# 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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Journal & Reflect

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

Journal & Reflect

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

Journal & Reflect

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

Journal & Reflect

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.

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

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

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

Reflect & Pray

Before diving into the rest of the book, take time to meditate on the hurt that you have experienced. Allow yourself to cry, to be angry, to be hurt. Then write out a prayer that God will use this book to heal those wounds.

Reflect & Pray

Journal & Reflect

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

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

Journal & Reflect

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

Journal & Reflect

Are there people I need to reconcile with?

Are there people where reconciliation is not an option?

Have I accepted that?

Journal & Reflect

Write a letter to someone you need to forgive.

Reflect & Pray

Psalms 139:23 says "Search me, O God, and know my heart: try me, and know my thoughts." Are there areas you are trying to hide from the Lord? Ask God to search your heart and to begin pruning you.

Reflect & Pray

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Journal & Reflect

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

Journal & Reflect

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

Journal & Reflect

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?

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Meditate on where you find your identity. Then ask the Lord for His eyes to see you the way that He sees you.

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Reflect & Pray

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Journal & Reflect

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

Journal & Reflect

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

Journal & Reflect

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

Reflect & Pray

Write any negative thoughts that aren't true, noble, right, pure, lovely, and admirable. As you give them to God in prayer, scratch them off of your list.

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Reflect & Pray

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Journal & Reflect

What am I waiting for in this season? How do I feel about waiting?

Journal & Reflect

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

Journal & Reflect

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

Journal & Reflect

How was I pruned in the seasons of waiting?

Reflect & Pray

Do you struggle in the seasons of waiting? Write out a prayer asking the Lord for His guidance and patience to have faith during those times.

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# CHAPTER SIX

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

## CHAPTER SIX

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

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

Am I being vulnerable with Godly people in my life?

Reflect & Pray

Use this space to pray for peace over all of the situations included in your "Brain Dump".

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Reflect & Pray

Journal & Reflect

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

Journal & Reflect

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

Reflect & Pray

Meditate on **why** you serve. Then write out a prayer asking God to give you the right heart for serving.

Reflect & Pray

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Journal & Reflect

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?

Journal & Reflect

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

Journal & Reflect

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

Journal & Reflect

How do I handle and address conflict? How do I feel about it afterwards?

Reflect & Pray

As you finish the book, consider what you learned throughout this healing process. What will mark the "end" of your journey? Ask the Lord to continue healing your heart and to use your hurt for His glory.

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Reflect & Pray

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## CONGRATULATIONS ON COMPLETING THE WORKBOOK!

#### 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 34:18**

#### "THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES THE CRUSHED IN SPIRIT."

#### **ISAIAH 41:10**

"FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND."

#### **JEREMIAH 30:17**

"FOR I WILL RESTORE HEALTH TO YOU, AND YOUR WOUNDS I WILL HEAL, DECLARES THE LORD."

#### **MATTHEW 11:28-29**

"COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU, AND LEARN FROM ME, FOR I AM GENTLE AND LOWLY IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS."

#### PHILIPPIANS 4:6-7

"DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD. AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS."

#### **PSALM 23:3**

## "HE RESTORES MY SOUL. HE LEADS ME IN PATHS OF RIGHTEOUSNESS FOR HIS NAME'S SAKE."

#### 2 CORINTHIANS 12:9

"BUT HE SAID TO ME, 'MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS.' THEREFORE I WILL BOAST ALL THE MORE GLADLY OF MY WEAKNESSES, SO THAT THE POWER OF CHRIST MAY REST UPON ME."

#### **ROMANS 8:28**

# "AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE."

#### **PSALM 30:2**

## "O LORD MY GOD, I CRIED TO YOU FOR HELP, AND YOU HAVE HEALED ME."

#### 1 PETER 5:7

## "CASTING ALL YOUR ANXIETIES ON HIM, BECAUSE HE CARES FOR YOU."

#### **PSALM 55:22**

## "CAST YOUR BURDEN ON THE LORD, AND HE WILL SUSTAIN YOU; HE WILL NEVER PERMIT THE RIGHTEOUS TO BE MOVED."

#### 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."

#### **ISAIAH 40:31**

"BUT THEY WHO WAIT FOR THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES; THEY SHALL RUN AND NOT BE WEARY; THEY SHALL WALK AND NOT FAINT."

#### **LAMENTATIONS 3:22-23**

"THE STEADFAST LOVE OF THE LORD NEVER CEASES; HIS MERCIES NEVER COME TO AN END; THEY ARE NEW EVERY MORNING; GREAT IS YOUR FAITHFULNESS."

#### **PSALM 73:26**

## "MY FLESH AND MY HEART MAY FAIL, BUT GOD IS THE STRENGTH OF MY HEART AND MY PORTION FOREVER."

#### **2 TIMOTHY 1:7**

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

#### **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."

#### **PROVERBS 3:5-6**

"TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT LEAN ON YOUR OWN UNDERSTANDING. IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE STRAIGHT YOUR PATHS."

#### **PSALM 46:1**

## "GOD IS OUR REFUGE AND STRENGTH, A VERY PRESENT HELP IN TROUBLE."

#### **ROMANS 15:13**

#### "MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND PEACE IN BELIEVING, SO THAT BY THE POWER OF THE HOLY SPIRIT YOU MAY ABOUND IN HOPE."

#### JAMES 5:15-16

"AND THE PRAYER OF FAITH WILL SAVE THE ONE WHO IS SICK, AND THE LORD WILL RAISE HIM UP. AND IF HE HAS COMMITTED SINS, HE WILL BE FORGIVEN. THEREFORE, CONFESS YOUR SINS TO ONE ANOTHER AND PRAY FOR ONE ANOTHER, THAT YOU MAY BE HEALED. THE PRAYER OF A RIGHTEOUS PERSON HAS GREAT POWER AS IT IS WORKING."

#### 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."

#### ISAIAH 57:18-19

"I HAVE SEEN HIS WAYS, BUT I WILL HEAL HIM; I WILL LEAD HIM AND RESTORE COMFORT TO HIM AND HIS MOURNERS, CREATING THE FRUIT OF THE LIPS. PEACE, PEACE, TO THE FAR AND TO THE NEAR, SAYS THE LORD, AND I WILL HEAL HIM."

#### **ISAIAH 58:8**

"THEN SHALL YOUR LIGHT BREAK FORTH LIKE THE DAWN, AND YOUR HEALING SHALL SPRING UP SPEEDILY; YOUR RIGHTEOUSNESS SHALL GO BEFORE YOU; THE GLORY OF THE LORD SHALL BE YOUR REAR GUARD."

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#### **EXODUS 15:26**

"IF YOU WILL DILIGENTLY LISTEN TO THE VOICE OF THE LORD YOUR GOD, AND DO THAT WHICH IS RIGHT IN HIS EYES, AND GIVE EAR TO HIS COMMANDMENTS AND KEEP ALL HIS STATUTES, I WILL PUT NONE OF THE DISEASES ON YOU THAT I PUT ON THE EGYPTIANS, FOR I AM THE LORD, YOUR HEALER."

#### **PHILIPPIANS 4:13**

## "I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME."

#### **COLOSSIANS 3:13**

#### "BEAR WITH EACH OTHER AND FORGIVE ONE ANOTHER IF ANY OF YOU HAS A GRIEVANCE AGAINST SOMEONE. FORGIVE AS THE LORD FORGAVE YOU."

#### **PSALM 27:1**

# "THE LORD IS MY LIGHT AND MY SALVATION; WHOM SHALL I FEAR? THE LORD IS THE STRONGHOLD OF MY LIFE; OF WHOM SHALL I BE AFRAID?"

#### **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."

#### MATTHEW 6:33

#### "BUT SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE GIVEN TO YOU AS WELL."

