



Trauma Unveiled: Healing the Hidden Hurts

Mondays in August
6:30-7:30pm

A HEALING JOURNEY WITH GOD

www.AntiochPhilly.org

Preparing Your Heart for Healing

As you begin this journey, take a moment to reflect on your intentions and seek God's guidance. Use this workbook to document your thoughts, prayers, and experiences throughout your healing journey.



Prayer

Father God,

I come to you today with a humble and surrendered heart and I dedicate this journey of healing to You. Lord, you know my pains, my struggles and the wounds I have carried.

Thank you for what You are going to do Lord. I invite You into every area of my heart and I ask You to reveal whatever needs to be addressed. Father, I ask for strength and guidance in this journey. Please draw me closer to You. I want to hear Your still, small voice.

Abba, in John 5:6, You asked the man at the Pool of Bethesda if he wanted to be healed. I am coming to You today asking for healing. I have seen You do it before and I know You will do it again. I trust You and I invite You into this space.

Thank You for everything. I pray all of this in the name, the authority, the power, and the blood of Jesus Christ.

Amen.



WEEK 1: **ACKNOWLEDGING THE WOUND**

"The Lord is close to the brokenhearted
and saves those who are crushed in
spirit."

Psalms 34:18

Week 1: Acknowledging the Wound

Theme: *Facing the Pain With God's Presence*

Before healing begins, we must be willing to acknowledge what hurts. This week is about **gently uncovering** the wounds—bringing into the light what we've kept hidden or pushed aside.

But you're not doing it alone. **God meets you right there**, in the raw and unfiltered places. He doesn't rush you or shame you—He sits with you.

Let this be a week of **honesty**, where you give yourself permission to feel, grieve, and speak your truth. The Lord is close to the brokenhearted, and He promises to be close to you now.

Devotional/Reading:



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

What parts of your story have you avoided?

[illegible]

When did you first feel unseen or unheard?

[illegible]

Write a letter to God expressing your honest pain.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WEEK 2: NAMING THE LIES

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Romans 12:2

Week 2: Naming The Lies

Theme: *Releasing Shame and Rewriting the Story*

Shame is one of the most crippling effects of trauma—it lies, isolates, and distorts our identity. But God wants to trade those lies for **truth**.

This week, we begin identifying the beliefs we've carried that were never ours to bear. Through reflection, scripture, and journaling, you'll begin to untangle your story from shame and invite God to **rewrite the narrative**. His truth doesn't just comfort—it transforms.

As your mind is renewed, you'll start to see yourself the way God sees you: worthy, loved, and whole.

Devotional/Reading:



Romans 12:2 – “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

[illegible]

Where did those lies start?

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A young woman with curly hair is sitting and writing in a notebook with a yellow pencil. She is wearing a grey sweater. The background is blurred, showing some papers and a blue object.

WEEK 3: INVITING GOD IN

“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.”

Psalms 43:5

Week 3: Inviting God In

Theme: *Surrendering the Past to the Healer*

Healing isn't about forgetting—it's about **surrender**. This week is an invitation to let go of what was never yours to carry. The burdens, the blame, the bitterness—God is big enough to hold it all.

As you reflect on the past, know that surrender doesn't mean weakness; it means **trust**. Jesus came to bind up the brokenhearted and set the captives free. Let this be the week where you release your story into His hands and begin to walk in deeper freedom.

Devotional/Reading:



Psalms 43:5 – “Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.”

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WEEK 4:

WALKING IN WHOLENESS

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”

2 Corinthians 5:17

Week 4: Walking in Wholeness

Theme: *Living Healed, Not Hidden*

You are not the same woman who started this journey. This week, we celebrate progress, no matter how small. Healing is **ongoing**, but you now carry truth, tools, and hope.

God is **restoring** the pieces, and He's inviting you to walk forward with courage. You were never meant to stay stuck in survival—He's calling you into purpose. This final week will help you reflect on how far you've come, anchor yourself in God's promises, and step into the next chapter—**healed, whole, and held**.

Devotional/Reading:



2 Corinthians 5:17 – “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”

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CLOSING THOUGHTS

"For I will restore health to you
And heal you of your wounds,"
says the Lord,"

Jeremiah 30:17a

This image shows a full page of blank, lined paper. It features approximately 28 evenly spaced horizontal black lines across its entire width, providing a guide for handwriting or typing. The background is a uniform off-white color.

Coping Mechanisms

- **Name your feelings** – Give language to what you're feeling (*sad, numb, angry, confused*).
- **Journaling** – Release unspoken pain, process thoughts, and track healing over time.
- **Art or creative expression** – Use painting, poetry, or music to express what words can't.
- **Breath work** – Calms the nervous system and supports emotional regulation. Try deep breathing for 2-5 min.
- **Consistent Exercise** – This helps to regulate your emotions, reduce stress, and release trauma stored in the body—all while building strength and confidence.
- **Prayer & Meditating on Scripture** – Invite God into the pain; He's not afraid of your questions.
- **Adequate sleep & nutrition** – Foundational for stabilizing the body's response to stress.
- **Positive reframing** – Gently challenge negative self-talk with truth or Scripture.

Healing with Others

- **Individual Therapy** – Work one-on-one with a trauma-informed therapist to unpack wounds in a safe and confidential space.
- **Group Therapy** – Heal alongside others who've experienced similar trauma, building empathy, community, and shared strength.
- **Trauma Retreats or Workshops** – Step away from daily life to deeply focus on healing in a guided, group setting—often including prayer, worship, and reflection.
- **Trauma Informed Coaching** – Work with a coach who understands trauma responses and helps you move forward with gentle structure and clarity.
- **Healthy Support System** – Find a a trusted circle of people who provide emotional, spiritual, and practical care as you walk through your healing journey.

Thank you!

Thank you for joining us in this journey of
surrender and crying out to the Lord for
healing and deliverance.

Please know that the Lord sees your heart in
this and He will continue to walk you through
your season of healing.

Liz Becerra

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*Join us for service every Sunday at **10am***

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