

# CHURCH HEALED

WORKBOOK

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# WELCOME!

I am so glad you are here!

This workbook is designed to help you process through any emotions and thoughts that may have arisen while reading *Church Healed*. Before we go any further, let's invite the Spirit to be with us as we meditate on what He is wanting to do in and through us!



Dear heavenly Father,

Thank You for being our healer and for not only healing us physically, but also emotionally. I pray that whoever reads *Church Healed* and uses this workbook will feel Your powerful Spirit in their lives. Bring peace, comfort, and joy into the deepest parts of their hurt. Teach us how to build healthy churches full of healed people. Lord, show us Your glory in our pain and use it for Your purpose. Open our hearts and minds to what You are doing in and through us. We invite you into every part of our hearts and commit ourselves to being vulnerable and real before You. We love You so much, Father! In Jesus' holy name, amen.

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# CHAPTER ONE

*J o u r n a l   &   R e f l e c t*

As I was reading this chapter, did any memories come up  
that I need to surrender to the Lord?

# CHAPTER ONE

*J o u r n a l & R e f l e c t*

What parts of your life have been affected most by your pain?

# CHAPTER ONE

*J o u r n a l & R e f l e c t*

What feelings and emotions do you experience most often when you think or feel the pain?

# CHAPTER ONE

*J o u r n a l & R e f l e c t*

Are there any feelings you're holding back from experiencing because you're afraid they're too raw, hard, or difficult?

If so, write them down.

# CHAPTER ONE

*J o u r n a l & R e f l e c t*

Any stories that I need to mull over and process with the Holy Spirit or a professional counselor?



# CHAPTER ONE

*J o u r n a l   &   R e f l e c t*

In what ways have I allowed the hurt I've experienced within the church to negatively affect my relationship with the Lord?

# CHAPTER ONE

*J o u r n a l   &   R e f l e c t*

In what ways has the hurt I've experienced affected others?



# CHAPTER ONE

*R e f l e c t & P r a y*

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# CHAPTER TWO

*J o u r n a l   &   R e f l e c t*

Are there areas in my life that I need to allow and welcome the Lord to prune?

# CHAPTER TWO

*J o u r n a l   &   R e f l e c t*

Is there any unforgiveness I am harboring in my life  
that I need to give to the Lord?

# CHAPTER TWO

*J o u r n a l & R e f l e c t*

What wisdom can I gain from the hurt I have experienced?

# CHAPTER TWO

*J o u r n a l & R e f l e c t*

Are there people I need to reconcile with?

Are there people where reconciliation is not an option?

Have I accepted that?



# CHAPTER TWO

*J o u r n a l   &   R e f l e c t*

Write a letter to someone you need to forgive.

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# CHAPTER TWO

*R e f l e c t & P r a y*

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# CHAPTER THREE

## *J o u r n a l & R e f l e c t*

Write down five aspects of your identity (personality, routines, relationships, hobbies) that have changed because of your pain and journey to heal.

# CHAPTER THREE

*J o u r n a l & R e f l e c t*

What does humility look like in my life?  
Are there moments when I have faked it in my life?

# CHAPTER THREE

*J o u r n a l   &   R e f l e c t*

Do I have Godly people in my life who hold me accountable?  
Is there a mentor in my life that I can ask to  
hold me accountable?



# CHAPTER THREE

*R e f l e c t   &   P r a y*

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# CHAPTER FOUR

*J o u r n a l & R e f l e c t*

What are the areas in my life I am not bringing to God in prayer?

# CHAPTER FOUR

*J o u r n a l & R e f l e c t*

What Scriptures do I need to speak over my past, my hurt,  
and my life?

# CHAPTER FOUR

*J o u r n a l & R e f l e c t*

Write down 10 affirmations for yourself related to where you are in your healing.



# CHAPTER FOUR

*R e f l e c t   &   P r a y*

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# CHAPTER FIVE

*J o u r n a l & R e f l e c t*

What am I waiting for in this season?

How do I feel about waiting?

# CHAPTER FIVE

*J o u r n a l & R e f l e c t*

What is God trying to teach me in this season of waiting?

# CHAPTER FIVE

*J o u r n a l   &   R e f l e c t*

As I think about different seasons of waiting in my life, what did God do in and through me during those times?



# CHAPTER FIVE

*J o u r n a l   &   R e f l e c t*

How was I pruned in the seasons of waiting?



# CHAPTER SIX

*J o u r n a l & R e f l e c t*

Have I taken the time to heal and receive from a healthy church after being hurt by the church?

# CHAPTER SIX

*J o u r n a l & R e f l e c t*

Are there trusted people in my life who will confront anything in me that is not aligned with God?

# CHAPTER SIX

*J o u r n a l & R e f l e c t*

What are practical things I can do in order to create  
a healthy community?

# CHAPTER SIX

*J o u r n a l & R e f l e c t*

Am I being vulnerable with Godly people in my life?



# CHAPTER SIX

*R e f l e c t   &   P r a y*

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# CHAPTER SEVEN

*J o u r n a l & R e f l e c t*

Am I serving to bring honor and glory to myself or to God?

# CHAPTER SEVEN

*J o u r n a l & R e f l e c t*

In what ways do I fill my soul to ensure I am not pouring out  
from an empty cup?





# CHAPTER EIGHT

*J o u r n a l & R e f l e c t*

If God has asked me to stay at an unhealthy church for a season, in what ways can I help the church to grow and become healthy?

# CHAPTER EIGHT

*J o u r n a l & R e f l e c t*

What is the posture of my heart as I serve God?

# CHAPTER EIGHT

*J o u r n a l & R e f l e c t*

What are some practical ways for me to start guarding my heart?

# CHAPTER EIGHT

*J o u r n a l & R e f l e c t*

How do I handle and address conflict?

How do I feel about it afterwards?





# CHAPTER EIGHT

*R e f l e c t   &   P r a y*

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# CONGRATULATIONS ON COMPLETING THE WORKBOOK!

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Now what?

I want to encourage you to continue being in  
God's Word and prayer.

In this workbook, you will find Scripture  
for the next 30 days to assist you in your  
healing journey.

In the following pages, you will find verses  
that I encourage you to read and meditate on.  
After reading the verses and praying, feel free  
to write down what God is ministering to you  
through His Word.

























**PSALM 62:1-2**

"FOR GOD ALONE MY SOUL WAITS IN SILENCE;  
FROM HIM COMES MY SALVATION. HE ALONE IS MY  
ROCK AND MY SALVATION, MY FORTRESS; I SHALL  
NOT BE GREATLY SHAKEN."

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**2 TIMOTHY 1:7**

"FOR GOD GAVE US A SPIRIT NOT OF FEAR BUT OF  
POWER AND LOVE AND SELF-CONTROL."

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**JOHN 14:27**

"PEACE I LEAVE WITH YOU; MY PEACE I GIVE TO YOU. NOT AS THE WORLD GIVES DO I GIVE TO YOU. LET NOT YOUR HEARTS BE TROUBLED, NEITHER LET THEM BE AFRAID."

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**PSALM 103:2-3**

"BLESS THE LORD, O MY SOUL, AND FORGET NOT ALL HIS BENEFITS, WHO FORGIVES ALL YOUR INIQUITY, WHO HEALS ALL YOUR DISEASES."

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**JOSHUA 1:9**

"HAVE I NOT COMMANDED YOU? BE STRONG AND  
COURAGEOUS. DO NOT BE FRIGHTENED, AND DO  
NOT BE DISMAYED, FOR THE LORD YOUR GOD IS  
WITH YOU WHEREVER YOU GO."

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