

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."

Psalm 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:

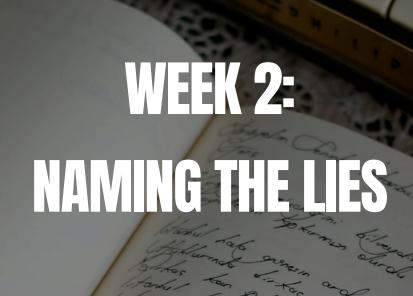


Psalm 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

What parts of your story have you avoided?

When did you first feel unseen or unheard?

Write a letter to God expressing your honest pain.



"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."

What lies have you believed about yourself because of trauma?

Where did those lies start?

What truth does God want to speak over you?



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:

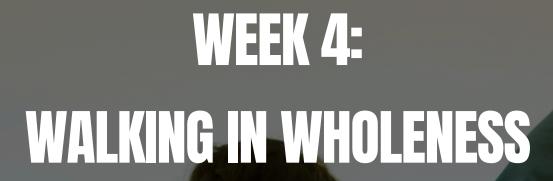


Psalm 43:5 – "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God."

What part of your story still feels off-limits?

What does surrender look like for you?

Where have you seen God begin to redeem something broken?



"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:

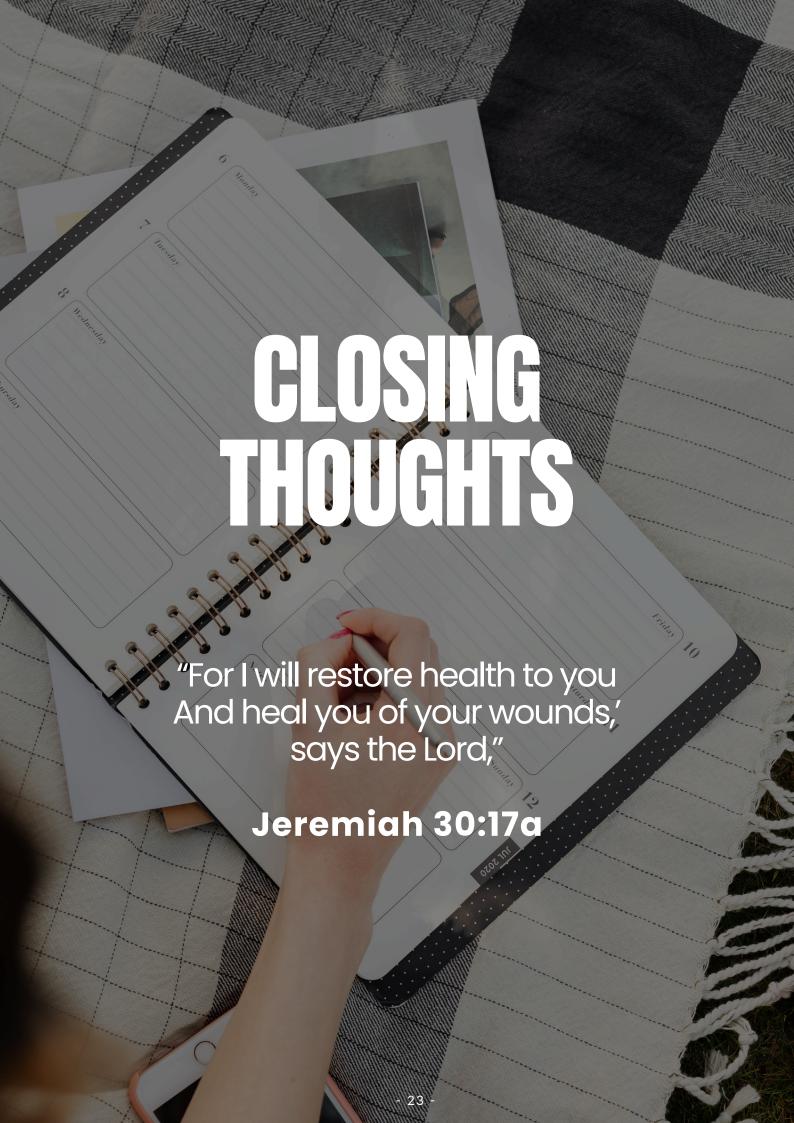


2 Corinthians 5:17 – "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

How will you care for your healing journey from here?

What does it look like to walk as the woman God sees?

What truth do you want to carry forward?



what you've faced, surrendered, uncovered, and embraced. Now, write a letter to the woman you are becoming. Speak to her with love, truth, and vision.		

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 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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