

# Healing Starter Guide

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*A Gentle Beginning to Becoming Whole*

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By Journeys of Women Ministries

**Dear Sister,**

I know how it feels to carry pain quietly—to smile on the outside while your heart aches on the inside. I’ve walked that path too, wondering if healing was really possible. But I learned something sacred along the way: when we invite God into our brokenness, He doesn’t just mend what’s torn—He makes it new.

This guide is your first small step toward that renewal. My prayer is that as you read, reflect, and rest in His presence, you’ll begin to feel peace rise again.

With love and hope,  
Pearl Truesdale  
Founder, Journeys of Women Ministries

If these words have found you, know this: you are not here by accident. Somewhere deep within, your heart whispered that it was time—to heal, to rest, to rediscover who you are in God’s love.

This is your gentle beginning. You don’t have to have it all figured out. You don’t need to be strong every moment. You only need to take one small step—and let God meet you there.

*“He heals the brokenhearted and binds up their wounds.” — **Psalm 147:3***

As you begin this journey, breathe deeply and remember: you are not broken beyond repair. You are becoming whole.

# What Healing Looks Like

Healing is not about perfection—it’s about progression. It’s the sacred process of finding peace in places that once brought pain.

Let these truths guide your heart:

- I am loved by God.
- I am not what happened to me.
- I am becoming whole, one step at a time.

## The Three Foundations of Healing

### 1. Faith – Trusting God’s Presence

Even when you can’t see the way, God walks beside you. His love is the steady ground beneath your trembling steps.

**Reflection Prompt:** Where have I seen God’s hand in my healing, even in small ways?

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### 2. Reflection – Learning Through the Journey

Each scar tells a story—not of defeat, but of survival. Reflection helps us release what no longer serves us and see the lessons hidden in the pain.

**Reflection Prompt:** What has my pain taught me about resilience, compassion, or strength?

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### 3. Sisterhood – Knowing You Are Not Alone

You were never meant to heal in isolation. Healing grows stronger in community—through shared stories, prayer, and encouragement.

**Reflection Prompt:** Who has God placed in my life to walk with me during this season?

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# A Simple Daily Practice

Morning Prayer:

“**Heavenly Father**, heal what I cannot see, restore what I have lost, and remind me who I am in You. Give me strength for today and peace that surpasses understanding.”

Evening Reflection:

“Thank You, Lord, for the small steps I took today.

Where I stumbled, give me grace. Where I grew, receive my praise.”

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## • 5 Minutes of Quiet Prayer or Worship Music

Begin each day by centering your heart.

Let silence become your sanctuary—where the noise of the world fades and the voice of God becomes clear.

As you sit in stillness, imagine His presence surrounding you like light. Whisper your needs, but also allow room for Him to speak.

Ask: “Lord, what do You want to show me today?”

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## • Write One Gratitude in Your Journal

Gratitude shifts the atmosphere of your soul. Even when life feels heavy, there is always a trace of grace hidden in the day.

Write down one thing—no matter how small—that you’re thankful for. Maybe it’s strength to get out of bed, a friend’s text, or the warmth of morning light.

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Over time, these simple notes of gratitude will become proof that God was with you, even in your quietest battles.

*Challenge yourself:* Try not to repeat the same gratitude two days in a row. Look deeper each day.

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## • Speak One Affirmation Aloud: “I am healing. I am whole.”

Words have creative power. Each time you speak life over yourself, you’re aligning your heart with God’s truth.

When you declare “*I am healing*,” you are agreeing with Heaven’s promise of restoration. When you affirm “*I am whole*,” you are reminding your spirit that brokenness does not define you—God does.

*Tip:* Look in the mirror when you speak your affirmation. Speak it like a prophecy over your life.

## First Step Action Plan

Every journey begins with one choice. Let today be yours.

This week, I will: \_\_\_\_\_

Maybe you'll rest without guilt, forgive a wound, speak kindly to yourself, or pray for peace. Whatever it is—make it yours, and let grace do the rest.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Continue the Journey

Healing begins here—but it doesn't end here.  
Your next step is waiting, filled with hope, truth, and community.

Enroll in our free **"30-Day Guide to Healing and Building Self-Worth"** Workshop.  
Grow deeper in faith, confidence, and peace alongside women walking the same path.

*"You will be like a well-watered garden, like a spring whose waters never fail." — **Isaiah 58:11***

With grace and sisterhood,  
Journeys of Women Ministries  
Faith. Healing. Hope. One Journey at a Time.