



Healing Journey & Scripture Journal

Processing your healing with God, one stage at a time.

VICTIM STAGE

Description: Feels isolated, ashamed, unsure who to trust. Carries wounds in silence.

Scripture: “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18

Truth: God is not far off. He comes close in your pain—even when no one else does.

Reflection Journal:

- What pain am I still trying to carry alone?

Write freely here:

- What would it look like to invite God or a safe person into that pain?

Write freely here:

- When I read “God is close to the brokenhearted,” how does that make me feel?

Write freely here:

SURVIVOR STAGE

Description: Acknowledges trauma but avoids deeper emotion. Often minimizes or rationalizes.

Scripture: “A bruised reed He will not break, and a smoldering wick He will not snuff out.” – Isaiah 42:3

Truth: God does not force you to heal faster than you’re ready. He is gentle with what’s barely holding on.

Reflection Journal:

- In what ways have I downplayed or explained away what happened?

Write freely here:

- Am I afraid to feel anger, sadness, or grief? Why?

Write freely here:

- How does it feel to imagine God as gentle instead of disappointed?

Write freely here:

WITNESS STAGE

Description: Begins to speak the truth aloud in safe spaces, grieves losses, and lets light into dark places.

Scripture: “Everything exposed by the light becomes visible—and everything that is illuminated becomes a light.” – Ephesians 5:13

Truth: When we bring our pain into the light, shame loses its grip and healing begins.

Reflection Journal:

- Who is one safe person I can begin to share my story with?

Write freely here:

- What have I lost that I need to grieve with God?

Write freely here:

- What do I fear might happen if I bring my pain into the light?

Write freely here:

VICTOR STAGE

Description: Finds identity in Christ, not trauma. Uses their story to help others and glorify God.

Scripture: “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” – Genesis 50:20

Truth: God can redeem even the worst parts of our story and use them for good. You are not your past.

Reflection Journal:

- How has God already used my story to comfort someone else?

Write freely here:

- Is there any remaining shame I’m still carrying that God wants to heal?

Write freely here:

- What does it mean that my pain now has purpose?

Write freely here:

Closing Prayer

“Father, meet me in the place I am today. Help me not to rush or hide from where I truly am. Gently show me how You are healing, restoring, and leading me. Whether I’m grieving, wrestling, or rejoicing—You are present and You are good.”

 **ABBA REACH MINISTRIES**

“Surely the arm of the Lord is not too short to save...” – Isaiah 59:1

 www.AbbaReachMinistries.com