

# Day 1

## Self-Examination

*"Let us examine our ways and test them, and let us return to the LORD."*

**(Lamentations 3:40)**

*Heavenly Father,*

*Search me, O God, and know my heart;*

*Try me and know my anxious thoughts.*

*See if there is any wicked way in me,*

*And lead me in the way everlasting*

**(Psalm 139:23–24)**

Can you see areas of your life that are a mystery to you? All of us to one degree or another hold mysteries inside us. We must exam all parts of our lives to become aware of what is need. That is the reason we need to stop once in a while and ask all of the why questions. **Without the investigation**, there is little hope or healing.

**Investigate your HABITS in search of truth?**

**Investigate your CONFLICTS in search of truth?**

**Investigate your CHARACTER DEFECTS in search of truth?**

**Investigate the PATTERNS IN YOUR RELATIONSHIPS in search of truth?**

Investigating these areas of your life leads directly to answers for the why. And that is what this choice is about: getting to the answers-discovering the truth about you.

**Self- Examination** - asking you to take your life and hold it up to the light of truth and see what is there. Twelve Step and recovery groups call it 'taking a searching and fearless moral inventory.' It is time spent looking at your faults and defects, writing them down, and seeing what they reveal about you."

1. Spend time looking at your life.
2. Write down your faults and defects.
3. See what revelations come to you.

## *Prayer*

*Heavenly Father, Search me, O God, and know my heart;  
Try me and know my anxious thoughts.  
See if there is any wicked way in me,  
And lead me in the way everlasting (Psalm 139:23–24).*

Lord, I come before You with humility, asking for the courage to see myself clearly.  
Help me to examine my heart, my motives, my actions, and my words.  
Reveal any areas where I have strayed from Your truth or harbored sin unknowingly.

Let Your Holy Spirit be my guide, Convicting me gently but truthfully,  
And leading me to repentance, healing, and renewal.

Father, if there is bitterness in me, help me to forgive.

If there is pride, teach me humility.

If there is fear, increase my faith.

If there is compromise, restore my conviction. Amen.

## Day 2

*Create in me a clean heart, O God,  
And renew a steadfast spirit within me.*

**Psalm 51:10 NJKV**

*Then you will call on me and come and pray to me, and I will listen to you.*

**Jeremiah 29:12**

This week I would like for you to seek out a person who loves you. Ask a friend or family member who you trust with intimate knowledge to give you feedback. Tell them this is new knowledge, which you just discovered, and you want the truth of their thoughts. Tell them you are working through past pains and their insight is welcome.

### **Questions to Ask the Trusted Person:**

1. "In your experience with me, are there any patterns you've noticed in how I handle conflict or pain?"
2. "Do you think I tend to withdraw, become defensive, or try to please others when I'm hurt?"
3. "Have you ever seen me sabotage healthy relationships or push people away? If so, how?"
4. "What are some strengths I may not see in myself?"

5. "What's something you wish I knew about the way I relate to others?"
6. "Do I come across as emotionally open or guarded?"
7. "Have I ever made you feel like I was projecting past pain onto our relationship?"
8. "Can you share a moment when you saw me grow emotionally or spiritually?"

### **Personal Reflection Questions (After the Conversation):**

1. How did it feel to receive feedback from someone I trust?
2. What parts of their insight surprised or challenged me?
3. Did anything they say confirm what God has already been showing me?
4. Where do I feel resistance, and why might that be?
5. What areas do I want to take to prayer and ask God to help heal or transform?
6. How can I thank this person and honor their vulnerability in sharing truth with me?

# Prayer

Heavenly Father, Thank You for walking with me through this sacred moment of vulnerability.

Thank You for the courage to seek truth and the grace to receive it.

I open my heart to what was shared, even if it was hard to hear.

Help me not to react in pride, fear, or shame—but to respond with humility and trust.

Lord, if there is truth in what was spoken, Let it take root in my heart and bear fruit in my life.

If there are wounds behind my patterns, Reveal them gently, and begin the healing process in  
Your timing and Your way.

Where I have caused harm, show me how to make it right.

Where I am too hard on myself, help me extend the grace You freely give.

Remind me that I am still growing, still learning, and still deeply loved.

Thank You for placing people in my life who love me enough to speak truth.

Thank You for being the God who heals, redeems, and transforms.

I invite You into every part of me—light and shadow—

And ask that You continue the good work You have begun.

In Jesus' name, Amen.

## COMMITTED TO PRAYER

You may want to ask this same person to commit to praying for you. Or find someone through your church who has a strong prayer life, and ask them to pray for you as you search for the truth about yourself. *"Then you will call on me and come and pray to me, and I will listen to you."*

*-Jeremiah 29:12*

Make certain you are also praying. There is a real enemy you face: Satan. The Bible tells us he prowls around looking to cause people to stumble. **Prayer is one of your defenses** against Satan.

Pray, as I also pray, that God will protect you from all enemies who don't want you to heal.

Healing is a choice. You have seen that there are choices you can make to experience healing.

Investigating your life in search of truth is one of those choices.

# Day 3

## Take Time to Grieve

*Casting all your care upon Him, for He cares for you.*

**1 Peter 5:7**

*For I consider that the sufferings of this present time  
are not worthy to be compared with the glory which shall be revealed in us.*

**Romans 8:18**

*“He heals the brokenhearted and binds up their wounds.”*

*Psalms 147:3 (NKJV)*

**Did you have big dreams in your life? Have those dreams ever been shattered?**

Maybe, like me, you are one of many people who have dreamed of greatness. It is safe to say that no one has ever had a dream to be abused, neglected, or otherwise mistreated. Instead, I'm rather certain, that you, like me, dreamed big dreams with bright futures and great expectations. We need to grieve the past and those dreams. The problem is we often refuse to grieve.

**Have you refused to grieve your shattered dreams? If so what was it?**

**Have you refused to grieve the painful experience in your life?**

I would like for you to grieve your broken expectations and let go of them.

I want you to accept life as it is, can you do this? If not what is stopping you?

Eventually grief will sets you free. The ache of walking away from something that shaped you—even though it harmed you - is real.

## *Prayer*

You are the Giver of life and dreams,  
The One who knit me together with purpose and destiny in mind.

You saw every hope in my heart before I spoke it—  
And You have wept with me over every broken one.

Lord, today I come to You with the weight of disappointment.

I confess that I have carried silent grief for too long—  
Grief over what should have been, what I longed for, and what never came.  
Some dreams died slowly. Others were torn from me in moments of pain.  
And still, I have kept going, afraid to stop and truly grieve.

But You are not afraid of my sorrow.

You welcome it.

So now, I lay my broken expectations at Your feet.

I name them, I mourn them, I release them.

Help me to accept what was,

To weep for the little girl who dreamed big dreams,

And to let go of what cannot be, without shame.

Give me the courage to walk away from what shaped me but harmed me—

To bless it for what it taught me, and surrender it to Your hands.

Let grief do its holy work and make room for new hope.

And when the tears come, remind me:

*You are near to the brokenhearted (Psalm 34:18).*

You are not finished with my story.

You still write beauty from ashes.

Set me free, Lord,

One surrendered dream at a time.

In Jesus' name,

Amen.



# Day 4

## Disenfranchised Grief

*“To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness...”*

Isaiah 61:3 (NKJV)

*“To everything there is a season, a time for every purpose under heaven... A time to weep, and a time to laugh; a time to mourn, and a time to dance.”*

Ecclesiastes 3:1, 4 (NKJV)

*“You number my wanderings; put my tears into Your bottle; are they not in Your book?”*

Psalms 56:8 (NKJV)

You're not crazy. You're grieving something no one gave you permission-or warning-to grieve. When the thing that broke you is also the thing that gave you identity, leaving it can feel like betrayal-even when it's survival.

**Disenfranchised grief is hard because:**

You're mourning something others still celebrate.

A place.

A job.

A community.

A friend group.

A version of yourself.

But let me be clear: There are healthy places for you. There are jobs that won't drain the life out of you. Community's that care about your soul health. Friend groups that feel like healing, not hiding. Don't confuse one painful chapter with the whole story.

*You start asking:*

- . Was I the problem?
- . Did I overreact?
- . Am I being ungrateful?
- . Why do I miss something that mistreated me?

Because when pain and belonging live in the same place, healing will always feel like tearing. You are allowed to grieve what happened, even if no one else understands. Even if others stayed. Even if the world kept spinning like nothing happened. You are allowed to walk away from people, places, systems, and stories that no longer align with who God is forming you to be.

1. What am I grieving that others may not understand or validate

*(This could be a place, a relationship, a role, or a version of yourself.)*

2. Was the thing I left (or lost) giving me identity—even if it was hurting me?

*How did it shape how I saw myself?*

3. In what ways did I feel both seen and unseen in that environment?

*Where was the pain hidden behind performance, loyalty, or silence?*

4. What made walking away feel like betrayal, even though it was survival?

5. Have I questioned myself—wondered if I was the problem, overreacting, or being ungrateful?

*What does God's truth say about my decision to protect my peace and health?*

6. What version of myself did I leave behind—and what part of me is God calling forward now?

7. Can I name the ache I feel when I miss something that mistreated me?

*What does that reveal about my desire for connection, safety, or belonging?*

8. Where have I seen signs of healthier places, people, or communities God may be drawing me toward?

9. How can I give myself permission to grieve, even if others don't understand or acknowledge my loss?
10. What is one prayer I can write today to honor both my grief and my growth?

## *Prayer*

Father God,

You see the sorrow I carry—the kind that feels invisible to others.

You know the ache of leaving something that once gave me belonging,

Even when it hurt me deeply.

You understand the confusion in my heart—how I can miss what harmed me,

How I can feel grief over what others still celebrate.

Lord, I bring You my unspoken losses.

The places I no longer fit. The relationships that changed.

The version of myself I had to leave behind.

I confess that sometimes I wonder if I was the problem.

I second-guess my decision to walk away.

But You remind me that I am allowed to grow,

To choose healing over hiding, To walk toward freedom without apology.

Give me permission, Lord, to grieve.

To cry over chapters closed, even if no one else understands.

To feel the loss without guilt. To honor my own pain without shame.

Help me trust that You are forming me into someone new—

Someone whole, holy, and healed.

Lead me to communities that care for my soul,

To friendships that feel safe,

To places that reflect Your love and truth.

Thank You for never asking me to stay in what was breaking me.

Thank You for seeing my grief when others can't.

And thank You for writing a better story than the one I had to leave behind.

In Jesus' name, Amen.

# Day 5

## Letting Go

*“Forget the former things; do not dwell on the past. See, I am doing a new thing!”*

Isaiah 43:18–19 (NKJV)

The first step is to acknowledge what is holding you back and think about why you must move on. What exactly are you holding on to?

Once you have identified why letting go of the past is so difficult, ask yourself: “What are the reasons that I absolutely must move beyond this?” How will your life change when you learn how to move on from the past? This is one of the most important parts of the process because it will help you stay committed to letting go of the past. Gaining a clear sense of purpose is essential to establishing any goal. Your purpose will serve as your emotional drive when you feel like giving up. You will inevitably face setbacks and challenges, but if you have a strong enough reason and a purpose that drives you, you will stay focused and dedicated.

**What am I still holding on to?** (*A memory, a person, a belief, a regret, a wound?*)

**What has made it so difficult to let this go?** (*Is it fear, guilt, identity, comfort, or unresolved grief?*)

**How has holding on affected my emotional, spiritual, or relational health?**

**What would my life look like if I finally let go?** *(Describe the peace, freedom, or healing you imagine.)*

**What are three reasons I *must* move beyond this part of my past?**  
*(What is God inviting me into that this is blocking?)*

**What lies have I believed that keep me stuck?**  
*(What truths from God's Word can replace them?)*

**How would letting go change how I see myself— and how I relate to others?**

**What purpose or vision is God giving me that requires me to move forward?**

**When I face moments of weakness or temptation to return to old patterns, what can I remind myself of?** *(Write a declaration, scripture, or personal mantra.)*

What is one step I can take this week to release what no longer serves God's plan for my life?

## Prayer

Heavenly Father,

I come before You with open hands and a heavy heart.

You know the things I've carried—the pain, the memories, the regrets,

And the parts of my past that have kept me stuck.

Lord, I don't want to live chained to what once was.

I want to walk in freedom, but I admit... letting go is hard.

I've held on because it felt familiar.

Because I was afraid of the unknown.

Because I didn't know who I'd be without it.

But You, God, are my healer and my redeemer.

You make all things new.

You are not calling me to carry old burdens—

You are calling me to rise and walk into Your promises.

Today I release what no longer serves Your purpose for my life.

I surrender the people, the pain, the stories, and the shame.

Give me courage to move forward, and clarity to see Your hand guiding me.

Anchor me in Your truth when I feel weak, and remind me I am never alone.

Thank You for being the God of fresh starts.

Thank You for the new thing You are doing in me.

In Jesus' name,

Amen.



# Day 6

## Identify Your Emotional Habits

*“Do not remember the former things, nor consider the things of old.  
Behold, I will do a new thing, now it shall spring forth; shall you not know it?  
I will even make a road in the wilderness and rivers in the desert.”*

Isaiah 43:18–19 (NKJV)

*“...forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.”*

Philippians 3:13–14 (NKJV)

Identifying your emotional habits is one of the most challenging parts of letting go of the past because it requires deep introspection. We all have patterns, and whether they are positive or negative doesn't matter, because they are comfortable.

When you grow accustomed to certain emotions, even negative ones, you don't notice how they affect you on a daily basis. You don't realize that you're stuck in a negative emotional loop—you believe you're reacting as anyone would to any given situation. But our unique emotional habits can have a profound influence on the way we look at life, the way we act and how good we are at moving on from the past. So why settle for a life where we empower the negative emotions and disempower the positive?

Identifying your emotional habits starts the shift toward a more positive experience. Your emotions are like a muscle: You can train yourself to feel frustrated, sad, stressed or even depressed after a challenging situation arises. Or you can train yourself to feel passionate, joyful and strong, even when something bad happens in your life. When you take charge of your emotions, you can learn how to let go of the past in a way that makes you feel lighter and freer instead of fearful.

When you catch yourself falling into a negative emotional habit, work to cut off the thought and switch gears immediately. The more you condition yourself, the more wired those emotions become and the more you adapt to any situation thrown your way.

The ultimate breakthroughs in life happen by learning strategies, developing an empowering story and ensuring you're in the right state to move forward. To do this, you must condition your mind every single day. Sometimes it will feel awkward. But you must condition your mind to stop believing negative self-talk and start embracing empowering beliefs that lift you up instead of dragging you down.

**Let's start walking toward wholeness.**

**What are you walking away from?** *Be honest. What system, relationship, belief, or place are you releasing?*

**What are you walking toward?**

*List the qualities you desire: Clarity, Peace, Wholeness, Jesus. What do each of these mean to you personally?*

**What unmet expectations or broken dreams are you still grieving?**

*Write a letter to yourself (or to God) about those losses. Let it out without judgment.*

**What are you holding on to that is no longer serving your healing or growth?**

*Identify what is emotionally or mentally keeping you stuck.*

**Why must you move on? What is at stake if you stay where you are emotionally? Spiritually?**

**What emotional habits have you identified in yourself? How do you typically respond to stress, disappointment, or rejection? Are these habits helping or hindering you?**

**When you catch yourself falling into old patterns, what truth or scripture can you speak to yourself instead? Write out a new truth or affirmation you can declare next time you're tempted to go backward.**

**How can you begin conditioning your mind to expect joy and peace instead of fear and shame?**

*What daily practices (prayer, gratitude, declarations, Scripture meditation) can help renew your mindset?*

**Who do you need around you in this next season? What kind of community, friendships, or mentors will help nourish the life God is growing in you?**

What does it mean to you that Jesus invites *you* to come to Him when you're weary and burdened? *Reflect on Matthew 11:28. How will you respond to His invitation today?*

## Prayer

Heavenly Father,

You see the weight I've carried — the pieces of my past that cling to me like chains.

You know the systems, the stories, the people, and the pain I've struggled to release.

You know how hard it is to grieve what once gave me identity — even when it harmed me.

But today, I choose to walk away — not in rebellion, but in redemption.

I'm not just walking away from something broken; I'm walking toward You.

Toward peace. Toward clarity. Toward the wholeness that only You can give.

Lord, heal the part of me that still misses what wounded me.

Teach me to grieve with hope, to mourn with purpose,  
and to trust that joy is coming on the other side of this surrender.

Where shame has tried to silence me, speak truth.

Where fear has rooted itself, plant courage.

Where exhaustion has drained me, pour out Your rest.

Jesus, You said, *"Come to Me, all who are weary and burdened, and I will give you rest."*

So I come.

Not to the crowd. Not to the past. Not to the pressure. I come to You.

Help me condition my mind with truth, renew my emotions with grace,  
and guard my heart with Your Word.

Thank You that I am not alone.

You have chosen me. You have called me.

And You are still with me.

I surrender what was. I trust You with what is.

And I follow You into what's to come.

In Jesus' name, Amen.

# Day 7

## Forgiveness

*“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”*

**Ephesians 4:31–32 (NKJV)**

*“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.”*

**Mark 11:25 (NKJV)**

*“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”*

**Matthew 6:14–15 (NKJV)**

Forgiveness is not forgetting, excusing, or pretending the pain never happened. It's choosing to release the grip of bitterness so that *God can begin the healing*. It's not a one-time act, but a daily decision to walk in freedom rather than bondage.

When we forgive, we are not saying that what happened was okay. We're saying that we trust God to be the ultimate Judge and Healer — that His justice, mercy, and grace are enough. We release the offender from the debt they owe *us*, because **Jesus already paid our greatest debt**. You may still feel the sting of what they did. You may still grieve what was lost. But forgiveness

is the bridge between your pain and God's peace.

As you close this chapter, ask the Holy Spirit to help you forgive.

*Forgive them.*

*Forgive yourself.*

*Forgive the things that never got resolved.*

Because you were not made to carry this weight forever. You were made to walk in freedom.

And freedom always begins with *forgiveness*.

The following questions will help you take an inventory of your life.

Don't let the number of questions intimidate you. You don't have to tackle them all in one sitting. But you do need to answer them all. Consider answering all the questions under

**"Who Hurt You,"** and then on another day, answer all the questions under **"Who You Hurt,"** and so on until you finish the list.

## WHO HURT YOU

Starting as early as you can remember, who were the people in your life that **hurt you**?

Was there anything you did to bring on that hurt, or were they solely responsible?

What was your reaction to that hurt? Did you forgive them, hold on to a grudge, or try to seek your own revenge?

Is there any way you could have changed **your reaction** to the hurt?

## People You Hurt

Starting as early as you can remember, who were the people in your life that **you** hurt?

Did they do something first that hurt you, or were you acting without provocation?

Who have you hurt the worst? Rearrange your list of those you hurt in order of those you hurt most to the least.

What was your reaction when you first realized you had hurt each person?

What have you done to rectify the problem(s) caused by your hurtful actions?

Is there anything you can do to make it right with those people?

Write down a plan to contact those you have hurt. If it would not cause greater damage, contact each one to discuss the past. Take notes on the things they tell you about yourself.

Ask someone to be your partner in truth. Ask that person to help you discover the truth about yourself, your strengths and weaknesses, and motivate you to continue to work on the areas that need help.

## Prayer

Heavenly Father,

I come before You with a heart that has carried pain, disappointment, and anger.

You see every wound — even the ones I've hidden.

You know the burdens I've held onto for far too long.

Today, I choose to release them.

I choose to forgive — not because it was okay, but because I no longer want to be bound.

I forgive those who hurt me, whether they ever said sorry or not.

I release the debts they owe me, and I place them into Your just and merciful hands.

I also ask for Your forgiveness. For the times I've carried resentment...

For the times I've replayed the pain instead of releasing it...

For the times I've withheld grace, even when You freely gave it to me.

Lord, I want to be free. Wash my heart clean. Heal what's broken. Restore what was lost.

Teach me to walk in the fullness of Your love — unshackled by the past.

Help me forgive myself, too — For the mistakes I've made, For the things I allowed,

And for the things I didn't know how to change.

Thank You, Jesus, that You bore the weight of all sin — including this — on the cross.

Because of You, I am not stuck. I am being set free.

From this moment forward, I choose healing.

I choose peace. I choose *You*.

In Jesus' name, Amen.