

40 DAYS OF RESTORATION

Intensive Discipleship and Healing

Through personal reflection, practical steps, and accountability, this program is designed to facilitate a deep work of spiritual growth and renewal.

"You will be called the Repairer of Broken Walls."

Isaiah 58:12



ABBA REACH
MINISTRIES

40-Day Whole-Person Journey

A grace-filled path toward restoration, growth, and freedom

Why 40 Days?

In the Bible, 40 days often marks a season of transformation, testing, or preparation:

- Moses spent 40 days on Mount Sinai receiving God's law (Exodus 24:18).
- Elijah traveled 40 days to meet God on Mount Horeb (1 Kings 19:8).
- Jesus spent 40 days in the wilderness before beginning His ministry (Matthew 4:1–2).

Forty days is long enough to begin creating lasting change—physically, emotionally, and spiritually—yet short enough to stay focused and committed. This journey invites you to take intentional steps toward healing, hope, and deeper faith.

Who This Is For

This journey is for anyone who desires growth and restoration—whether you are:

- Recovering from trauma, anxiety, depression, or burnout
- Walking through addiction recovery
- Healing from abuse (past or present)
- A survivor of human trafficking
- Rebuilding after divorce, loss, or life transitions
- Wanting to go deeper in your faith and live with greater purpose

It is for those ready to examine every part of life—spiritual, emotional, physical, relational, financial—and create a personal plan for moving forward.

How This Works

You will begin with the 40-Day Whole-Person Questionnaire, which helps you take an honest look at every area of your life. From there, you can:

- Work through the 40 days completely on your own
- Invite a trusted pastor, counselor, mentor, or friend to walk with you
- Join our ministry for daily contact, encouragement, and accountability

We at Abba Reach Ministries are available to walk with you through an intensive 40-day restoration track, offering:

- Discipleship and biblical teaching
- Encouragement and relational connection
- Accountability and problem-solving support
- Prayer and Scripture-based guidance

If You're Doing This Alone

You can browse our Resource Library at www.AbbaReachMinistries.com/resources.

- All downloads are free.
 - You can work at your own pace.
 - Resources include Bible studies, trauma recovery tools, budgeting helps, habit-building guides, and more.
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Practical Supports for the Journey

For many who are healing from trauma, anxiety, depression, or feeling overwhelmed, the hardest part is simply getting started. That's why we suggest pairing this journey with practical tools like:

- What's Your 5? – Five small daily wins to build confidence and consistency
- Simple Budgeting – A stress-reducing way to handle finances
- Simple Planning & Scheduling – Gentle structure without overwhelm
- What Do You Really Believe About God? – A workbook for uncovering and replacing lies about God with truth
- Awareness Skills – Learn to notice, evaluate, and adjust both your thoughts and emotions so they align with truth. This skill builds clarity, self-control, and a stronger foundation for healing

Your 40-Day Commitment

By choosing to walk through this journey, you are committing to:

1. Show up daily—even on hard days—with honesty and openness before God.
2. Engage with the questions and tools without rushing.
3. Take small, consistent steps in the areas God highlights.
4. Seek support when needed—from our ministry or trusted relationships.

Remember: This is not about perfection. It's about making room for God to work in your life. Small steps—done consistently—lead to lasting transformation.

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

 www.AbbaReachMinistries.com

When “Failure” Becomes Growth

Sometimes the most meaningful growth doesn't happen when we follow the plan perfectly — it happens when we miss a step, forget a day, or fall short of our own expectations... and still know that our Father loves us.

Perfection is not the goal of the 40-Day Journey. The goal is connection with God, and that can happen just as powerfully in the moments we feel weak or distracted. When we come back to Him without shame, we are practicing trust — trust that His love is not earned, trust that His grace really is enough, and trust that He is not keeping score.

Growth often looks like:

- **Learning to rest in God's love even when we're not “on track.”**
- **Choosing peace over panic when we can't do everything we planned.**
- **Seeing ourselves the way He sees us — cherished, forgiven, and safe in His hands.**

Reflection Prompt:

Think of a time you “failed” in your own eyes but experienced God's love and peace anyway. What did you learn about Him in that moment?

♦ How to Use This Questionnaire

Use this as a personal reflection tool, or go through it with a trusted mentor, counselor, or recovery leader. There is no score, no shame—just grace and truth.

You may complete one section per day or use it all at once. You are not alone.

Section 1: Spiritual Life

1. Do you believe God is good? Why or why not?

2. Do you believe God loves you personally?

3. How often do you pray or talk to God?

4. How often do you read your Bible?

5. Do you feel close to God right now?

6. Can you be honest with God about what's really going on?

Reflection:

- What do you long for spiritually?

- What helps you feel connected to God?

- What are some barriers to your growth?

Section 2: Thought Life

1. Do your thoughts usually reflect truth and hope?

2. Do you struggle with intrusive or negative thoughts?

3. Do you believe your life has value and purpose?

4. How often do you compare yourself to others?

5. Do you feel anxious or fearful about the future?

6. Do you know how to take your thoughts captive and renew your mind?

Section 3: Emotional Health

1. Can you name what you're feeling most of the time?

2. Do you know how to calm down when overwhelmed?

3. Are you stuck in sadness, anger, or fear?

4. Are you able to express your emotions in healthy ways?

5. Do you often escape, numb, or distract yourself from emotions?

6. Do you feel hopeful about healing or change?

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Section 4: Physical Health

1. How is your energy and alertness during the day?

2. Are you getting quality sleep and rest?

3. How are your eating habits and nutrition?

4. Are you moving your body regularly?

5. Are you dealing with chronic pain or health conditions?

6. How are your hygiene and daily self-care routines?

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Section 5: Family of Origin

1. What 3 words describe your childhood home?

2. Choose 3 adjectives to describe your father (e.g., loving, absent, critical):

3. How has your relationship with your father shaped your view of God?



Section 6: Marriage or Past Relationships

1. Do/did you feel emotionally safe in your relationship?

2. Can/could you be honest without fear?

3. Are/were conflicts handled in a healthy way?

4. Has there been any manipulation, control, or abuse?

5. Do/did you feel seen, heard, and valued?

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Section 7: Parenting

1. Do you feel equipped to parent well?

2. Are you parenting from a healed and growing place?

3. Do you feel overwhelmed, ashamed, or unsure as a parent?

4. Do you feel connected to your child(ren)?

5. Would you like support or parenting tools?

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Section 8: Social Life & Relationships

1. How strong is your current support system or friendships?

2. Are you able to trust others?

3. Do you set healthy boundaries with your time, space, and energy?

4. Can you say “no” or speak up when needed?

5. Do you feel like you belong?

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Section 9: Addictions, Habits, & Self-Harm

1. Do you turn to substances or habits to cope with stress or pain?

2. Do you experience any loss of control or compulsions?

3. Have you engaged in self-harm?

4. Have you experienced relapse or hidden struggles?

5. Do you feel ashamed or alone in this area?

6. Do you have hope and support for change?

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Section 10: Legal History & Safety

1. Have you ever had a protective order (EPO)?

2. Are you involved in any legal cases (civil, criminal, family)?

3. Do you have unresolved charges, warrants, or legal issues?

4. Have you been arrested, incarcerated, or court-ordered to attend programs?

5. Has a partner ever harmed or threatened you?

6. Do you feel emotionally safe navigating your current legal situation?

Would you like support, prayer, or advocacy in this area?

☐ Yes ☐ No ☐ Not sure

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Final Reflection

- What surprised you as you went through this?

- What do you want to grow or change in the next 40 days?

- Who might be a safe person to walk with you through this journey?

Closing Prayer

“Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.” — Psalm 139:23–24

You are not alone. There is hope. Let God meet you here.