to take your thoughts captive and transform them, because you are ready for joy! You can say with all confidence and faith, "Lord, I am ready for Your redemptive life. I am ready to feel amazing. I am ready to be healed and set free to have a sound mind and live a happy life."**

No matter what trauma you have faced in your life, they are all as different as the grains of sand, even if they are the same type of event. Everyone has a unique situation. And while we may be able to relate in some ways to what others have gone through, none of us can ever completely understand. But there is one who does completely understand-Jesus Christ! He knows what you need, right now, to move into greater healing.

This Week's Activities

Are you ready to make the choice to be healed of the traumas and tragedies you have experienced? Are you willing to be victorious with the Victorious One and to run the race before you?

Remember that you have a purpose. God wants to heal so you can be a healer for others. As you go through the activities for this week, know that the concepts they will address are simple in nature, but they are powerful tools for bringing about greater healing. God uses these concepts that you will work on each day this week to completely heal you, so don't get lost in the fact of how simple they sound. Instead, take time to think and pray about the scriptures and questions included each day, answer the questions as honestly as you can, and ask God to show you what you need to know to be healed.

Day 1

Heal from Trauma: You Are Loved

*Fear not, for I am with you; be
not dismayed, for I am your God;
I will strengthen you, Yes, I will
help you, I will uphold you with
my righteous right hand.*

- Isaiah 41:10 (NKJV)

*Who shall separate us from the love of Christ?
Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?*

As it is written:

*“For Your sake we are killed all day long;
We are accounted as sheep for the slaughter.”*

*Yet in all these things we are more than conquerors through
Him who loved us. For I am persuaded that neither death nor life,
nor angels nor principalities nor powers,
nor things present nor things to come,
nor height nor depth, nor any other created thing,
shall be able to separate us from the love of
God which is in Christ Jesus our Lord.*

-Romans 8:35-39 (NJKV)

In today's activities, you will examine what it means to be loved by God, and how His love can transform your life. Take the opportunity to ask God how He sees you. Invite the Heavenly Father to encourage you and speak His good, godly words over your life as you spend time in prayer. Take the time you need to meditate on God's love for you-and how powerful it is, how protective, how comforting and freeing it is to be loved by God.

1. What trauma is God showing you to work on today? How has this trauma impacted your life?

2. What do you need to do to heal from this trauma?

3. What words of your true identity do you need to anchor yourself in?

4. If you had never been traumatized, how would your life be different?

5. Has this trauma caused you to feel unloved? How does God's eternal love change this?

6. What is the word I need to hear from God about His love for me?
7. What good has come from your trauma? (Lessons learned, lives changed, etc.)

Prayer

Thank You, Lord, that You are always with me, and that nothing can separate me from Your love. Thank You for Your eternal truth that heals everything in my life! Help me to stay focused on Your love and all that is good in my life.

Anchor Yourself in God

I AM eternally God's child.

I AM loved beyond measure.

I AM cherished and treasured.

I AM healed by the love of God.

Day 2

Heal from Trauma: You Are Protected

My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand.

-John 10:27-29 (ESV)

*Know that the Lord, he is God!
It is he who made us, and we are his; we are his people, and the sheep of his pasture.*

- Psalm 100:3 (ESV)

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

- Psalm 91:1-2 (ESV)

In today's activities, you will examine what it means to be protected by God, and how His protection forms a foundation for you to enjoy greater peace and confidence. Take the opportunity to ask God how He has protected you in the past and how He protects you now. Invite the Heavenly Father to encourage you and speak good, godly words over your life as you spend time in prayer. Take the time you need to meditate on God's protection for you and how you can count on Him to be there for you in the ways you need Him most.

1. What trauma is God showing you to work on today? How has this trauma caused you to feel unsafe?
2. Where in your life do you need to feel protected?
3. Have you found ways to cope with feelings of frustration or irritability that come up for you?
4. How does God's eternal protection change how you see life, relationships, etc .?
5. What would your life look like if you were carefree, innocent, and at peace? (Use the answer to add to your weekly inner narration.)

6. What is the word I need to hear from God about His protection of me?

7. How have you learned to protect others because of your trauma?

Prayer

Thank You, Lord, for Your eternal protection. I will forever dwell in Your shelter, and I know I can trust in You. Help me to stay focused on the safe and good life that You have for me. Thank You for Your peace that passes all understanding. I will continually listen for Your comforting voice that keeps me safe. Thank You, Lord Jesus, for protecting me.

Anchor Yourself in Christ

I AM forever safe.

I AM protected by the Most High God.

I AM sheltered by God Almighty.

I AM protecting of others because the Holy Spirit's power is within me.

Day 3

Heal from Trauma: Faith in Your Future

*Now faith is the assurance of
things hoped for, the conviction
of things not seen.*

- Hebrews 11:1 (ESV)

*And Jesus answered them, "Have faith in God. Truly, I say to you,
whoever says to this mountain, 'Be taken up and thrown into the sea,'
and does not doubt in his heart, but believes that what he says will
come to pass, it will be done for him. Therefore, I tell you, whatever you
ask in prayer, believe that you have received it, and it will be yours."*

Mark 11:22-24 (ESV)

*For everyone who has been born of God overcomes the world.
And this is the victory that has overcome the world—our faith.*

- 1 John 5:4 (ESV)

In today's activities, you will examine what it means to have faith in your future. Faith comes from knowing God and understanding how much He loves you and how much He cares about every area of your life. When you know that you can trust Him to lead you into good things, it is so much easier to have faith that your future will work out. Invite the Heavenly Father, to show you a picture of what your life can be like when you rest in Him, knowing He has plans for good for your future.

1. What trauma is God showing you to work on? How has this trauma rocked your faith in your future?

2. How does the power of God re-energize your faith in Him? In yourself? In others?

3. What does your life look like when you have faith that a good future awaits you?

4. What godly vision do you desire for yourself and for others?

5. In what ways has this trauma caused you to have more faith in God?

6. What good word from God do you need about your future?

Prayer

Lord, I ask for Your power to fill me with more faith, a belief in the good that You have for me here on earth. Help me to trust You for a good future filled with faith in You and all the good plans that You desire for me. I know, Lord Jesus, that You will move mountains for me because You love me. Empower me with the faith to move any mountain out of my way to fulfill the good purpose You have for me!

Anchor Yourself in Christ

*I AM empowered by God to fulfill
good in my life.*

I AM filled with faith for my future.

I AM an over-comer.

*I AM an encourager to others by the power of the Holy Spirit.
for my future.*

I AM an over-comer.

Day 4

Heal from Trauma: Gain Clarity

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.

He leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows ...

- Psalm 23:1-6 (ESV)

That the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints.

- Ephesians 1:17-18 (ESV)

The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple.

- Psalm 19:7 (ESV)

In today's activities, you will examine what it means to have clarity about your life, your past, your present, and your future goals. Clarity comes as we spend time with God and think about what He says in His Word. As we allow God to speak to us and show us new things, we get

clear about our past experiences and how they have affected our life, including our relationships. And through clarity and His guidance, we can make changes that create better balance and more healthy relationships in our life.

1. What trauma is God showing you to work on? In what ways has trauma brought confusion?
2. How does God's Word bring clarity?
3. What is He showing you about what you have experienced?
4. How does understanding and awareness of your past help you to heal?
5. What do you want to have greater clarity about? (Ask God, and He will show you the answers!)
6. What good has come from your trauma? (Lessons learned, lives changed, etc.)

Prayer

Thank You, Lord, for the gift of Your Word that brings clarity to every situation. You are perfect, Lord, and You revive every part of my soul with Your nourishing Word. Thank You for strengthening me, for giving me clarity and peace. Thank You for the gift of green pastures, still waters, clarity and truth that restores my soul.

Anchor Yourself in Christ

I AM clear minded.

I AM stable and grounded in God's Word.

I AM refreshed by the living God.

*I AM healed by my Shepherd King
and the Good News of Jesus.*

Day 5

Heal from Trauma: You Are Free

*Now the Lord is the Spirit, and where the Spirit of the
Lord is, there is freedom.*

- 2 Corinthians 3:17 (ESV)

*The Spirit of the Lord God is upon
me, because the Lord has anointed
me to bring good news to the poor;
he has sent me to bind up the
brokenhearted, to proclaim liberty
to the captives, and the opening of
the prison to those who are bound.*

- Isaiah 61:1 (ESV)

In today's activities, you will examine what it means to have freedom in the Lord, and great freedom in every area of your life. He has set us free so that we can experience all the good things He has for us in life, and we do not have to be bound up, tied up in knots, walking on eggshells, or stuck in situations that do not help us. Through God's freedom, we can find the healing we desire to experience, and we can establish healthy relationships.

1. What trauma is God showing you to work on? In what ways has trauma made you feel stuck?

2. In what ways does God's Word and power set you free?

3. In what ways can you help others experience more freedom?

4. What good has come from your trauma? (Lessons learned, lives changed, etc.)

5. In what ways does knowing God set you free?

Prayer

Lord, thank You for all You have done for me to set me free! Help me to walk in the freedom that You have given to me. I seek to take upon my anointing from you and to help set others free as well. Thank You for the Good News of Your Gospel! I know that You have broken every chain, and I am going to continue walking in that freedom!

Anchor Yourself in Christ

I AM receptive to my freedom.

I AM filled with Good News and carry it within me.

I AM an example of true freedom.

I AM healed and carry the Good News of Jesus.

Day 6

Heal from Trauma: The Power of Connection

*A new commandment I give to you,
that you love one another: just as I
have loved you, you also are to love
one another. By this all people will
know that you are my disciples, if
you have love for one another.*

- John 13:34-35 (ESV)

*Therefore encourage one
another and build one another
up, just as you are doing.*

-1 Thessalonians 5:11 (ESV)

*Not neglecting to meet together, as is
the habit of some, but encouraging one another, and all the more as
you see the Day drawing near.*

- Hebrews 10:25 (ESV)

In today's activities, you will examine what it means to be connected to other people in ways that are healthy, fulfilling, and empowering. Connection is something that God desires us to have with Him and others. But it doesn't mean giving up ourselves, abandoning our boundaries, or being codependent. Godly connection is something that allows us to be ourselves, to walk in the freedom God has given us, and to fulfill His purpose for our life.

1. What trauma is God showing you to work on? In what ways has trauma caused you to isolate?

2. Are there connections currently in your life that are not serving you? That are making your life feel unbalanced?

3. What connections are there in your life right now that are helping you to stay on track? That are helping you to be healthy and fulfilled? That are encouraging you to be all God has called you to be?

4. How does healthy, godly connection with others help you to heal?

5. What does your life look like when you are surrounded by people who are safe, godly, loving and supportive?

6. What good has come from your trauma? (Lessons learned, lives changed, etc.)

Prayer

Thank You, Lord, for providing safe people in my life to help me to heal and trust again. Help me to be an encourager for others as well, and to realize that everyone has some form of trauma to heal from. Give me wisdom and discernment on who to connect with. Help me to give and receive love in a way that is pleasing to You.

Anchor Yourself in the Trinity

I AM connected with safe people.

I AM an encourager.

I AM fulfilling the law of God to love others.

I AM connected to the Holy Spirit.

I AM healthy and whole in Jesus' name.

Day 7

Heal from Trauma: You Have Hope

*May the God of hope fill you with
all joy and peace in believing,
so that by the power of the Holy
Spirit you may abound in hope.*

- Romans 15:13 (ESV)

*Blessed be the God and Father of
our Lord Jesus Christ! According
to his great mercy, he has caused
us to be born again to a living
hope through the resurrection of
Jesus Christ from the dead.*

- 1 Peter 1:3 (ESV)

*To them God willed to make known what are the riches of the glory
of this mystery among the Gentiles: which is Christ in you, the hope of glory.*

- Colossians 1:27 (NJKV)

In today's activities, you will examine what it means to have your hope restored. No one can live long without hope. Our hope that God gives us is a powerful force for bringing about our healing. When we have godly hope from the Lord, we find ourselves feeling encouraged. We gain greater joy and confidence. Hope helps us to feel stable in difficult times. It can bring

about well-being for us in every area of our lives.

1. What trauma is God showing you to work on? Where do you need to have faith for things that are hopeful?

2. How has a lack of hope impeded your life or caused you difficulties?

3. Can you think of a time that being hopeful benefited you? What was the situation, and how did you benefit?

4. What would your life look like if you experienced God's hope more often in your life?

5. In what ways can you bring the hope of the Lord to others?

6. What good has come from your trauma? (Lessons learned, lives changed, etc.)

Prayer

Thank You, Jesus, for filling me with great hope for my future, for the future of my loved ones and all who trust in You! Thank You for living within me so that each and every moment of the day I have something to be grateful for! I am filled with the knowledge of the heavenly treasure which is mine for all eternity! A life spent with You forever with me through all eternity! I love You, Jesus!

Anchor Yourself in Jesus Christ

I AM a vessel of living hope.

I AM filled with His glory.

I AM radiating God's eternal victory.

I AM encouraged to be filled with hope

by the Good News of Jesus.

I AM bringing the hope of God to others.

Write Your Inner Narration

As you learn more about God and His Word, and as you answer the questions this week, there will be things you discover that you can add to your narration so you can become equipped to enjoy healthy, loving, godly connections with people that build you up and bless you, even as you are a blessing to them!

Using what you have learned from this chapter, the scriptures you have memorized this week, and what you discovered while answering this week's questions, build on your original narration from week 1 and write an additional short godly narration using only positive words. If you find it helpful, review your answers to the daily questions from this week, take note of any positive words, and include them in your new godly narration for this week.

Example:

I AM supported.

I AM loved by God, just as I AM.

I AM connected.

I AM confident.

I AM safe and protected ... etc.