HEALING SHEAVES

(A journey to healing and restoration)

DEBORAH AKERELE & EUNICE O. MOORE

HEALING SHEAVES

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FORWARD

Some books are informative. Some books inspire. And then, once in a while, there are books that heal. Healing Sheaves belong to this sacred category. In a world where many walk wounded behind bright smiles, Deborah Akerele and Eunice Moore offer not just words, but balm, gentle truth and scriptural wisdom wrapped in love. This book is more than a collection of chapters; it is a journey. A carefully woven path through pain, shame, disappointment, trauma, and ultimately, into the embrace of wholeness that only Christ can give.With grace and authenticity, the authors open the door to the rooms we often keep locked, rooms where shame whispers, where trust has been fractured, where trauma lives unnamed.
But they do not leave us in the dark.

Through the stories of biblical figures like Hagar, Leah, and the woman with the issue of blood, they show us how God sees, hears, and restores. Through Scripture, reflection, prayer, and personal vulnerability, they remind us that healing is not a destination but a daily surrender, a steady walk with a Savior who specializes in mending what is broken.This book does not demand perfection. It simply invites honesty.Healing

Sheaves is a timely and necessary gift for anyone who has ever asked, “Can I be whole again?” The answer woven through every page is a resounding yes, not because pain disappears, but because God enters it with us.Whether you’re walking through heartbreak, recovering from rejection, or learning to speak life again after silence, this book will hold your hand. Read it slowly. Let it read to you. Let it minister to you.And then, rise. Whole. Loved. Seen.

Adepoju Oluwatobiloba Glorie.

ACKNOWLEDGMENTS

First and foremost, we offer our deepest gratitude to the Lord, our Shepherd and Healer, who turns our weeping into sowing and our sowing into sheaves of joy. Without His grace, this book would not exist.

To the Holy Spirit, who whispered truth and comfort in the quiet moments of writing, thank You for Your presence, guidance, and inspiration. May every word point back to the One who binds up the brokenhearted.

To our families and close friends your love, patience, and encouragement have been our steady ground. Thank you for believing in this message even before it found its shape on paper.

To those who shared their stories and their pain, whether in confidence or in passing you helped sow the seeds of this work. This book carries echoes of your courage.

To the readers, especially those walking through the valleys of shame and self-condemnation: this is for you. May these pages serve as a gentle hand on your shoulder and a reminder that you are not alone. God sees you, loves you, and calls you whole.

And finally, to every mentor, pastor, and teacher who nurtured the truth of Scripture in my heart thank you for watering what

God has grown.

With love and gratitude,

Eunice Moore and Deborah Akerele.

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HEALING SHEAVES

CHAPTER ONE

UNCLEAN

The woman with the issue of blood. 'Unclean! Unclean!' they shouted, as she reached out to touch the hem of Jesus' garment. The crowd recoiled, holding their noses in disgust. But she didn't let their rejection stop her. She was driven by a deep longing for healing, for freedom from the pain and shame that had defined her life for so long.

She pushed through the crowd, her eyes fixed on Jesus. She knew that just one touch of His garment would be enough to change everything. And when she finally made contact, she felt the power of God flow through her, healing her brokenness.

Jesus felt it too - the release of divine power. He knew that something had gone out of Him, and He asked, 'Who touched me?' The disciples might have seen it as a mere physical touch, but Jesus recognized it as a contact of faith, a catalyst for healing.

I remember the story of Jesus at the pool of Bethesda. He looked at a man with compassion and asked, 'Do you want to be made whole?' Wholeness is about getting yourself together

body, soul, and spirit. The man had an opportunity, but he started giving excuses about his past. Jesus didn't ask about his past; He asked about his desire for wholeness. Then Jesus said, 'Rise, take up your bed and walk.' In that moment, the man received healing and wholeness. When you're whole, your life is restored, and everything begins to fall into place.

The book of Joel talks about restoration. It says, 'I will restore to you the years that the locust has eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you' (Joel 2:25). God wants to restore what's been lost, stolen, or damaged in your life. He wants to bring back the years, the opportunities, and the blessings. Believe in His power to restore and make you whole.

Jesus said, 'I beheld Satan as lightning fell from heaven' (Luke 10:18). Satan's defeat is final, and he will never rise again. On the cross, Jesus conquered darkness, rendering Satan powerless. But here's the amazing part: Jesus has given us power over all the enemy's power. We can tread on serpents and scorpions, and nothing can hurt us (Luke 10:19).

With Christ's life in us, we're unstoppable. We're protected, empowered, and victorious. Live in the reality of your triumph in Christ, and walk in the freedom and confidence that comes from knowing you're more than a conqueror.

Today, Jesus still heals the brokenhearted and binds up the bruised. His power hasn't diminished. He's still the same yesterday, today, and forever. And when we touch Him with faith, we can experience the same transformative power that the woman with the issue of blood experienced.

We have a High Priest, Jesus, who empathizes with our weaknesses and struggles. He understands our deepest feelings and is always ready to offer help and comfort.

Jesus knows the bitterness and frustration that come with navigating life's challenges. But here's the reassurance: if Jesus cares about our struggles, why should we worry?

Can you take a moment to be vulnerable with Jesus, sharing your true feelings with Him? He hears you, He feels you, and He loves you more than you can imagine.

Worry can be debilitating, leading to depression and even suicidal thoughts if left unchecked. Let's not forget that social media often presents a curated version of people's lives, hiding their true struggles and imperfections.

Don't compare your behind-the-scenes moments to someone else's highlight reel.

Social media paints a fake version of people; you think they are living their best life, and you become ungrateful to God and hate yourself.

Remember, God has not forgotten you. He sees your reality, and he cares. Drop your worries at His feet, and trust in His love and provision.

CHAPTER TWO

BROKEN BUT NOT DESTROYED

Pain has been an inherent part of the human experience since the fall of man in the book of Genesis. When Adam and Eve disobeyed God, it marked the beginning of a life of struggle and hardship for humanity. God's original intention was for humans to live in harmony with Him and experience heaven on earth. However, the consequences of sin led to a life of toil and labor.

The effects of pain are far-reaching, impacting both men and women. It can manifest in various forms, such as heartbreak, grief, loss, disease, financial crises, and more. Pain has a way of causing discomfort and distress, leaving individuals feeling broken and devastated.

While it's common to associate pain with women, men also experience pain, often in silence. Societal expectations can lead them to hide their emotions, adopting a "tough guy" persona to mask their wounds. However, beneath the surface, there's often a deep-seated need for healing.

This unaddressed pain can have severe consequences, contributing to issues like domestic violence and abuse. It's essential to recognize that pain affects everyone, regardless of gender, and that seeking help and support is a sign of strength, not weakness.

By acknowledging the roots of pain and its far-reaching effects, we can begin to break down the stigma surrounding mental health and emotional vulnerability. Only then can we start to heal and find restoration.

"Problem no dey finish, try dey rest" is a poignant phrase that acknowledges the inevitability of challenges in life. However, it also encourages us to seek rest and respite amidst those struggles. This phrase raises a profound question: if pain and suffering entered the world as a consequence of sin, are we doomed to merely endure them?

What is the way out to escape this?

Thankfully, the Bible offers a more hopeful perspective. Despite the presence of pain, we can find solace, hope, and healing in God. Therefore, while pain is an undeniable reality, we don't have to face it alone. Instead, we can find rest, comfort, and restoration in God's presence.

TRAUMAS: Traumas are a great pain that can come from abuse or betrayals, pain. Emotional abuse can also lead to trauma; abuse doesn't have to be physical before it can affect one. The silent treatment from a partner or loved ones, or subtle malice, can lead to emotional trauma. I listened to a young man who shared his story on how his mom died from trauma due to the silent treatment she kept getting from her partner. The wound was so deep that she took her own life. Words are powerful and can affect the way we think or reason; the way one talks to you can go a long way. All are still forms of abuse and affect a person's way of life, either negatively or positively. Of course, the negative effects are more grievous because it takes grace for a person who has suffered from such to stand up on their feet again and thrive. Do not allow negative words to shape you; that's why you should speak life in every circumstance you find yourself.

FINANCIAL CRISES: Financial crises can cause pain in the heart. Come to think of a man who is not financially capable of taking care of his home. He may feel weighed down or depressed. Hold on there, hang on! That's not the end of life. If Jesus can bring money out of the mouth of a fish (Matthew 17:27), then there is nothing He can't do for you. He is Jehovah Jireh, the God our provider.

DELAYS: Unexpected delays can cause a man pain. You feel rejected, unheard, and that your prayers seem unanswered. Sometimes you question yourself- what is the essence of my praying? Does God even care? I just want to tell you that He cares so much about you. And He sees you, and will come through for you. As it's written, "We also glory in our sufferings because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us." (Romans 5:3-5)

MISCARRIAGE: Miscarriage can cause pain in the heart of a person. Imagine going through a cycle of hormonal changes only to lose the child. Oh, the mood swings and pain in the heart. Jesus sees you, He cares for you. Hold on to His word and promises. As it's written, "There shall nothing cast their young or be barren in the land" (Exodus 23:26).

SICKNESS: Long-standing ailments cause pain in the heart. You spend all your money on drugs, visiting the hospital. The Word says, "By His stripes you are healed" (Isaiah 53:5, 1 Peter 2:24). Proclaim the word and get up from that sick bed. Shame the devil, let him know he has no power over you. You are not under any affliction; Christ has paid it all for you.

Satan often exploits our pain as a vulnerable target for his attacks, seizing on any weakness he can find. However, Jesus warned us that challenges are an inevitable part of life, but He also encouraged us to take heart, reminding us that He has already overcome the world on our behalf.

This assurance is especially comforting when we're struggling. That's why we have the Holy Spirit, who serves as our solace and comfort in times of despair. Through the Holy Spirit, we can find the strength and resilience to persevere, even when Satan tries to use our pain against us.

In the midst of the challenges of life, we have rest.

CHAPTER THREE

BIBLE CHARACTERS WHO RECEIVED HELP

A Bible Character Who Received Help from God:

Hagar (El-Roi)

The story of Hagar “El-Roi” is a powerful testament to God's unwavering care and protection for His own. As a bond servant to Sarah, Hagar's life took a dramatic turn when she bore a son, Ishmael, to Abraham.

Initially, Hagar served her masters with love and devotion. However, after giving birth to Ishmael, she became a target of Sarah's disdain. The love and respect Hagar once received turned to hatred, simply because she was an Egyptian and had borne a child to Abraham.

Abraham, who had longed for a child for years, was overjoyed at Ishmael's birth and likely showered him with attention. He believed God would establish a nation through Ishmael, as he was the son he had been waiting for.

However, Sarah's jealousy and resentment towards Hagar grew, and she demanded that Abraham send Hagar and Ishmael away. The pain and devastation Hagar must have felt in that moment are unimaginable. After carrying and delivering Ishmael, Hagar was now faced with the daunting task of caring for her child alone. The rejection and abandonment she experienced were heartbreaking.

Yet, amid this turmoil, God's presence and care for Hagar shone through. He appeared to her in the wilderness, providing comfort, guidance, and a promise of protection and provision for her and Ishmael.

Hagar's story reminds us that even in the darkest moments, God sees, hears, and cares for His own. He is the God who watches over us, providing for our needs and guiding us through life's challenges.

Hagar set out into the unknown, unsure of her destination. As she journeyed, her son Ishmael grew thirsty, but she had no water to give him. Overwhelmed with worry, Hagar wept and prayed fervently that her child would not perish.

In her darkest moment, an angel appeared to Hagar, bringing hope and rescue. As she looked up, she saw a well of water,

and in gratitude, she named that place El-Roi, meaning "The God Who Sees Me."

This poignant story reminds us that God is intimately aware of our pain and struggles. He knows the depth of our emotions and the bitterness we often feel when facing difficult situations.

Here's the comforting truth: El-Roi sees you, El-Roi hears you. You are surrounded by a host of angels assigned to aid and support you.

So, don't remain in a state of despair. Rise, and ask God for help. Watch as He works miracles on your behalf, just as He did for Hagar in her time of need.

Here's the refined text with improved syntax and structure, while maintaining the original content's detail and length.

CHAPTER FOUR

GOD'S MIGHTY ACTS OF DELIVERANCE

The Bible is filled with accounts of God's mighty acts of deliverance, showcasing His care for His children throughout history. He is a miraculous God who understands our deepest pains and sorrows. As the hymn "Does Jesus Care?" so beautifully puts it:

"Does Jesus care when my heart is pained

Too deeply for mirth or song?

As the burdens press,

And the cares distress,

And the way grows weary and long?

OH yes, He cares, I know He cares,

His heart is touched with my grief;

When the days are weary,

The long night dreary,

I know my Savior cares."

THE CHILDREN OF ISRAEL'S EXPERIENCE:

The children of Israel experienced God's divine help throughout their journey in the Bible. Some notable miracles include:

EXODUS

- Burning Bush (Exodus 3:2-4:17) - God's miraculous appearance to Moses.
- Plagues in Egypt (Exodus 7-12) - God's judgment on Egypt and deliverance of Israel.
- Parting of the Red Sea (Exodus 14:13-31) - God's salvation of Israel from the Egyptian army.
- Manna from Heaven (Exodus 16:4-36) - God's provision of food for Israel in the wilderness.
- Water from the Rock (Exodus 17:1-7) - God's provision of water for Israel.
- Pillar of Cloud and Fire (Exodus 13:21-22) - God's guidance and presence with Israel.

LEVITICUS

God's Presence in the Tabernacle (Exodus 40:34-38, Leviticus 9:23-24)- God's dwelling among His people.

NUMBERS

- Aaron's Rod Blossoms (Numbers 17:1-11) - God's confirmation of Aaron's priesthood.
- Water from the Rock (Numbers 20:1-13) - God's provision of water for Israel.
- Serpent that Healed the Israelites (Numbers 21:4-9) - God's healing of the Israelites bitten by snakes.

MIRACLES IN THE WILDERNESS

- Quail and Meat (Numbers 11:31-35) - God provided quail for the Israelites to eat.
- Cloud and Fire (Exodus 13:21-22, Numbers 9:15-23) God's guidance and presence

LESSONS FROM THE CHILDREN OF ISRAEL

The children of Israel's experiences demonstrate that God cares for His own and will never leave them. Although they sometimes disobeyed and murmured against God, we can

learn from their mistakes. Instead of murmuring in difficult situations, we should praise and thank God, knowing that He is working to bring us out of those challenges. The Bible describes these challenges as "light afflictions" that are part of our building process to restoration.

BIBLICAL EXAMPLES OF GOD'S DELIVERANCE

THE THREE HEBREW CHILDREN

The three Hebrew children encountered God in a fiery furnace, but He sent help in their time of need. Their courage and faith in God's deliverance serve as a powerful lesson for us today. They declared, "Our God whom we serve is able to deliver us." Their unwavering trust in God's power and goodness inspires us to stand firm in our faith, even in the face of adversity.

PAUL AND SILAS

Paul and Silas experienced God's miraculous hand in their lives, turning their pain into praise. Even amid storms, they found reasons to praise God. We can learn from their example, practicing the habit of praising God in all circumstances. Their story encourages us to trust in God's

sovereignty and goodness, knowing that He can bring us out of difficult situations.

May these testimonies inspire us to trust in God's care and deliverance, knowing that He is always with us. Wipe your tears, live again. The storm will be over soon, and you will sing again.

PAIN CAN BE PURPOSEFUL.

Romans 8:28 reminds us that all things work together for good to those who love God. Even the hard times are designed to refine us, making us better versions of ourselves. Your waiting season might be painful, but it's shaping you.

Don't let distractions derail you. Those tempting offers or shortcuts might promise quick fixes, but they can cost you your miracle. Don't trade your promise for a compromise. God's timing is perfect, and His plans unfold according to His calendar, not ours. Trust His schedule, and you'll see His glory.

Imagine standing in a valley of dry bones, scattered across the fields like a defeated army. The bones were lifeless, devoid of substance, and hopeless.

God spoke to me, 'Prophesy to these bones! Tell them to live!' I looked at the bones and said, 'Oh, dry bones, I decree by the word of the Lord, come alive!'

Suddenly, there was a great shaking! The bones rattled, shook, and came together - bone to bone, flesh to flesh. It was like watching a puzzle being put together in an instant. The bones took shape, and before my eyes, a great army stood, alive and vibrant.

God is saying to you, 'You are the prophet of your own life.' You're the one who speaks life into your situations. Your words have power. Speak life to your business, and watch it flourish again. Speak life to your marriage, and see it renewed and strengthened. Speak life to your health, and see healing and restoration. Speak life to that sick child, and see them recover and thrive. Declare, 'I will live, I will thrive, I will overcome!' And watch as God brings life to every area that's been lifeless.

Your business can live again, your marriage can live again, your job can live again, and that sick child can live again. What words are you speaking? Life is only what you need to speak. Jesus came to give us life and give it abundantly. With Him, we can experience life in all its fullness.

Jesus said, 'I am come that they may have life, and that they may have it more abundantly' (John 10:10). Let's speak about life, let's believe in creative miracles, and watch God bring transformation to every area of our lives.

Speak life, believe in creative miracles, and watch God transform your life.

Find healing in nature's gentle touch: Take a walk outside, breathe in the fresh air, and bask in the warmth of the sun.

Marvel at the beauty of God's creation - the majestic mountains, the serene oceans, the twinkling stars, and the vibrant flowers. Nature has a way of soothing our souls and rejuvenating our spirits.

All things bright and beautiful, all creatures great and small,

All things wise and wonderful, the Lord God made them all.

Each little flower that opens, each little bird that sings,

- He made their colors. He made their tiny wings.
- The purple-headed mountain, the river running by,
- The sunset and the morning that brightens up the sky.
- He gave us eyes to see them, and lips that we might tell

- How great is God Almighty, who has made all things well."
- **Speak words of life**: Remember the power of your words. Jesus said, "The words I speak to you are spirit, and they are life" (John 6:63). Choose life-affirming words that inspire and motivate you. Speak words that bring hope and encouragement to those around you. What are you speaking to yourself? What words are you using to describe your situation?
- **Jesus came to give you an abundant life**. It's time to live! You've got the life of God in you, and with that comes the power to change your circumstances. Don't bury your destiny with negative words; instead, use your words to activate the life of God within you.
- **As a believer, you have the authority to birth things into existence**. You have the power to speak life into your situation and bring about transformation. Remember, "These signs shall follow those that believe" (Mark 16:17). Signs and wonders should follow your life, not just happen to others.
- **Sing songs**: Singing is a powerful way to improve your mood and connect with God. Sing scripture-inspired songs that activate God's power in

your life. Let the joy of the Lord lift your spirits and fill your heart with peace and hope.

- **Be mindful of the company you keep:** If someone's constantly bringing you down, it's time to reassess that relationship. Instead, surround yourself with people who uplift and encourage you - the Jesus crew! Protect your peace and prioritize your emotional well-being.
- **Avoid idleness**: As you wait for your miracle, stay vigilant and proactive, continue working on yourself, refining your spirit, and preparing for the breakthrough. Trust that God, who sees your efforts in secret, will reward you openly. Keep pushing forward, and your miracle will manifest in due time.

EUNICE AND DEBORAH

HEALING SHEAVE

CHAPTER FIVE

EMOTIONAL HEALTH AND HEALING

Here are some Bible verses that relate to emotional health and healing:

EMOTIONAL HEALING

- "He heals the brokenhearted and binds up their wounds." - Psalm 147:3
- "But, I will restore you to health and heal your wounds,' declares the Lord, 'because you are called an outcast, Zion for whom no one cares'." – Jeremiah 30:17
- "The Lord is near to the brokenhearted and saves the crushed in spirit." - Psalm 34:18
- "Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28

EMOTIONAL STRENGTH

- "God is our refuge and strength, an ever-present help in trouble." - Psalm 46:1
- "I can do all this through him who gives me strength." - Philippians 4:13

- "You, Lord, are my shepherd. I lack nothing." - Psalm 23:1

EMOTIONAL PEACE

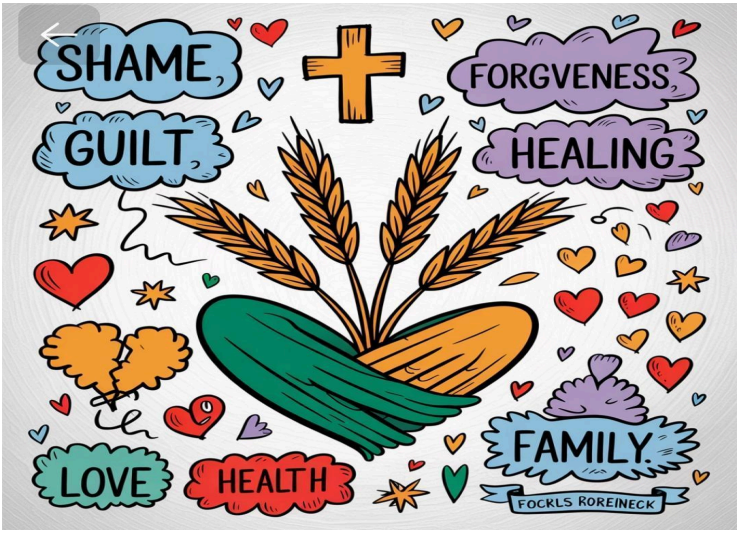
- "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." - Philippians 4:7
- "You will keep in perfect peace those whose minds are steadfast, because they trust in you." - Isaiah 26:3
- "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."- Philippians 4:6

EMOTIONAL FORGIVENESS

- "As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience." - Colossians 3:12-13
- "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." Colossians 3:13
- "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice." - Ephesians 4:31

PONDER ON YOUR THOUGHTS:

A JOURNEY TO RESTORATION AND WHOLENESS



HEALING SCRIPTURE BOUQUET:

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

This reminds us that God is near when we are hurting.

Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your understanding; in all your ways submit to him, and he will make your paths straight."

Even when things don't go as expected, trusting in God leads to guidance and healing.

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."

Even in disappointment, God is working things out for our good.

OVERCOMING DISAPPOINTMENT THROUGH GOD'S STRENGTH.

Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

GOD PROMISES STRENGTH AND SUPPORT IN DIFFICULT TIMES.

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which

transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Prayer brings peace and helps us move past disappointment.

2 Corinthians 4:8-9 – "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

No matter the disappointment, we are never beyond God's reach.

HEALING AND RESTORATION

Psalm 147:3 – "He heals the brokenhearted and binds up their wounds." God brings healing to those who are hurting.

Jeremiah 29:11 – "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future."

God's plans are always greater than our disappointments.

Revelation 21:4 – " He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." A promise of complete healing and restoration in God's presence.

CHAPTER SIX

HEALING FROM TRAUMAS

A Call to Healing From the Trauma of Disappointments

Karen had just finished the call with the bridal dressmaker to finalize her wedding dress fitting.

A date had been set, and all her family members were making preparations on how they would each contribute to the success of Karen's wedding. Everyone was in high spirits, even her Dad, who is not often enthusiastic about parties, was exceptionally invested in making the wedding day of his sweetest first child a memorable one, partly because of his reputation and his love for her.

Colin had grown fond of Karen since their college days; they both had the same passions, love for God, purpose, drive, and they were seriously attached. They were every single person's prayer point for 'couple goals'.

The birds were chirping pleasantly to the tune of the butterflies and the wind in the trees in the garden where they were to be married. Karen looked stunning in her grandmother's treasured jewelry, also the dress seemed to be

courting the scenery within its silver, flowery design. The dress was perfect, she was waiting in the dressing room, chatting with her mother and friends who were gushing over what a beautiful bride she made, when a worried-looking Ikechukwu brought a letter from her husband-to-be for her to read. She thought it was one of those letters grooms send to their brides before the wedding to remind them of their unending love and commitment, so she smiled after seeing his signature on the envelope. Little did she know that it was a letter that would read like this:

DEAR KAREN,

Your love for God encourages me beyond measure to serve God continuously. The way you smile and your kind heart sometimes make me wonder if the world will not melt one day from your radiation.

It breaks my heart to tell you this way, but I am not ready for this level of commitment in marriage. I want to pursue a missionary purpose abroad. The documents you saw on my Google Drive that day were my admission letter to study in Luxembourg. I thought I could forfeit it because of my love for you, or try to include you in my mission plans, until I

discovered this morning- I was not ready for this. It is not about you, please don't wait up for me.

I pray you find a man who loves you in all ramifications, as Christ loves the church, and will be willing to commit to you and support you through your frequent seizure crises.

Karen's face went from endearment and smiles to confusion and rage. It was when her eyes turned white and she fainted that her mum realised what had just happened. Her darling daughter had just been jilted on her wedding day. The aftermath of the story was that Karen fell into depression, resentment, and withdrawal. The once vibrant Karen became an irritable, antisocial woman.

Karen is just one of the women who have suffered one form of disappointment or the other. Yours might have been grief, betrayal, church hurt, failure, rejection, abuse, consistent illness, to name a few. That is why we decided to bring these healing sheaves to you as we walk this journey together.

Psalm 147:3 – "He heals the brokenhearted and binds up their wounds."

Reflection: Where do you see brokenness in your life? Write it down and surrender it to God.

Prayer: Lord, open my heart to healing and restoration. I trust You with my pain.

CHAPTER SEVEN

ACKNOWLEDGING THE WOUND

Pain, whether emotional or physical, is a signal that something within us needs attention. Suppressing it only prolongs suffering. By confronting pain, you can bring insight, growth, and even resilience. It can teach us valuable lessons about ourselves, our boundaries, and how to navigate life more effectively.

Also, when we suppress pain, emotions can build up and manifest in unhealthy ways later on. These unresolved emotions can lead to anxiety, depression, or even physical health issues. Facing pain helps us release emotional tension and prevents it from becoming overwhelming in the future.

Acknowledging and processing pain enhances our emotional intelligence. It allows us to develop self-awareness, self-regulation, and empathy for others. Pain is often linked to personal values or unmet needs, and understanding it can lead to a deeper connection with ourselves and others. I remember how self-aware I became about why I behaved the way I did after facing the pain of losing my mum.

I could have chosen to live in self-denial and delusion of the fact that I would no longer get the emotional support from her like I used to. I remember always feeling sad and lonely anytime I saw a woman of my mum's age shopping with her daughter; I realised I missed the physical and emotional connection I used to have with my mum. This made me not just seek this kind of bond from other people, but give out this emotional support to my siblings and other people, as God would help me.

In essence, when we suppress pain, we can also numb our other emotions—both the negative and the positive ones. Life becomes a flat line of emotional experience, and we lose the capacity to feel joy or excitement in the same way. Facing pain, while difficult, ensures we remain connected to the full spectrum of human experience. In addition, by confronting pain, we take control of our emotional life. We stop being at the mercy of our feelings and instead choose to process them. This gives us a sense of empowerment, as we become active participants in our emotional health rather than passive victims of our pain.

Long-term suffering can be a result of suppressing painful emotions and trauma. Pain is part of the human experience, and while it’s natural to want to avoid discomfort, suppressing pain doesn’t serve us in the long run. Embracing pain and allowing ourselves to feel, process, and learn from it leads to emotional healing, growth, and resilience. It's through this process that we ultimately find peace and a more fulfilling life.

Our Biblical Example- Hagar (Genesis 16) was sent out of Abraham’s household because she dishonoured her mistress

Sarah, and to emphasise that Isaac was the heir of the promise and avoid contentions. It seemed as though she was abandoned, but if we followed the story from verse one, we would see that God was involved in the whole story. Even when she was stranded in the wilderness and had no water to drink or give to her child, God still helped her. All she had to do was pause, stop running, face the pain, lift her voice to God, and he heard the cry of the lad and showed her the well of water. We need to face our pain, see through it, and at the scent of water, you can spring again.

Reflection: Have you been running from your pain? What wounds need healing?

Prayer: Lord, give me the courage to face my wounds and allow You to heal them.

HEALING SHEAVES

CHAPTER EIGHT

FREE FROM SHAME AND GUILT

Breaking Free from Shame and Guilt

Shame is one of the oldest emotions recorded in human history. In the very beginning, before humanity learned the language of war or love, we first learned the bitter taste of shame. In the book of Genesis, after Adam and Eve ate the forbidden fruit, their first reaction was not defiance—it was to hide.

"Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves." Genesis 3:7 (NIV)

That single verse echoes through generations, reverberating in the hearts of both men and women who carry the silent, unspoken burden of self-condemnation.

THE SILENT GRIEF OF WOMEN

For many women, shame is often tethered to identity—how she looks, how much she gives, whether she measures up. The Proverbs 31 woman, though a beautiful example of diligence and virtue, has also become a heavy mirror, reflecting unattainable perfection to countless women who feel they are never "enough." She works, nurtures, provides, and serves and somehow, many women walk away from that passage feeling disqualified rather than inspired.

Self-condemnation whispers, "You failed as a mother," "You are too much," "You are not enough."

Sarah is a single mom of two. She works a full-time job, helps with homework at night, and barely gets time to breathe. But when her daughter's teacher hints that her child is "emotionally needy," Sarah spirals into shame. "Maybe I'm

not doing enough," she tells herself, even though she's already giving everything she has.

Take the story of the woman caught in adultery (John 8:1-11). Dragged into public shame, her accusers saw her sin but ignored their own. But Jesus—He knelt. He wrote in the dirt. He did not speak over her or shame her. Instead, He said, "Neither do I condemn you."

It was a divine reversal. Where society pointed fingers, Jesus extended mercy. For the modern woman, her healing begins in this same truth: Condemnation is not from Christ.

THE QUIET BATTLE OF MEN

For men, shame often wears the mask of failure and unmet expectations. The pressure to be strong, unemotional, and always in control breeds silent battles of self-condemnation. From young boys told to "man up," to fathers feeling like they fall short in providing or protecting, shame quietly festers beneath the surface.

James, a husband and father of three, lost his job during a company downsizing. Even though it wasn't his fault, he hasn't told his wife the full story. He pretends he's "figuring things out," but inside, the shame of not being "the provider"

eats at him. He smiles for his kids but cries in the shower. His shame isn't loud but it is heavy.

Peter, one of Jesus' most passionate disciples, knew this feeling. When he denied Jesus three times, he didn't just fail publicly he failed his own identity. The Bible says:

"And he went outside and wept bitterly." Luke 22:62 (NIV)

That weeping was the cry of shame. Yet in John 21, after His resurrection, Jesus meets Peter not with a rebuke, but with a breakfast by the sea and a threefold invitation: "Do you love me?"

For every denial, Jesus gave Peter a new opportunity—proof that God does not discard the broken; He restores them.

THE UNIVERSAL STRUGGLE

Whether man or woman, shame speaks the same language: "You are unworthy." But the gospel rewrites this lie.

"Therefore, there is now no condemnation for those who are in Christ Jesus." Romans 8:1 (NIV)

Shame says hide. Grace says Come closer.

Self-condemnation tells us to rehearse our failures. Christ invites us to remember His faithfulness.

We see it again in the story of the prodigal son (Luke 15). The son, prepared to beg for a place as a servant, is interrupted by a father who runs. He doesn't scold—he restores. This is the heart of God toward our shame.

HEALING THROUGH TRUTH

- Healing from self-condemnation begins not by silencing the inner critic, but by replacing its voice with truth.
- To the woman who feels ashamed of her past: "He makes all things new." (Revelation 21:5)
- To the man who carries the weight of failure: "My grace is sufficient for you." (2 Corinthians 12:9)
- To every soul struggling with the hidden heaviness of shame: "Those who look to Him are radiant; their faces are never covered with shame." (Psalm 34:5)

THE UNASHAMED HEART

Freedom from shame isn't found in perfection—it's found in presence. The presence of a Savior who chooses restoration over rejection. A Redeemer who writes new stories where we only see scars.

In a world quick to condemn and slow to forgive, the cross still stands as a declaration: You are loved, you are forgiven, and you are free.

Our Biblical Example- The woman caught in adultery (John 8:1-11) – Jesus offers grace, not condemnation.

REFLECTION: Are you holding onto guilt for something God has already forgiven?

PRAYER: Jesus, thank You for forgiving me. Help me to see myself through Your grace.

CHAPTER NINE

FORGIVENESS - THE KEY TO FREEDOM

Forgiveness - the key to freedom

Healing requires forgiving others and oneself. Forgiveness is rarely a clean or easy journey. It demands surrendering our right to be angry, our desire for justice, and sometimes, even our craving for an apology. A man of faith once said; You pray for a forgiving heart to the extent you forgive people even before they offend you. A few stories in the Bible show the depth of emotional betrayal and healing, such as the story of Joseph and his brothers.

“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 (NIV)

Joseph was stripped not only of his robe but also of his family, his freedom, and years of his life. Sold by his brothers into slavery, falsely accused, and thrown into the pit, Potiphar’s house, and the prison his pain was not accidental. It was intentional. The betrayal came from the people who should have loved and protected him most. Just as the bible rightly said that ‘a man’s enemies are those of his household.’

And yet, when power was finally in Joseph’s hands when he could have repaid evil for evil he didn’t.

He forgave. He wept. He saw something bigger. He preserved lives.

Joseph’s words to his brothers in Genesis 50:20 are among the most powerful in the entire Old Testament. “You intended to harm me, but God intended it for good…” In that one sentence, Joseph reframes his suffering through the lens of God’s redemptive plan. He doesn’t deny the wrong done to him. He names it. “You intended to harm me.” But he does not let that intention define him or his future.

Forgiveness is not forgetting. It is remembering without bondage. It's being able to look at what happened and say, "This no longer controls me." You can choose to respond to situations rather than react. Reacting means the external events and circumstances control who you are; when you respond, you allow what is internal to control how you view the external events. You can live a more peaceful, joyful, and fulfilling life on a high frequency in the map of consciousness.

Forgiveness is a sacred surrender; it is you letting go and letting God.

Joseph didn't minimize the pain his brothers caused. But he also didn't let that pain become the final word in his story. His release of bitterness opened the door to healing—not just for himself, but for his entire family and nation.

WHAT FORGIVENESS IS NOT

- It's not an excuse. Joseph never said, "It's okay, you did no wrong."
- It's not denying the pain. His tears tell us otherwise.
- It's not always reconciliation. Though Joseph reconciled with his brothers, forgiveness can stand alone when reconciliation is unsafe or impossible.

Reconciliation with the unfruitful works of darkness, in some cases, can be dangerous if there are no specific leadings and instructions to back it up. The bible says as much as lies in you, live peacefully with all men and holiness without which no man will see the Lord, it never mentions that as Christians we are to be friends with everyone.

WHAT FORGIVENESS IS

- It's choosing love over revenge. James 5:11
- It's trusting God with justice. Deuteronomy 32:35; Romans 12:19
- It's recognizing that while people may harm us, God is always working beyond that harm for His purposes. Romans 8:28

REFLECTION

Have you ever held on to pain so tightly that it began to shape who you are? Have you ever been wronged by someone who never said, "I'm sorry"?

You're not alone. And you're not weak for struggling to forgive.

Forgiveness is not about being strong enough. It's about being willing. Willing to let God write the ending. Willing to believe that no wound is wasted in His hands.

JOURNAL PROMPT

- Who in your life have you struggled to forgive? Be honest and write their name. What did they do?
- How has holding on to this pain affected you emotionally, spiritually, or even physically?
- Read Genesis 50:20. What good, if any, has come from that painful season in your life?
- Ask God to begin the process of healing and releasing. You don't have to feel it yet. Just invite Him in.
- Who do you need to forgive today? Write a letter (even if you don't send it).

PRAYER: Lord, help me release bitterness and walk in forgiveness.

CHAPTER TEN

HEALING FROM REJECTION AND ABANDONMENT

Healing from Rejection and Abandonment

Address wounds from past relationships, childhood, or friendships. Some wounds don't bleed on the surface. They live deep under the skin, beneath the smile, behind the silence.

"Even if my father and mother abandon me, the Lord will hold me close."Psalm 27:10 (NLT)

The pain of being unwanted or left behind creates an ache that words can't always reach.

Tare sat on the edge of her porch steps, sneakers tapping nervously against the wood. She was twelve, and it was Saturday. Her dad had promised he'd pick her up after lunch he always did. She watched as every car that passed raised her hope, and every one that kept driving crushed it.

She waited two hours before her mother finally opened the door and called her in. "He's not coming," her mom said softly, not with anger, just the exhaustion of expectation unmet.

It wasn't the first time. It wouldn't be the last.

And while she grew up, learned to drive, finished school, and got a job, part of her was still sitting on that step, still waiting, wondering what she did wrong. Why would her father be gone most of the time? This incident has formed a rejection mindset in Tare, so much so that people's criticism often left her feeling unworthy and unwanted. She easily slipped into the low self-esteem and men-pleasing mode.

Until one day, she was drawn into the mystery of the fatherhood of God and His infinite love, mercy, and faithfulness for His children. Then did she begin to understand

that she was complete in Christ and that God had given all things that concern her life and godly living.

Like Tare, rejection has a way of making us internalize the fault.

- "If I were better, they would have stayed."
- "If I were lovable, they would have chosen me."
- But rejection says more about them than it ever did about you.

God sees that pain. He names it.

The Scriptures are filled with people who were overlooked, left behind, or cast aside:

- David, forgotten in the fields when Samuel came to anoint a king.
- Leah, unloved by Jacob, but named fruitful by God.
- Hagar, abandoned in the wilderness, yet met by the God who sees.
- Jesus, betrayed by friends, denied by Peter, and forsaken on the cross.

You are not invisible to God. And you are not alone in the ache. Do you even realise that God is more aware of you than

you are aware of Him? You are loved and cared for by God more than you are by yourself.

WHEN GOD HEALS THE DEEPEST PLACES

Healing from rejection isn't about pretending it didn't hurt. It's about inviting God into the parts of our story where we were left empty, and letting Him fill them.

It's hearing the voice of the Father say, "They may have left, but I never will."

It's standing in your identity, not as someone discarded, but as someone deliberately chosen by the Creator of the universe.

"I have loved you with an everlasting love; I have drawn you with unfailing kindness." Jeremiah 31:3 (NIV)

REFLECTION

If rejection has shaped how you see yourself, it's tim noe to lay that false identity down. You are not too much, and you are not "not enough", nor are you cursed. You are deeply loved.

Let God speak to that version of you still sitting in the driveway or on that staircase or in the dark, lonely alley. Let Him be the Father who always comes. The Father of lights.

JOURNAL PROMPT

- When was the first time you remember feeling abandoned or rejected?
- How has that memory shaped how you see yourself or others?
- Imagine Jesus walking into that moment with you—what do you think He would say or do?
- Write a letter to your younger self, the one who felt forgotten. Speak truth to them now, as someone who knows they are seen and chosen.

But you are a chosen race, a royal priesthood, a holy nation, a people for his possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. So adjust the crown on your head and lay it down before the Father of all creation.

Our Biblical Example: Leah (Genesis 29:31-35) – learning to find identity in God, not people.

REFLECTION: In what ways have you sought validation from people instead of God?

PRAYER: Father, remind me that I am chosen, loved, and never abandoned by You.

CHAPTER ELEVEN

REBUILDING YOUR TRUST IN GOD

REFLECTION:

Trust is hardest when it's been broken even with God.

Sometimes it's not that we stopped believing in Him, but we stopped believing He's still good… to us. We've prayed, waited, hoped and the healing didn't come. The door didn't open. The person walked away. And quietly, trust began to crack.

You might still go through the motions reading scripture, showing up at church but your heart whispers:

“God, where were you when I needed you?”

You’re not alone in that ache.

Even David, the man after God’s own heart, cried out:

“How long, Lord? Will you forget me forever?” (Psalm 13:1)

And yet, trust can be rebuilt. Not by ignoring the pain, but by inviting God into it.

It begins with honesty. It grows through small steps of surrender.

And it deepens when we remember who He is even when we don’t understand what He’s doing.

- “Trust in the Lord with all your heart and lean not on your own understanding.”Proverbs 3:5 (NIV)
- Trust doesn’t mean we’ll always have answers. It means we anchor ourselves to the One who sees the full picture, even when we don’t.

He is not offended by your questions. He is present in your wrestling.

He’s not asking for perfect trust, just a willing heart. Sometimes when I find myself in this valley of doubt and despair, I humbly fall before my lover with songs of adoration for who He is, I sing hymns, I meditate on scriptures that talk about the greatness and majesty of God, I surround myself with a support systems that

remind me of my identity in Christ. Most importantly, I put on the whole armour of God, watching unto prayer without season and ceasing.

JOURNAL PROMPT:

- When was a time you felt disappointed by God or doubted His goodness?
- What unanswered prayers or painful experiences still weigh on your trust?
- Write a letter to God, expressing your questions, frustrations, or fears without filtering.
- Then pause what might He be whispering back to you in this season?
- Write down three small ways you can lean into trusting Him again this week.

REFLECTION: Have you doubted God's love because of past pain? How can you trust Him again?

PRAYER: Lord, restore my faith in Your goodness and plans for my life.

ESTABLISHING HEALTHY BOUNDARIES

Learning to protect emotional, spiritual, and relational well-being. There is a holy strength in saying "no."

In a world that often teaches us to be agreeable, accommodating, and endlessly available, the concept of boundaries may feel unfamiliar, maybe even selfish. But healthy boundaries are not walls of bitterness; they are gates of wisdom. They are not about keeping people out, but about keeping your soul whole.

*"*Let your 'yes' be 'yes,' and your 'no,' 'no'.."Matthew 5:37 (NIV)

JESUS: PRESENT, YET PROTECTIVE

Jesus loved deeply but He wasn't always accessible. There is a saying I subscribed to: be valuable and available, not always accessible. He withdrew from crowds to pray (Luke 5:16), He

didn't allow others to define His mission (John 6:15), He walked away from people who misunderstood or tried to control Him (Matthew 13:57 58), He chose when to engage and when to remain silent (Luke 23:9).

Even in His most compassionate moments, Jesus protected the space He needed to stay in tune with the Father. He didn't burn out trying to please everyone. He wasn't afraid to rest. He didn't entrust Himself to those who had harmful intentions (John 2:24).

His boundaries were rooted in clarity of purpose and love for people, including Himself.

DINAH: WHEN BOUNDARIES ARE CROSSED

In contrast, the story of Dinah, daughter of Jacob and Leah, is a painful one.

*"*Now Dinah... went out to visit the women of the land. When Shechem... saw her, he took her and violated her." Genesis 34:1–2

Dinah's voice is heartbreakingly absent in this narrative. She is acted upon, spoken about, but not heard. The trauma inflicted on her sexual violence and the loss of agency—is

met with retaliation by her brothers, but no record of comfort, justice, or healing.

Her story serves as a sobering reminder of what happens when boundaries are violated and voices are silenced. As a child of God and a child of purpose, you don't attend every gathering, don't honour every invite, accept every job offer, eat anything, drink anything, enter any relationship, and live carelessly.

While the story doesn't directly teach boundary-setting, it cries out for it for protection, for accountability, for restoring the dignity of the one harmed. We honor Dinah by reclaiming what she was denied: voice, value, and safety.

BOUNDARIES ARE BIBLICAL

Boundaries are not barriers to love, they are how love is sustained.

THEY SOUND LIKE:

1. "I can't take that on right now."
   "I love you, but I won't allow you to speak to me that way."
   "I need space to process this."

"No."

They are rooted in truth and protect:

2. Your time

3. Your emotions

4. Your body

5. Your purpose

6. Your relationship with God

If Jesus needed boundaries to remain healthy and holy, how much more do we?

REFLECTION

You are allowed to guard what God has entrusted to you: your heart, your peace, your body, your calling. Boundaries are not a sign of distrust in others, but a sign of trust in God's design for your life. They help you stay close to Him and protect your soul from being stretched beyond grace.

Your "no" can be just as sacred as your "yes."

JOURNAL PROMPT:

1. Do you struggle with setting boundaries? Why or why not?

   Where in your life do you feel emotionally or physically drained? Is a boundary missing there?
2. Reflect on Jesus' example. How did He guard His peace, time, or energy?
3. If Dinah could speak, what do you think she would say to you about your right to be safe, respected, and heard?

   What is one boundary you need to set this week with love and clarity?

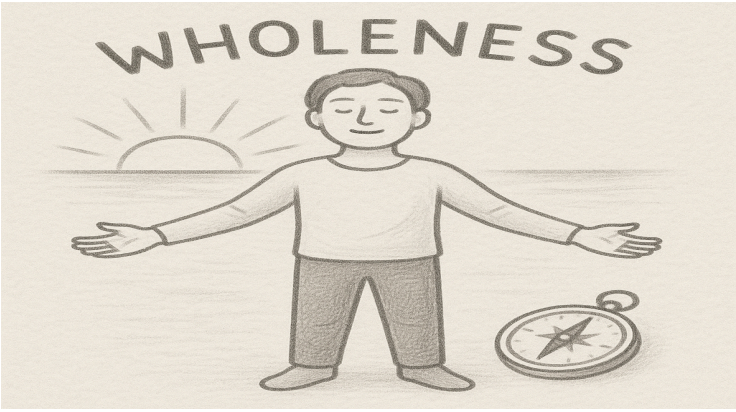
Our Biblical Example: Jesus set boundaries (Luke 5:16 – withdrawing to pray).

REFLECTION: Where have you allowed unhealthy relationships to drain you?

PRAYER: Holy Spirit, give me wisdom to set healthy boundaries in love.

CHAPTER TWELVE

WALKING IN WHOLENESS AND PURPOSE



WALKING IN WHOLENESS AND PURPOSE

Embracing healing as a journey, not just a moment. Wholeness is not the absence of pain.
It is the presence of purpose restored, reawakened, and redefined.

When Jesus meets us in our broken places, He doesn't just stop at healing our wounds. He calls us into something greater: a life of meaning**.**

“Do you want to be made whole?” John 5:6 (KJV)

HEALED TO BE SENT.

The woman at the well came to the well at noon, when the sun was hottest and the crowds were gone. Maybe she was avoiding the whispers. The sideways glances. The shame of her story. She had been passed from man to man, likely labeled by her choices, perhaps even by her desperation. And yet Jesus was waiting for her.

“He told me everything I ever did.” John 4:29

- But he didn’t say it to shame her.
  He said it to show her that even when fully known, she
- was still fully seen and still fully loved.
- She came for water but left with a purpose.

This woman, who had avoided people, now ran into town to tell them about Jesus. The same voice she once used to defend herself became the voice God used to draw others to Himself.

Wholeness gave her back her voice. And purpose gave her back her place.

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FROM WAITING TO WALKING

The man at Bethesda. He had been lying by the pool for thirty-eight years. Waiting. Watching. Hoping that someone would help him into the water when it stirred.

But everyone passed him by. Until Jesus stopped and asked the question that echoes into every paralyzed part of us:

"Do you want to be made well?" John 5:6 (NKJV)

It seems obvious, but healing is not always simple. One would have thought that this man would readily be open to healing. He was used to staying there and having people pass him by, so much so that when THE HELPER came, he did not recognise HIM, but instead wallowed in his dashed hopes and rejection. He said to Jesus, " I have no man." Healing is not automatic or magic. It means leaving the familiar. It means giving up excuses. It means walking into a life of responsibility, risk, and movement.

"Get up. Pick up your mat and walk." John 5:8

And he did.

That man was not just physically healed. He was reintroduced to a life of movement, choice, and direction. His story shifted from waiting to walking from surviving to living on purpose.

WHAT WHOLENESS REALLY IS

Wholeness is not perfection. It is integration—the healing of fragmented parts, the welcoming of both joy and sorrow into the presence of God.

WHOLENESS SAYS:

- "I'm not who I was, but I'm still becoming who I'm andmeant to be."
- "My wounds may have shaped me, but they no longer define me."
- "God can use the places I once hid as the very platforms from which I speak."
- Purpose flows from healing, but not just for you. It overflows into others.

The woman at the well became a messenger.
The man at the pool became a witness.
And so can you.

JOURNAL PROMPT:

- What part of your story have you tried to hide in shame?

- Where have you been lying still, waiting for someone to come and help?

- What do you sense Jesus asking you today—"Do you want to be made whole?"

- What would walking in wholeness look like in your relationships, work, or calling?

- Write a prayer asking God to turn your healing into purpose, not just for your sake, but for the sake of others.

OUR BIBLICAL EXAMPLE: The woman at the well (John 4) transformed and empowered to share her story.

REFLECTION: What lessons has your brokenness taught you? How can you use them to help others?

PRAYER: Lord, use my story for Your glory. Lead me into the purpose You have for me.

Here's the link to a sonnet for you https://shorturl.at/3Tzqp

HEALING SHEAVES

A LETTER TO THE HEALED WOMAN

Dear Beloved,

You are not the sum of your scars or shame.

You are not defined by what broke you.

You are not too much, and you are certainly not too little.

There is holy strength woven into your spirit—fire in your spine and grace in your story.

Though you've walked through deep wells and long nights,

God has written a song over your life, and it's beautiful.

You are seen.

You are chosen.

You are held close by the One who never lets go.

So walk forward boldly and freely.

Your steps carry purpose.

Your voice carries light.

Your past may have shaped you, but it no longer holds you.

Lift your head, daughter.

The morning sun is rising, and so are you.

With love,

Your Sister on the Journey.

MEDITATION CORNER

Chapter ONE: Introduction

Journal Prompt: What are your expectations and reservations on this journey to healing?

M**editation Scripture:** Luke 10:19 - We can tread on serpents and scorpions, and nothing can hurt us.

Chapter TWO: Broken but not Destroyed- Origins of Pain

Journal Prompt: Do you think it is possible to be broken but not destroyed? Write out people who have been broken and not destroyed.

Meditation Scripture: 2 Corinthians 4:8-9 – We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

Chapter Three: A Bible Character Who Received Help from God.

Journal Prompt: How can I remind myself daily that God is an ever-present help, no matter what happens?

Think of practical ways like scripture cards, a daily habit, or a prayer practice.

Meditation Scripture: Psalm 46:1-3 – "God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth gives way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."

Chapter Four: God's Mighty Acts of Deliverance

Journal Prompt: What are some "mighty acts" of deliverance I have experienced in my own life?

Meditation Scripture: Exodus 15:2 "The LORD is my strength and my song, and He has become my salvation; this is my God, and I will praise Him."

Chapter Five: The Bible on Emotional Healing and Health
Journal Prompt: How can I nourish my emotional and spiritual health daily?
Consider writing down habits like prayer, scripture meditation, or healthy boundaries.

Meditation Scripture: Matthew 11:30 – "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Chapter SIx: Acknowledging the Wound
Journal Prompt: What is one painful experience you've been avoiding? Write it down and invite God into that space.

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

Chapter Seven:: Breaking Free from Shame and Guilt

Journal Prompt: What lies have you believed about yourself because of past mistakes? Replace them with God's truth.

Meditation Scripture: Romans 8:1 – "Therefore, there is now no condemnation for those who are in Christ Jesus."

Chapter Eight: Forgiveness: – The Key to Freedom
Journal Prompt: Who do you need to forgive today? Ask God for the strength to release them from your heart.

Meditation Scripture: Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Chapter Nine: Healing from Rejection and Abandonment
Journal Prompt: Write a letter to yourself, reminding you that you are chosen and deeply loved by God.

Meditation Scripture: Isaiah 41:10 – "Do not fear, for I am with you… I will uphold you with my righteous right hand."

Chapter Ten: Rebuilding Trust in God
Journal Prompt: What is one area of your life where you struggle to trust God? Surrender it in prayer today.

Meditation Scripture: Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your understanding.”

Chapter Eleven: Establishing Healthy Boundaries
Journal Prompt: What relationship or habit is draining your peace? How can you set a healthy boundary?

Meditation Scripture: Luke 5:16 – “But Jesus often withdrew to lonely places and prayed.”

Chapter Twelve: Walking in Wholeness and Purpose
Journal Prompt: What has God healed in you? How can you use your story to encourage others?

Meditation Scripture: Jeremiah 29:11 – “For I know the plans I have for you… plans to give you a hope and a future.”
The journey to healing might not be easy or smooth, but one thing Jesus promised in

John 14:27 (KJV):"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

Also in John 15:11 (KJV):"These things have I spoken unto you, that my joy might remain in you, and that your joy might be full."

True healing and identity can only be found when we find peace in Christ and plug into HIS Joy.

STATS BOARD

Family dysfunction can lead to significant trauma for both men and women worldwide. While comprehensive global statistics specifically addressing trauma resulting from family dysfunctionality are limited, related data on adverse childhood experiences (ACEs), intimate partner violence (IPV), and post-traumatic stress disorder (PTSD) provide insight into the prevalence of such issues:

ADVERSE CHILDHOOD EXPERIENCES (ACES):

In the United States, approximately 39% of females and 21% of males have been exposed to multiple ACEs before the age of 18. Globally, up to 1 billion children aged 2–17 years have experienced physical, sexual, or emotional violence or neglect in the past year, according to the World Health Organization (WHO).

INTIMATE PARTNER VIOLENCE (IPV):

Women are significantly more likely than men to experience physical and sexual IPV.

In 2023, an estimated 140 women and girls were killed daily by intimate partners or family members, totaling approximately 51,100 deaths globally.

POST-TRAUMATIC STRESS DISORDER (PTSD):

“Women have a lifetime PTSD prevalence of 10% to 12%, compared to 5% to 6% in men.” American Psychological Association.

In a study of high-school students in Peru, 21.4% reported severe family dysfunction, and 60.3% exhibited PTSD symptoms.

MDPI

These statistics underscore the profound impact of family dysfunction and related adversities on individuals' mental health. Addressing these issues necessitates comprehensive strategies, including mental health support, education, and policy interventions, to mitigate their effects on all individuals involved.

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