

50 Days to **Spiritual** **Healing**

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Day 1

Getting Ready to Heal

Read John 3:16

This is a daily devotional study designed for those who have been victims of abuse. It is a Christian study. It assumes you have repented of your sins and that by faith you have accepted Jesus Christ as your Lord and Savior. If you are seeking healing but have not placed your faith in Jesus as your Lord, you should contact us before starting. www.sunministries.org

This is a difficult path you are beginning today. You do not have to walk alone. We have disciples that have walked this path before you that would love to walk you through the process. If you need someone to help you through just contact us and we will connect you to someone.

The study is designed as a daily devotional. That means you do one day every day. Try not to skip days and do not jump around. The study is designed to progress you through the basics.

Remember that this is the basics. Deeper healing may require assistance. We are here for you. We are happy you are starting the journey. This study gives you an understanding of what you are up against

Read – Romans 10:9

Prayer – Ask God to guide you and accompany you on this journey.

Journaling – Write down why you have decided to start the healing process.

Day 2

Understanding the Effects of the Past

Read Genesis 6:11

We were not raised right. None of us were. In the beginning God placed man in the Garden where he walked with Him in paradise. That is where we were supposed to live. Due to the sin of Adam and Eve we were cut off from the garden and the Spirit of God. Because of this, sin entered the world. Satan became the God of this world and enticed men and women to sin.

When man is separated from God and His Spirit, he does evil things. Man has freewill because this is part of being made in the image of God. Freewill gives us the ability to choose to love. It also gives us the ability to choose to do evil and harm to others.

So here we are, raised in an evil world and suffering from the effects of the evil choices of others. God did not want this outcome. God wants us to live again in paradise with Him. He sent His son Jesus to die for our sins and restore to us the Spirit of God. Through the Spirit of God, we can destroy all the works of the devil that have harmed us and scarred us.

The Spirit is returned to us to guarantee that we will get back to paradise. It is also here to bring us healing and freedom from the effects of our past. Jesus came to bring you healing. It is up to you to choose to accept it.

Read – 1 John 3:8

Prayer – Take a moment to ask Jesus to assure you that He is able to bring you healing.

Meditation – Take a moment to consider what Jesus went through on the cross in order to bring you healing. Has anyone ever suffered like this for you?

Journaling – A person with deep pain from a young age hides it by pretending and thinks that it does not affect their life. This becomes such a common practice for many that it redefines them until it is worked through. Take a minute and write down some of the ways your pain from your past has affected you.

Day 3

Is Healing Guaranteed with Jesus?

Read Ephesians 1:13

You can trust Jesus to save you from judgment and get you access into heaven. He gave you the Holy Spirit as a deposit to guarantee your inheritance. You can also trust Him to tear down the works of the devil in your life. It is one reason He came to earth. There is no greater power or authority in all the universe. He can complete in you what He starts.

Many people never seek the healing of Jesus for their pain. They hold onto it and guard it. It is the “off limits” part of their life. The only thing needed for your healing is your pursuit of healing through Jesus. If you seek Him with your whole heart, He will meet you there and bring a gentle healing touch to your soul. He wants to heal you, but you must want to be healed.

In a similar way to salvation, healing is a free gift from God. As with salvation, you must surrender to Jesus to obtain it. It can be a scary and difficult decision to open up the pain of your past. You must make that decision. The part of our pain that we withhold from Jesus is the foundation of our troubles.

Read – Psalm 147:3

Prayer – Take a moment to ask Jesus to reassure you of His desire to heal your pain.

Meditation – Read Philippians 1:6 and consider all the ways God has been faithful to work in you since you first met Him. What does this verse guarantee will happen?

Journaling – Write down any significant thing that God spoke to you today.

Note - Anyone who is willing to make the effort can experience freedom from the pain.

Day 4

Is Healing Automatic with Jesus?

Read Philippians 3:12

There are people that teach that everything that Jesus has to offer you is given automatically at the moment of salvation. This concept has led many people to feel discouraged or even to doubt their relationship with God. There are many passages of scripture that instruct us on how to be disciplined, sanctified, put on our armor, and tear down strongholds. None of this would be needed if the work was automatic at the moment of salvation.

The difference is defined in two theological words. They are justification and sanctification. Justification is what happens at the moment of salvation. You become justified before God through Jesus Christ. Sanctification is the process of becoming Christ like in our character and nature. Justification is automatic. Sanctification is our responsibility.

Paul alludes to this in Romans.

[Rom 6:16 NASB] Do you not know that when you present yourselves to someone [as] slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness?

Freewill. We have a choice to make. Will we heal, obey, tear down strongholds, and walk in discipline and love? Or will we obey our flesh and walk in unrighteousness? The choice is ours to make.

Read – Ephesians 6:12

Prayer – Ask God to show you ways that you have obeyed your flesh instead of God.

Meditation – Read 2 Timothy 2:20-26 and consider what efforts and intentionality you have put to the task of sanctification. What could you do to gain ground in this area of your faith?

Journaling – Write down any areas of your life that need to be taken captive to the obedience to Christ. What are some things you can add to or delete from your life to accelerate the sanctification process?

Day 5

The Process Builds Relationship

Read John 17:3

Jesus wants you to know Him. He wants to have a loving and trusting relationship with you. For many people the pain of their past has put a separation between them and God. The healing process will also heal your relationship with God.

When we suffer traumatic experiences early in life, we begin to see life through the filter of those painful experiences. God wants you to see things as they really are. It is the truth that sets us free. The truth is that God loves you. He likes you. He adores you. He desires a relationship with you. He died for you. He dwells within you. He is the one who pursues you. He is the one that will heal you and as He does this you will build a trusting and loving relationship with Him.

There is nothing that can separate His love from you. The truth is that God has initiated a relationship with you so He can do all these things with you, in you, and through you.

Read – Romans 8:39

Prayer – Ask God to show you some ways He has expressed His love to you.

Meditation – Read John 6:45-48 and consider all the ways that God has called to you and guided you to Him.

Journaling – Write down some of the most significant ways that God has called you, guided you, or protected you.

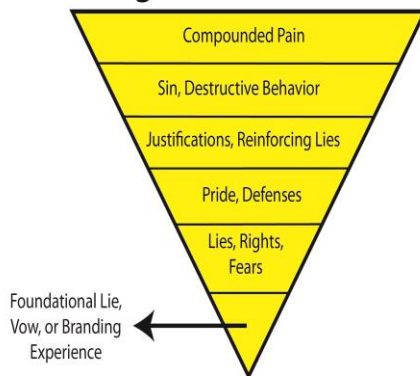
Day 6

The Bondage and Freedom Pyramids

Read 1 Corinthians 3:11

Establishing a foundation in Jesus is not automatic. For most people our foundation was laid early in life before we knew Jesus. Some have foundations built upon the painful experiences of our past. Look at the two diagrams below. Which one best represents your foundation?

Life of Bondage



- Each layer adds more weight & exerts force on the foundational flaw
- More and more gets added
- Prone to "tipping" - unstable and destructive; takes effort to keep upright

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Life of Freedom



- Each layer supports the next
- Less and less room for "other things" to be added
- The burden is light
- Strong, stable foundation

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Before we can fully enjoy the abundant life found in Jesus, we must address our faulty foundation. If our painful experiences caused us to believe lies or make vows, then they are the foundation we are building our lives upon.

How do we replace our foundation? We must explore our painful experiences and let the Holy Spirit reveal the lies and vows that have become a part of us. We then reject the lies, renounce the vows, and embrace the truth of God's word. It is only in the truth that we will find a firm foundation in Jesus Christ.

If we fail to lay a good foundation, then it won't take much to knock us off track and topple our progress sending us back into our cycle of destructive behavior.

Read – 1 Timothy 6:18-19

Prayer – Ask God to show you what you have relied upon as your foundation. Is it you or is it Him?

Meditation – Read Luke 6:47-49 and consider the results for your life if you continue to build on a faulty foundation.

Journaling – Write down some ways you have relied on yourself as the foundation of your life. Also note some things that seem to knock you off track in your life.

Day 7

Laying a Good Foundation

Read Psalm 18:2

When we consider the foundation of our life, the Bible does not leave us guessing. In order to lay a good foundation, we must first destroy and remove the bad foundation. This process is part of the healing process. If our life is built on pain, lies, vows or defending our self, then it is not on Christ, the solid rock.

In order to lay a good foundation, we must examine our current foundation. For many victims of abuse the foundation is full of bitterness, shame, and guilt. In order to get rid of this foundation we must forgive others and ourselves. We must also forgive God. The healing process is a path of faith and forgiveness that leads us to trusting God to defend us.

Our pain is the barrier to receiving the healing. The pain is very real and must not be invalidated. You were hurt and are still hurting. This foundation of pain must be dismantled in order to replace your foundation with Jesus.

Read – 2 Corinthians 10:5

Prayer – Ask God to show you the thoughts you have that are raised up against Him.

Meditation – Consider how these thoughts are part of the foundation of who you are. Do they affect your daily decisions?

Journaling – Write down the thoughts you have that are opposed to God or His word. Look up the truths of God's word that oppose these thoughts.

Day 8

The Vulnerability Stage

Read Psalm 33:4

We all have needs. As a child we rely on others to meet many of those needs. From the moment we are born, others must feed and care for us. We learn to trust those who meet our needs. As we get older, we continue this pattern of building trust in those who care for our needs. This creates in us a vulnerability. We open ourselves up to the ones we trust.

Unfortunately, it is often those we trust who violate us and cause our pain. When this happens, we start to search for answers. It is during this time of vulnerability that the foundation of our life can be formed. We ask questions like “Why is this happening?” or “What did I do to deserve this?”. Many victims of abuse leave these painful experiences blaming themselves and God instead of blaming the person who violated them.

One of the hardest first steps in healing is to begin to trust God again. God did not abandon you. He preserved your life and guided you to this place so He can meet you here and heal you. Beginning the process of healing is an act of faith. We must choose to believe that God is faithful and loving.

Read – Psalm 9:10

Prayer – Ask God to give you the faith needed to trust Him for your healing.

Meditation – Read Psalm 28:6-7 and consider what it would be like to have this view of God. Ask Him for His mercy.

Journaling – Write down some ways your trust was violated by others.

Day 9

Understanding Your Responsibility as a Child

Read 1 Corinthians 13:11

Children do not have the same responsibility for their actions as adults. Parents have a responsibility to care for and protect their children. They must feed them, cloth them, train them, protect them, and care for them. Yet many victims bear a responsibility for what happened to them. They look back at the events of their painful experiences and ask adult questions. What could I have done to stop it? What did I do wrong to cause it? We often look back on these times as if we were adults.

One of the most important parts of the healing process is accepting the fact that you are innocent. You had no responsibility for what happened to you. You did not cause it and you could not have stopped it from happening. Other people were in positions of trust that failed to protect you and care for you. It is all on them.

One helpful way to grasp these truths is to look at children of similar age to your age at the time of your abuse. Ask yourself how responsible they could be. It is time to stop looking at your abuse through the eyes of an adult and start to see them through the eyes of the child that you were when it happened.

Read – 2 Thessalonians 2:16-17

Prayer – Ask God to show you your innocence.

Meditation – Read 2 Corinthians 1:3-7 and consider the comfort of God and how He may use your healing to comfort others.

Journaling – This is a very important day in your healing. Write down any thoughts you have about your innocence. What prevents you from accepting your innocence? Who must be guilty in order for you to be innocent?

Day 10

How Were My Basic Needs Met?

Read Philippians 4:19

As children, we respond to how our needs are met. If we have a need that is under met, then we will crave and seek out that need. One example of this may be the need for love. This can cause us to behave in response to the unmet need. In a similar way, if we have a need that is over met, we may respond to that as well. An example of an over met need is if one is overly praised for certain behavior. This can cause us to embrace the behavior in order to get the praise. Unmet and over met needs shape our behavior.

Understanding how your needs were met is a step along the path to healing. Many times, abusers take advantage of our unmet or over met needs. These patterns of behavior can last into adulthood. Our relationship with Jesus is designed to meet our needs.

Read – Psalm 37:4

Prayer – Ask God how the way your needs were met has shaped your behavior.

Meditation – Every child has needs and if those needs are not met, they will find someone to meet them causing the child to be vulnerable. When they are taken advantage of, this causes damaging pain. They will do what it takes to get those needs met.

Journaling – Write down some ways that your needs were unmet or over met. How did this shape your behavior?

Day 11

Natural Trust Makes Us Vulnerable

Read Psalm 56:3

There are people of power and position that we are told to trust. These may be police, teachers, doctors, or others. When we first interact with them we know we are supposed to trust them, but we are still wary. It is only over time that we build what I call natural trust. Natural trust is appropriated through our relationships. We begin to trust through the positive interactions we have had with others.

It is natural trust that makes us vulnerable. Natural trust is when we decide to trust instead of obeying the direction of someone else to trust. Natural trust is the currency of abusers. They build your trust in order to take advantage of you. Natural trust makes us vulnerable. Being vulnerable is not bad. In fact, it is essential for intimate relationships. Our abuse can rob us of the ability to trust. This causes us to guard ourselves in ways that prevent us from have real intimate relationships.

God is trustworthy. The way to restore our ability to trust is to begin to trust God. As we walk in a trusting relationship with God we can once again gain the ability to give others our natural trust.

Read – Proverbs 3:5

Prayer – Ask God to show you how your trust was violated. Ask Him to assure you of His trustworthiness.

Meditation – Read Romans 8:28-30 and consider the faithfulness of God in calling you and leading you to this place of healing.

Journaling – Write down some of the times in your life where your trust was violated.

Day 12

The Discovery Stage

Read Ephesians 1:17

Imagine a child living a carefree life having all their needs met. Then their trust is violated. A horrible thing is happening to them. That child will immediately experience fear, confusion, and guilt. They try to make sense of what is happening. Is it ok? Is it wrong? What should they do? Do they scream or play along? This is a destructive time in an abused child's life.

The discovery stage leads a small child to make sense of a senseless act. They have a limited understanding of life and evil and people. So they try to fit all of this into their understanding. The result can last for many years. Decisions are made about their abuser, themselves and even God. These decisions can form the basis of relationships until they are healed and replaced with the truth of what happened.

Today is different. Today we seek to discover the effects of the discovery stage on our lives.

Prayer – Ask God to reveal to you the decisions you made about your abuser, yourself, and even about God.

Journaling – Write down as many things as come to mind about how you view the events surrounding your abuse. What conclusions did you draw to make sense of what was happening to you?

Day 13

Seeing it Through the Right Eyes

Read Ephesians 1:18

We must gain understanding that the decisions and conclusions made in the discovery stage were made as a child. These were not well thought out and reasoned decisions. These were attempts to cope with a traumatic and destructive experience at a very early age. If these decisions and conclusions are never challenged, then our lives will be shaped by them.

Now that you have decided to enter the path to healing it is time to look at those events with fresh eyes. Take your list of conclusions from the previous day and let's start to look with fresh adult eyes at what happened to you.

Read – 1 Corinthians 13:11

Prayer – Ask God to show you ways in which your decisions were tainted by your limited knowledge and view of the world at the age when you were abused.

Meditation – Consider alternatives to the conclusions you came to at that time. For example, many feel guilt for not doing more to stop their abuse. Consider the abilities and resources of a child and ask if it is fair to expect that level of responsibility from a child that age.

Journaling – Write down any new conclusions you may have come to.

Day 14

Where was God?

Read Proverbs 15:3

One of the most troubling aspects of abuse at an early age is the damage it does to our view of God. Man has a built-in knowledge of God. Even as children we expect there is a God. When a terrible thing happens to us, we will make decisions about us and God based on our limited understanding.

Some will conclude that God is not there or that He does not care for them. Others may conclude that God does not exist. The truth is that God was with you when your abuse happened. He wept with you as you wept. God watches evil because man chooses to do evil. God does not desire for evil to happen.

It was God who preserved you thus far. It is God who led you here. It is God who desires to heal your pain and remove the effects of the abuse from your life. He has always been there for you. He is there right now calling you by name.

Read – Psalm 139:7-10

Prayer – Ask God to show you where He was during your abuse.

Meditation – Read Revelations 21:3-4 and consider how a great a day it will be when all our pain and tears are wiped away.

Journaling – Write down anything God revealed to you today about where He was when you were abused.

Day 15

Why is this Happening to Me?

Read 1 John 3:11-12

The basic question asked in the discovery stage is “What is happening to me?”. The next question is “Why is this happening to me?”. For many people, the answer is focused on themselves. They conclude that there is some reason they are experiencing this abuse and it must have something to do with them.

The easiest answer for a child is one of personal responsibility. They are being raised in a corrective environment. Adults are always telling them when they do something wrong. So if something is wrong that they can't make sense of, it is normal to take the blame. It is normal but not right.

The only right answer to this question is that a person of trust acted inappropriately. The abuser did evil things to you at no fault of your own. They did this because they have the freewill to choose whether to do good or evil. They chose wrong. You are the victim. Accepting this truth is foundational to healing.

Read – Psalm 34:22

Prayer – Take a moment to ask God to show you your innocence.

Meditation – Read Romans 8:1 and consider how this verse now applies to the abuse you suffered and any conclusions of fault on your part.

Journaling – Write down anything God showed you today about why this happened to you.

Day 16

Putting the Blame Where it Belongs

Read 1 Thessalonians 5:23

It can be very difficult for victims of abuse to accept their innocence. If they are not to blame, then who is? What does it say about my abuser if I blame them for what happened?

Coming to terms with the guilt of a loved one is difficult but necessary. Some will conclude that to blame them is to say they are evil or that I don't love them. This is not true. This is especially difficult when our abuser is a close family member. We may have many fond memories of that person apart from the abuse. How do we reconcile their guilt with those fond memories?

The first step is to accept that doing an evil act against you does not negate those fond feelings. Dismissing their guilt is not the answer either. Our goal in the healing process is to see the person as they really are, not as we wish they were. We must accept that they are responsible for their actions. Later we will learn to forgive them for those actions. Only after this process is complete will we be able to see them as they really are. The first step is to place the blame where it belongs. That is on them and not you.

Read – Romans 14:12

Prayer – Ask God to help you place the blame for what happened to you on your abuser. Ask Him how to fix the blame without condemning the person.

Meditation – Reads Romans 5:8 and ask God how to love sinners.

Journaling – Write down the greatest obstacles you face in placing blame and avoiding condemnation for your abuser.

Day 17

Letting Go of Shame and Guilt

Read - 2 Corinthians 4:1-2

It is very common in our modern American culture to discuss the Gospel in terms of sin and forgiveness. There is another aspect of the Gospel that is very relevant to victims of abuse. This is the cleansing of our shame and guilt. Many victims carry the shame and guilt of what happened to them well into their adult lives.

Our culture of sin and forgiveness makes it difficult for these people to get free from their past. They often go through life feeling disqualified, defective, or even dirty. The truth of Scripture is that God came to take away our shame and guilt. Many times in the bible it tells of how the children of God will not be humiliated or put to shame.

Hiding the feelings of shame and guilt give Satan the opportunity to use them against us. Bringing these feelings out into the open takes the power out of his hands and puts those feelings under the blood of Christ's atoning work on the cross. From the very first sin in the garden, God was removing man's shame. He made clothing for Adam and Eve to hide their shame. Today He removes our shame through the healing power of His Holy Spirit.

Read – Psalm 32:5

Prayer – Express the source of your shame and guilt to God. Ask him to remove them from you.

Meditation – Instead of shame you can turn your abuse into a powerful tool of redemption. This is called your testimony. Shame and guilt will prevent you from sharing your story. God doesn't waste pain. He wants you to boldly proclaim your healing to others.

Journaling – Write down the feelings of shame and guilt that you want to be free from today. Try to identify what holds you in these feelings.

Day 18

The Effects of the Discovery and Eligibility Stages

Read Ephesians 4:26

Three effects of the eligibility stage are fear, guilt and anger (which sometimes becomes self-condemning thoughts). All of these are self-destructive in nature. They all control or influence our behavior in some way. In order to be free to be who God designed us to be we must get free from these effects.

Fear will prevent us from doing things or keep us from certain situations. Guilt is a weight on our soul that kills our joy. Anger is a root that can trigger behavior in us that is destructive to ourselves or others around us. All of these must be brought under control. This is part of the healing process.

We overcome fear as we build faith and trust in God. We are relieved of guilt as we acknowledge the truth of who is to blame for our abuse. We defeat anger by forgiving. Without going through these processes, we will carry the effects of our abuse for the rest of our lives. Through Jesus we can be free from these burdens.

Read – James 1:20

Prayer – Ask God to show you how to defeat these three things in your life.

Meditation – Read 1 Peter 1:3-9 and consider the power of God that protects you is the same power that saves you. How we can rejoice in that even though we have endured trials?

Journaling – Write about what prevents you from trusting God to defend you, accepting your innocence and releasing your anger.

Day 19

What Happened to Me?

Read Psalm 119:144

Why me? What does this mean about me? Most victims have those questions rolling around in their heads and have no one to talk to. It's a private torment. Why is it so private? Because most victims are spending their time and energy keeping others from knowing what happened to them. Simply finding a trusted person to confide in and to talk through these events with can greatly relieve the pressure.

God designed humans to live together and bear each other's burdens. For the victim this is often the hardest step towards healing. It requires trust and trust was violated by their abuser. In order to heal you must take the risk to trust again.

Things are different now. You are an adult. You are not fully dependent on others for your basic care and needs. Trusting someone with your secret is a big step towards healing. A good place to start is to have an honest conversation with God about what happened. God will lead you to a trusted person when you are ready. We are here for you.

Read – Proverbs 2:6

Prayer – Ask God to give you the courage to trust someone else with the details of what happened to you.

Meditation – Read 1 John 5:20 and consider the privilege you have been given through Christ to be joined with God and understand Him.

Journaling – Write anything meaningful that God has revealed to you today.

Day 20

Searching for Meaning

Read Ephesians 2:10

Many victims get caught up in a vicious cycle of pretending. This is due in part to their inability to resolve in their mind what happened to them. In an effort to relieve their pain, guilt and fear they will often rewrite their own history and reality. They find this new pretend reality is much easier to live in than the real world.

This stage of pretending is a way to cope with the overwhelming feelings that the victim experiences but doesn't know how to handle. For many victims they seek to become saviors of others. I have met many victims that will express the promises of God as being guaranteed for others but unavailable to them due to what happened to them.

The way to discover meaning again is to realize that your life was thrown off course by your abuse. Through Jesus we have a way to get back on course. Jesus will restore meaning to your life. Through the healing touch of Jesus you can stop pretending and find meaning in your life again.

Read – Romans 8:28

Prayer – Ask God to show you the purpose He has for your life.

Meditation – Read 2 Corinthians 5:1-5 and contemplate the idea of being raised in a new body and mind to live forever with God in paradise.

Journaling – Write down the things you have added to your life story as a way to cope with your abuse.

Day 21

Who is to Blame?

Read Ephesians 1:4

Most victims end up feeling personally responsible for whatever happened to them. We have already discussed how important it is to assign the blame where it belongs. I hope you took that to heart and let go of the blame you had placed on yourself.

This is such an important part of the healing process that we are revisiting it today. It is important to understand that man is free to choose to obey God and do good or to act in opposition to God and do evil. The person that abused you chose to do evil. The penalty for that act can only be handed out by God. We must accept God's position as judge.

If we fail to do this then we are the ones that pay the price. Failing to forgive someone does not affect that person. Failing to forgive affects us. The Bible describes bitterness as a root that springs up in us. Holding onto bitterness prevents our healing and only causes us more pain.

Read – 1 John 1:9

Prayer – Ask God to show you the people in your life that you need to forgive.

Meditation – Read Genesis 6:5-6 and consider how sad God must have been to see man act in such evil ways. Now consider how He felt when He saw how your abuser acted.

Journaling – Write down the names of the people you need to forgive and why you need to forgive them.

Day 22

Bad Things Happen to Bad People, Right?

Read 1 John 3:5

Karma. What goes around comes around. We reap what we sow. All of these principles are generalizations that lead us to believe that we control what happens to us by what we do. It is a common belief among victims that bad things happened to them because they are a bad person.

John 16:33 "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

Those that follow God can expect to have trouble in their life. Jesus and all the apostles were abused and most were executed for their faith. Having bad things happen to you does not make you a bad person anymore that having good things happen to you makes you a good person.

The real truth is that we live in a fallen world filled with sin and evil. Bad things happening to us is not a declaration of our worth or condition. It is just part of life. But take heart! In Jesus we have overcome the world by our faith.

Read – Psalm 139:14

Prayer – Ask God to show you the truth regarding your value and worth.

Meditation – Read 1 Peter 2:21-25 and consider the suffering of Jesus. He was a perfect, sinless man and yet He suffered.

Journaling – Write down some good people you know that have suffered bad things.

Day 23

The Abandonment Stage

Read Matthew 5:37

Many victims are abused by those they trust. At some point in the process the victim concludes that there is no one coming to their rescue. This invokes an extreme feeling of abandonment. The results of the abandonment stage are: destruction of trust - anger towards others - a feeling of powerlessness - the need to make a vow. Today we will deal with vows.

The key word for a victim is safety. They will vow to never be hurt like that again. They direct every ounce of energy, skill, and intelligence to be safe. They need to be in control of the people and circumstances because if not, they will feel the threat of pain.

This need to control causes them to withdraw, change behavior and even to lash out. When victims make vows, they have binding effects in the spirit realm. To be free from those effects we must renounce the vow and place our trust in God for our protection.

Read – Psalm 18:2

Prayer – Ask God to show you some ways He has protected you throughout your life.

Meditation – Read Psalm 118:8 and consider the power of God to create everything and to save you from Hell. Then consider if He is able to deliver you to the end He has promised you.

Journaling – Write down the things that keep you from trusting fully in God. Ask Him to help you overcome those obstacles.

Day 24

Understanding the Effects of Feeling Abandoned

Read John 16:32

Today we will try to understand the effects of the abandonment stage. We dealt with vows yesterday. Today we will look to the other three. They are the destruction of trust - anger towards others - a feeling of powerlessness.

When our trust in others is destroyed, we are left alone. This is not how we were made to live. One of the first things God said after making man is found in Genesis 2:18 – “It is not good for man to be alone”. The destruction of your trust is a work of the devil designed to put you in a place where he can do more harm to you. Only you can decide to trust again. It is important to do this.

The only cure I know for anger towards others is forgiveness. As hard as that sounds, it is a choice you can make. Forgiveness is a decision. You decide who and when to forgive. By forgiving others we take a powerful tool of the enemy out of our lives.

The reactions to the feeling of powerlessness is difficult to overcome. Each person reacts in their own way. Some become aggressive while others become withdrawn. Since we have already dealt with trust and we will work on forgiveness later. Let's take some time to discover ways in which we protect ourselves.

Read – 2 Thessalonians 3:3

Prayer – Ask God to show the ways in which you strive to protect yourself.

Meditation – Consider how effective you have been at protecting yourself. What harm has your efforts brought to you?

Journaling – Write down the ways God has shown you that you protect yourself.

Day 25

The Making of Vows

Read Romans 15:6

What is a branding experience? A branding experience is when an event is so painful it causes a child to make vows, form an identity or accept false ideas about themselves, others, and God. These can stay with a victim their whole life. Some branding experiences cause a victim to do all of the things listed above.

The 3 most common vows are silence, revenge and perfection. Each of these is damaging in its own way. In order to heal and walk free from our vows and our pain we must come to terms with our branding experiences.

We must remember that Satan builds his strongholds through lies. When we face a branding experience and make vows, he uses the opportunity to build strongholds. We tear down the stronghold and take back the ground when we reject or renounce the lie or vow and choose to believe and obey the truth.

Read – Romans 12:19

Prayer – Ask God to reveal any hidden vows in your life.

Meditation – Read Psalm 139:23 and acknowledge that God can see to the innermost parts of you.

Journaling – Write as much detail about your vows as possible.

Day 26

The Pretending Stage - Child in Shock

Read Psalm 139:23+24

Pretending is a term used to describe the response that many victims have to the trauma they experience during their abuse. In an attempt to cope with the devastation victims will often create a new reality in their mind and lock their old world away in the room of the past. This rewriting of history makes it easier to cope with the confusing and destructive events.

The Child in Shock version of pretending has experienced such a traumatic event that they literally block it from their memory and pretend it never happened. This can cause people to have periods of time blocked from their memory. The pain from this type of incident is just as real and damaging as any other.

A person suffering from this type of pretending may not remember their abuse right away. Often you will see signs such as gaps in their memory of their childhood or compulsive behavior. Another sign is when stories of their past don't align with the details being told. A victim may describe their childhood as wonderful as they tell of violence, drunkenness, or other destructive behavior.

Prayer – Ask God to reveal the details of your past to you.

Meditation – Spend some time considering ways you may be pretending.

Journaling – Write down any relevant details you discovered today.

Day 27

The Pretending Stage – Criminal in Hiding

Read Galatians 6:2

The term Criminal in Hiding applies to those victims that remember their abuse and hold themselves responsible for what happened. In their minds they are criminals, guilty of the act. They feel they must hide the reality of what happened from everyone or their criminal acts will be discovered.

It is common for Criminal in Hiding victims to reassign the guilt, anger and fear to themselves or other situations. Many times this turns into self-destructive behavior such as drug abuse, promiscuity or other forms of acting out.

It is important for the Criminal in Hiding to reveal their secret. Simply bringing it to light is a powerful first step towards ending your personal torment. Many times the burden of hiding the truth from others consumes all the available energy of the victim.

Prayer – Ask God to give you the courage to share your abuse story with a trusted person.

Meditation – Spend some time considering how much effort and energy it takes to conceal your secret. Consider the relief that you will experience once the pretending stops.

Journaling – Write down any relevant details you discovered today.

Day 28

Unlocking the Door to What Happened

Read Hosea 6:3

Suppressed memories are a reality for many victims of abuse. The pain and trauma of their abuse is so traumatic that they literally lock the memories away in the room of their past. They avoid that room at all costs. They don't go there and they don't tell others that the room exists.

Sometimes they do such a thorough job that entire periods of the past are erased from their current recall. Do not be fooled by that. The memories are there, they are real, and they affect your daily life. The victim must decide to face the memories and heal the pain.

A useful tool for recalling these memories can be to construct a timeline of your childhood. Listing where you lived and placing significant events on a timeline can help you to expose the hidden memories. This can take time so don't rush the process.

Read – Psalm 13:5

Prayer – Ask God to guide you as you seek the hidden memories of your abuse.

Meditation – Read Psalm 26:1-4 and thank God that He walks this road to healing with you.

Journaling – Write down anything that God revealed to you today.

Day 29

Decorating Our Caves

Read Hebrews 13:5

Some liken the victim to a person that has retreated into a cave to avoid the reality of what has happened to them. In the cave, they can decide what is reality. They decorate their cave the way they wish it really was outside.

The problem with the cave is that it is never enough. For many victims of abuse, they are always seeking that one thing that will make them right. For some, the thing that will make them clean. For others, it will make them worthy. No matter if its things, titles, success, or something else, the victim is always one thing short of a perfect cave.

The truth is that the cave can never replace the real world. The real world has relationships, love, shared emotions and so much more. The cave can never have those things because the cave is not real.

Read – 1 Timothy 6:6

Prayer – Ask God to show you your value in His eyes.

Meditation – Read 1 Timothy 6:7-8 and consider if you could be content with nothing but God.

Journaling – Write down anything you discovered today.

Day 30

Accepting Truth

Read John 8:32

The goal of healing is to live in truth and have a relationship with your Lord and Savior Jesus Christ. This can only happen in the real world. The real world is filled with confusion and painful experiences. The healing process is one of recognizing and accepting the truth about ourselves and the world around us.

When we walk in the truth of God's word and the power of the Holy Spirit, we can learn to face pain and suffering without it causing us damage as it did when we were young. God's desire is to heal you and have a relationship with you as you learn to walk in power as a witness for His Kingdom. He has works that He designed for you to do. You cannot do them from your cave.

God is truth. Accepting truth is accepting God. The more truth we accept the more we understand God. There is no way to get closer to God without accepting the truth.

Read – John 4:24

Prayer – Ask God to reveal truth to you and help you accept it.

Meditation – Read 1 John 1:6 and consider what this means for those that refuse to accept truth and stay in darkness.

Journaling – Write down what scares you or prevents you from seeking truth and accepting it.

Day 31

Listing Out Truth and Lies

Read John 8:44

The healing process is a battle for your mind. The devil has used your abuse to establish lies into your mind. These lies affect how you view yourself and the world around you. He sealed these lies into your mind with the pain that was inflicted on you. The pain is a shield to keep you from uncovering the lies.

You can choose to break the power of the devil over you by identifying the lies and rejecting them. As we accept the truth of God's word in place of the lies it allows us to heal. Getting free from the lies is part of the healing process.

Take a piece of paper and draw a line down the middle from top to bottom. At the top write the word lie on the left and truth on the right. As you discover the lies that you have been believing you list them on the left. Then you search God's word for the truth and list it on the right. As a part of your prayer time each day you renounce the lie and proclaim that you accept the truth. Do this out loud each day until the power of the lie is defeated in your life. Repeat this process as often as needed. Add new lies as they are revealed.

Read – 2 Corinthians 10:5

Prayer – Ask God to reveal any lies that you have believed.

Meditation – Consider that God is truth and that Satan is the father of lies. How does this difference make it easier to face your lies and reject them?

Journaling – Make your truth and lies sheet.

Day 32

Ending the Pretending

Read John 10:10

We must stop pretending if we desire to heal. Many victims have rewritten the history of their lives. They literally redecorated their caves to present the life they wish they had lived. Without making the decision to end the pretending it is unlikely that you ever will.

Some victims rewrite the present. For them, pretending has become such a normal way of life that they rewrite current events in the same way. There is no freedom or healing in pretending. There is also no abundant life found there. The decision to face the pain can be one of the scariest decisions a victim faces.

My wife once told me that it was like someone stood her at the door of a room full of flames. They assured her that there was a better life on the other side of the room and that the flames would not kill her. She still had to get up the courage to walk into the room. Today is the day for you to summon the courage and end your pretending.

Read – 2 Corinthians 9:8

Prayer – Ask God for the courage to face the flames and end the pretending.

Meditation – Read Psalm 72:12 and remember that God has brought you this far. Consider the power He has to carry you through this stage of healing.

Journaling – Write down what you fear most about facing your pain.

Day 33

Dealing with Fear, Guilt, Shame and Anger

Read Psalm 142:5-7

It is very hard for many victims to start down the path of healing. Some have been overwhelmed by these feelings for many years. They live in a silent torment of hidden shame and guilt. They feel that no one can help them and that they are in some way disqualified from God's healing.

This is a lie from the devil. Jesus heals. It really is that simple. It takes courage and faith to start the process. It takes the courage to trust someone. You do not want to walk this path alone. It takes faith to believe that God will heal you.

Start each day by asking God to give you the faith and courage to walk into healing with someone. Healing may take time, but the destination is sure when that destination is God.

Read – Psalm 143:9

Prayer – Ask God to give you the faith and courage to face your pain and overcome your fear, shame, anger, and guilt.

Meditation – Read Romans 8:37-39 and consider how secure God's love for you is and how nothing can separate you from His love.

Journaling – Write down the steps you need to take in order to begin your walk towards healing. Also write what obstacles you face in taking those steps.

Day 34

Facts and Feelings

Read 2 Corinthians 13:1

An important part of the healing process is learning to communicate both facts and feelings. We must learn to express ourselves again. For years a victim will avoid telling others what happened. They will tend to stuff their feelings as a means to protect themselves.

During this season of healing it becomes very important to write things down. The journal of facts and feelings will show over time how your view of the events and effects of your abuse are changing.

It is important to know that this is not a graded exercise with right or wrong answers. Feelings are not right or wrong, they are feelings. Facts are seen through the filter of our understanding. As our view changes, we may see them differently. The important thing is to engage in the process.

Read – 1 Corinthians 5:7

Prayer – Ask God to give you the words to express your feelings and the facts of your abuse.

Meditation – Read Psalm 139:23-24 and ask God to search your heart.

Journaling – Write down any facts and feelings you have experienced or discovered today.

Day 35

Compulsive Behavior

Compulsive behaviors are actions that are engaged in repeatedly—even when the individual wishes they could stop—despite the fact that they trigger negative outcomes.

Compulsive behavior is common among victims of abuse. The behavior is often triggered by situations that bring up the pain and emotions that remain from their abuse. Sometimes the behavior is self-destructive. Some examples are drug or alcohol abuse and sexual promiscuity.

Recognizing the cycle and triggers of compulsive behavior can help a victim to break the cycle and gain self-control. Many times the victim is acting out of what appears to be an instinctive response. It becomes almost predictable. When certain things happen, they go into their cycle of compulsive behavior.

Read – 1 Timothy 4:7

Prayer – Ask God to give you understanding of any compulsive tendencies you have.

Meditation – Read Galatians 5:22-23. Are these qualities growing in your life? Consider your part in growing the fruit of the Spirit.

Journaling – Write down what was revealed to you today.

Day 36

Breaking the Cycle of Pretending and Compulsive Behavior

Read Psalm 16:11

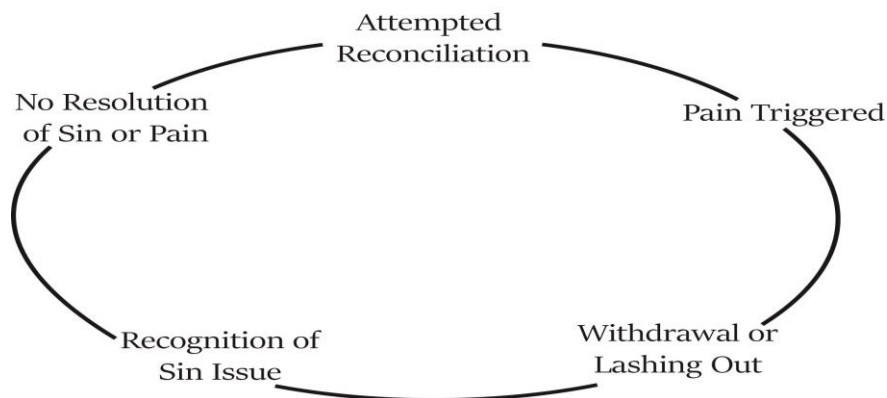
Victims can feel trapped in these cycles of pretending and compulsive behavior. But we are never trapped. God is able and faithful to deliver us. If we seek Him with our whole heart, we will find Him.

We have identified the pathway to ending the pretending. Revealing and accepting the truth of our abuse is the pathway to healing. The same can be said for compulsive behavior.

Compulsive behavior in victims is often triggered by current events and circumstances. Identifying the triggers can help overcome the compulsive behavior during the healing process.

I have included this tool to help you identify your cycle of bondage and the triggers that cause you to act out.

Cycle of Bondage



Read – Psalm 71:2

Prayer – Ask God to help you fill in the diagram.

Meditation – Consider some of the behaviors you engage in that meet the definition of compulsive behavior.

Journaling – Write down what you learned today.

Day 37

Understanding the Branding Experience

What is a branding experience? It is an experience that is so shocking and traumatic that it literally changes you and stays with you like the mark of a branding iron. In the moment of branding, you make decisions and vows. Sometimes you remember them and other times they are locked away deep in your memory.

It doesn't matter if you have total recall of the experience. The fact is that branding experiences change us. Many victims don't receive full healing until they recall their branding experience and discover the lies and vows that were seared into them at that time.

The good news is that God knows everything about you. He can and will help you recall anything necessary for full healing. Every branding experience can be healed by God.

Read – Jeremiah 29:13

Prayer – Ask God to guide you into all truth about your branding experience.

Meditation – Read Psalm 73:21-24 and consider the promise of God to hold your hand and guide you into glory.

Journaling – Write down anything that was revealed to you today.

Day 38

Seeing Yourself as a Child

Read Hebrews 4:13

A common obstacle to healing is how we view the events of our past. Many victims will see what happened to them through their adult eyes. They will use their adult intellect and reasoning to examine the events.

When we look at the events of our abuse, it is very important to look at them as we saw them when they happened. This can be very difficult. As an adult we want to say that I should have or could have. At the time of the abuse we were much younger and did not have the intelligence and reasoning that we possess today.

It is crucial that we look at things through the right perspective. If you were abused when you were five years old, you must look at a five-year-old when evaluating your response and options. You were a child. You were not able to protect and defend yourself. That is why you were vulnerable. That is why you were violated. You were defenseless. You must accept that fact.

Read – Psalm 119:18

Prayer – Ask God to show you what happened through the eyes of a child and not through your current understanding.

Meditation – Think of a child you know that is the same age as when you were abused. Consider what responsibility you would place on that child if the same thing happened to them.

Journaling – Write down what was revealed to you today.

Day 39

The Season of Healing

Read Proverbs 16:24

Welcome to the season of healing. It is time to walk into the free and abundant life Christ provides for you. There are two main goals during this season of your life. The goals are really answers to two questions.

Who or what is responsible for what happened to me in the past?

Who or what is responsible for what happens to me now?

As you enter the season of healing you will come to new conclusions about these questions. No matter how much you contend with this answer, the responsibility for what happened to you in the past cannot rest on you. It must rest on the person who chose to violate you.

We must also accept our responsibility for our current actions and decisions. We cannot cover our behavior with bad theology and superstitions. We must take responsibility for our healing. God has given us freewill. We get to choose what we do with it. If you fail to choose to take responsibility, then you choose to remain a victim.

Read – 1 Peter 2:16

Prayer – Ask God to release you from the things you were not responsible for doing and help you take responsibility for your choices and actions now.

Meditation – Read Romans 14:12 and ask God what you will be responsible to answer for to Him.

Journaling – Write down what God reveals to you today.

Day 40

Seeing Your Family as They Really Are

Read Romans 5:8

One very difficult aspect of childhood abuse is that for many victims they were abused by a trusted loved one. This makes placing responsibility on them even harder. How do we place blame without destroying our valid feelings of love for the person? If it was a parent, then how do we blame them and still obey God's command to honor them?

We can look at people the way God looks at them. God sees us as we really are and He still loves us. He doesn't devalue us by saying we are sinful. He values us by still choosing to love us in spite of our sinfulness. We can have a healthy view of our abuser and still let them have their rightful blame for what they did.

When we start to see the brokenness of our abuser, we will start to gain back a part of what was taken from us. We must see them for who they really are, or we will never have healthy boundaries with them. We don't do this for them, we do this for us and our healing. We can place blame justly and we should.

Read – Revelations 22:12

Prayer – Ask God to show you how He sees your abuser.

Meditation – How can God love evil men and women? Do their actions change His love for them? Does He value them less?

Journaling – Write your answers to the meditation question.

Day 41

Accepting Who is Responsible for What Happened to You

Accepting who is responsible for what happened to you is not the same as acknowledging it. We can speak the concept, but we need much more than that for healing. Today I am asking you to spend more time writing. This will become the basis for future forgiveness exercises. Remember to include you and God in the list of offenders.

Journaling – Write down the names of everyone that abused you. Now include the names of everyone that you feel should have helped you but didn't. Now add your name to the list and God also.

Next to each name write down what they did or didn't do and how that made you feel. That is all we are doing for today. Take your time and be thorough.

Day 42

Accepting the Truth About God

Read Deuteronomy 32:4

Many victims struggle with accepting the truth about God. They raise questions like “How can God sit by while I was abused?” or “If God is loving, why did He let such a horrible thing happen to me?” These are normal questions for adults to ponder. When a child ponders these questions in the traumatic moments of abuse, they usually answer them.

In an attempt to make sense of what is happening, a child will draw conclusions about God that affect their ability to relate to God as they grow up. For some, they conclude that God is not who He says He is. Others conclude that He is who He says He is, but not for them. Both of these conclusions are wrong.

The truth is that God is who He says He is. His justice is perfect as well as His love. We may not understand that, but it is the truth. God's power, character, and attributes must be accepted by faith. Even though we can't fathom something, that doesn't make it false. Can you imagine how someone can speak a universe into existence or raise the dead with their voice?

Accepting the perfection of God is fundamental to accepting Him as God. Our quest to make sense of God and His role in our life starts with accepting Him by faith for who He says He is.

Read – Matthew 5:48

Prayer – Ask God to show you His Glory and power.

Meditation – Read Hebrews 11:6 and ask yourself if you have approached God in this way.

Journaling – Write down the things that hinder your faith in God.

Day 43

Treasures

Read Matthew 13:44

Many victims have been robbed of the joy in their lives. The effects of the abuse and the pain have made their existence a constant struggle. Part of the healing process is to once again discover your treasures. We must find the things that bring joy to our lives and learn to once again enjoy them.

Many victims feel disqualified to experience joy. It is very important to overcome this feeling and rediscover the things that make us happy.

As followers of Jesus we will find our true joy by serving God in the power of the Holy Spirit. We must also be able to regain what was stolen from us in our daily life.

Read – 1 Timothy 6:19

Prayer – Ask God to show you your treasures that were lost or stolen from you.

Meditation – Consider what keeps you from enjoying the things you used to treasure.

Journaling – Write down some things you once treasured and what it will take for you to enjoy them again.

Day 44

Finding Balance in the Treasures of Your Childhood

1 John 5:21

Rediscovering our treasures is a very important part of healing. We must guard against allowing them to take over our lives. Our greatest treasure is supposed to be our savior, Jesus Christ. He will build and deepen our relationship with Him as we walk through the healing process. We must never lose sight of the greatness of our privilege in being able to know God and have that relationship with Him.

It may not be realistic to rediscover and participate in some childhood treasures. There are things that are appropriate for children that are not so for adults. You will have to decide if it is realistic for you to discover your treasure. A good way to bring balance is to always seek first the Lord and His righteousness (Matthew 6:33).

Read – Exodus 20:3

Prayer – Ask God to show you how to balance the treasures you have lost, and which ones are realistic to rediscover.

Meditation – Read Psalm 37:4 and consider what the desires of your heart are now. Have they changed? Do you think they will change as you heal?

Journaling – Write down what has been revealed to you today.

Day 45

Becoming Eligible for Good Things

Read Psalm 103:5

It is time for you to accept that you are eligible to receive good things. God desires to bless you and give you good things in Christ Jesus. It is up to you to embrace that reality. Victims tend to feel ineligible for anything good. Their life has been defined by the bad things, the branding experience, they suffered.

You are healing now. As you submit your life to God and accept the truth of what happened to you, you will once again be able to accept good things. Placing blame where it belongs, forgiving and releasing fear, guilt and shame are all a part of rediscovering the joy found in Christ.

There is no curse, plague or cosmic design that makes you only eligible for bad things. All of those things are destroyed by Christ. There is no greater power in existence, so nothing can keep Him from blessing you.

Read – Ephesians 1:3

Prayer – Ask God to bless you. Speak out loud as a declaration to the spirit realm. You are proclaiming to all of creation that you believe God can and will bless you.

Meditation – Consider the many ways you have been blessed. What are some ways God could bless you now that would be meaningful to you?

Journaling – Write down any significant thing you discovered today.

Day 46

Forgiveness

Read Matthew 6:14-15

Forgiveness is extremely important. Forgiving completely is also important. Forgiving is not a one and done activity. You cannot just say I forgive someone and it's over. We were injured at the depth of our emotions. We should also forgive to the depth of our emotions.

Forgiving is not forgetting. It is not letting them off the hook for what they did. Forgiving is the process of removing the bitterness from your heart and placing them in the hands of God. He will deal with them. We must forgive until our anger, fear and bitterness turns to compassion, pity, and sympathy.

How do we do that? Earlier, on Day 21, you made a list of people to forgive and what to forgive them for. Take this list and review it. For each person on the list you should write out each thing they did to you that needs forgiveness. Next to that thing you must write how it made you feel. Use the sample prayer to begin forgiving.

Dear God, I forgive _____ (Name). They _____ (Whatever they did to you) and it made me feel _____ (List all the emotions). I choose to forgive _____ (Name) for this and I now ask you to bless _____ (Name), in Jesus name, amen.

You should repeat this every day for everyone on your list until your feelings toward that person change to compassion, pity or sympathy. As you do this, Jesus will change your heart. He is releasing you from the pain by releasing you from the bitterness. To be completely free requires you to completely forgive.

Read – Luke 23:34

Remember that forgiveness is a choice. God does not need to help you forgive. He has given you everything you need in order to forgive. When you pray to forgive you must proclaim that you choose to forgive. This is what God did for you according to Romans 5:8.

Day 47

Who We Forgive

It is important to be thorough in forgiving others. We should be specific in who we forgive. Sometimes we are hurt by people we don't really know. Don't worry, God knows. If you have to ask God to forgive the kid in second grade that hurt you on the playground, don't hesitate. Just forgive them to the best of your ability.

It is also important to forgive yourself. That may seem weird, but most victims hold a lot of things against themselves. So add you to the list and include specifics. Yes, you should also ask God to bless you. You want to be blessed, right?

One more thing. Add God to the list. God has never done wrong, but we may hold things against Him. Forgive Him for the things you hold against him and how it made you feel. Finish by blessing God. Yes, there are many bible references to people blessing God.

Prayer – Ask God to bring to mind any people or events that should be on your forgiveness list.

Day 48

How to Forgive

Read Hosea 14:2

For many victims this process of forgiving is overwhelming. The list is huge and the pain is great. The task seems too big to be accomplished. This is understandable. You have been through a lot. God is with you on this journey and He can help you get this done.

One thing I suggest, to make things easier, is to compile your list strategically. Put the most difficult people at the bottom of the list. Put the easiest people at the top. This allows you to practice with the least painful and makes it quicker to remove people from your list.

Many one-time offenders, especially those we didn't know well, they will come off the list quickly. By the time you get to the more difficult ones, you will be used to the process and have a much shorter list. Remember that this is a daily exercise. Be diligent!

Prayer – Ask God to give you strength and endurance in going through this process.

Journaling – It's only been a few days but write down any differences you have experienced since starting the forgiveness process.

Day 49

Victims of Victims

Read Exodus 34:7

Victims attract victims. It is a fact. Hurting people have a special compassion for other hurting people. Victims often try to become rescuers. They enter into relationships to save other people. However, all of their energy is already dedicated to preserving their own safety. If both people in the relationship are avoiding threat and pain, it is unlikely they will find healing.

People who have been abused tend to become abusers. If the pain is never dealt with and healing never happens, there is a good chance of the victim becoming the victimizer. Most victims can't imagine this possibility, but the statistics don't lie. Most people that abuse were also themselves abused.

If you are a victim in a relationship with another victim you must understand that both of you need healing. Healing changes people. Try to get both people going through the healing process at the same time. If this is not possible you must understand that things may change once you are healed.

Prayer – Ask God to reveal if you are in any relationships with victims. Are these rescuer relationships?

Journaling – Write down anything God has revealed to you recently.

Day 50

Breaking the Cycle for Good

Read Matthew 28:18-20

God has a design for how Christians are to live. He has a mission we are to engage. Walking through the season of healing is necessary to engage in the mission of Jesus. In order to break the cycle for good we need to return to God's design for our Christian life. The beginning of this is to become a disciple and learn to make disciples.

Your healing has produced in you a powerful testimony of God's grace. Its time you learned to use it to help others receive healing. We want to help you in that process. Contact us for further help in your healing process. We will connect with someone to disciple you. We will show you how to go and make disciples and lead others to healing.

As we do this we gather together, and that is the church. A redeemed group of healing disciples dedicated to taking the love of Jesus to every tribe, tongue, and nation on earth. God doesn't waste pain, He uses it to heal others. Don't waste your pain. Learn to use it to benefit others. Contact us today www.sunministries.org.

Read – Psalm 22:27

Prayer – Thank God for leading you into healing

Journaling – Write a summary of your experience thus far.