

*FROM STRESSED TO*  
**S.P.L.E.S.S.E.D.**

A Gentle Journey To  
Healing, Hope & New Horizons

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By Susan Troth

Your Complimentary Devotional Guide



# Welcome, Friend

If you've downloaded this guide, chances are you're carrying a heavy burden today.

Whether you're in the beginning stages of your grief, in the messy middle of healing, or longing for a fresh start...

*there is hope on the other side.*

I have had the honor of seeing women just like you move from feeling trapped in the shadows of their struggles to standing in the light of healing and freedom. My prayer is that this will be your story, too.

The S.P.L.E.S.S.E.D. Journey grew out of what God has taught me through my own seasons of pain and restoration. It is a simple biblical journey that invites you to partner with God as He restores your heart and gently leads you toward healing, hope, and new horizons.

As you read these pages, don't worry about having all the answers. Simply invite the Good Shepherd to meet you where you are today.

I'm honored to walk beside you.

With hope,

Susan Troth

*"He restores my soul; He leads me in the paths of righteousness for His name's sake."*

Psalms 23:3 (NKJV)

## YOUR S.P.L.E.S.S.E.D. JOURNEY

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Healing is rarely a single moment—it is a journey.

Psalm 23 reminds us that the Good Shepherd doesn't rush us. He gently leads us beside still waters, restores our souls, and walks with us through every season.

The S.P.L.E.S.S.E.D. Journey is a simple biblical pathway that invites you to partner with God as He restores your heart and gently leads you toward healing, hope, and new horizons—one step at a time.

*S Surrender*

*P Permission*

*L Lean into Truth*

*E Emotions*

*SS Still Small Voice*

*E Endure*

*D Discover Hope*

# S - SURRENDER

"Come to Me, all you who labor and are heavy laden, and I will give you rest."

Matthew 11:28 (NLT)



## A Thought To Ponder

Stress convinces us we have to carry every burden alone.

God never asked you to.

The first step toward healing isn't trying harder.  
It's surrendering what you've been carrying to Jesus.

He isn't asking you to have all the answers.  
He's inviting you to trust Him.

## REFLECTION

What burden do you need to surrender to God today?

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## PRAYER

*Jesus, Today I place this burden into Your hands. Lead me one step at a time.  
Help me trust You more than my fears.  
Amen.*

# P - PERMISSION

"He heals the brokenhearted and bandages their wounds."

Psalm 147:3 (NLT)



## A Thought To Ponder

Healing begins when we stop pretending we're fine.

God already knows your pain. He is not asking you to hide it or rush past it. He lovingly invites you to bring every hurt, every question, and every tear into His presence.

Give yourself permission to grieve.

Give yourself permission to rest.

Give yourself permission to receive God's healing one step at a time.

Remember, healing is not a sign of weakness. It is evidence that God is restoring what life has broken.

## REFLECTION

What is one area where you need to give yourself permission to heal?

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## PRAYER

*Father, help me release the pressure to have everything together. Give me the courage to be honest with You and with myself. Thank You for meeting me with compassion and beginning Your healing work in my heart.*

*In Jesus' name, Amen.*

# L - LEAN INTO TRUTH

"And you will know the truth, and the truth will set you free."

John 8:32 (NLT)



## A Thought To Ponder

Healing begins when we choose God's truth over the voices of fear, shame, and doubt.

Sometimes we've believed lies for so long that they begin to sound like truth.

God gently replaces fear with His promises, shame with His grace, and hopelessness with His truth.

The more time you spend in His Word, the easier it becomes to recognize His voice above every other voice.

## REFLECTION

What truth from God's Word do you need to hold onto today?

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## PRAYER

*Father,*

*Help me recognize the lies that have shaped my thinking. Replace them with the truth of Your Word. Teach me to see myself through Your eyes and to trust what You say above what I feel. In Jesus' name, Amen.*

# E - EMOTIONS

"Give all your worries and cares to God,  
for He cares about you."

1 Peter 5:7 (NLT)



## A Thought To Ponder

God created your emotions. You don't have to pretend they aren't there.

Fear, sadness, disappointment, and grief are real—but they were never meant to lead you.

Bring every emotion to Jesus. He meets you with compassion, steadies your heart, and reminds you that His peace is greater than your circumstances.

When your feelings change, His love never does.

## REFLECTION

What emotion do you need to place in God's hands today?

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## PRAYER

*Father,*

*Thank You for caring about every part of my heart. Help me bring my fears, disappointments, and worries to You instead of carrying them alone. Fill me with Your peace and remind me that You are always with me.*

*In Jesus' name, Amen.*

# SS - STILL SMALL VOICE

Be still, and know that I am God."

Psalm 46:10 (NLT)



## A Thought To Ponder

God rarely shouts. More often, He speaks through a gentle whisper.

In a world filled with noise, distractions, and endless demands, His voice is gentle and steady.

When we slow down and spend time in His presence, we begin to recognize His peace, His wisdom, and His direction.

The Good Shepherd still speaks. He is faithful to guide those who take time to listen.

## REFLECTION

What distractions do you need to quiet so you can hear God's voice more clearly?

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## PRAYER

*Father,*

*Quiet my anxious thoughts and help me recognize Your voice above every distraction. Teach me to slow down, rest in Your presence, and trust Your leading each day.*

*In Jesus' name, Amen.*

# E - ENDURE

"So let us not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."

Galatians 6:9 (NLT)



## A Thought To Ponder

Healing is a journey, and God walks with you every step of the way.

There will be days when you feel like you've made great progress, and other days when old hurts seem to surface again.

Don't mistake a difficult day for a lack of healing.

God is still working—even when you can't yet see all He's doing. Keep taking the next faithful step. He is walking with you every step of the way.

## REFLECTION

Where is God inviting you to keep trusting Him instead of giving up?

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## PRAYER

*Father,*

*When I grow weary, remind me that You are still at work in my life. Give me strength to keep trusting You, even when I cannot see the outcome. Help me take one faithful step at a time, knowing You will finish what You have begun.*

*In Jesus' name, Amen.*

# D - DISCOVER HOPE

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."

Jeremiah 29:11 (NLT)



## A Thought To Ponder

Hope is not wishful thinking—it is confident trust in God's faithfulness.

Your story is not defined by what has happened to you. God is still writing it.

The same God who has carried you through every chapter is already preparing what comes next. Healing may have changed you, but it has not diminished His purpose for your life.

Today, lift your eyes to the God who is restoring what has been broken and leading you into new horizons.

Because in Christ, there is always hope.

## REFLECTION

Where do you see God inviting you into a new beginning?

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## PRAYER

*Father,*

*Thank You for being the God of hope. When I cannot see what lies ahead, help me trust that You already do. Fill my heart with expectancy, courage, and peace as I walk into the future You have prepared for me. Help me embrace the healing You are continuing to do and the new horizons You are opening before me.*

*In Jesus' name, Amen.*

# CONTINUE YOUR JOURNEY

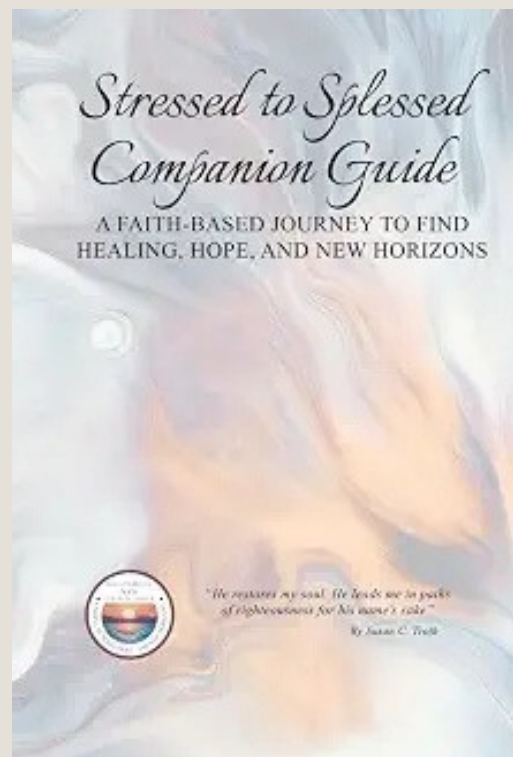
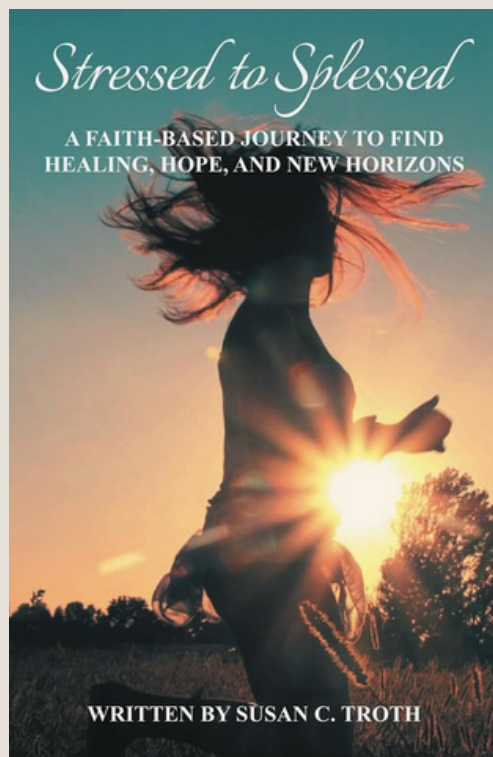
If these pages have encouraged your heart, I invite you to continue the journey with me.

In *Stressed to S.P.L.E.S.S.E.D.*, I share more of the biblical principles, personal stories, and practical encouragement God has taught me through my own seasons of healing.

My prayer is that these truths will help you experience God's peace, embrace His healing, and discover the hope and new horizons He has prepared for you.

Remember—you never walk this journey alone. The Good Shepherd is with you every step of the way.

Learn more at  
[SusanTroth.com](http://SusanTroth.com)



May God continue to lead you into healing, hope, and new horizons.