

COMPLIMENTARY COMPANION GUIDE

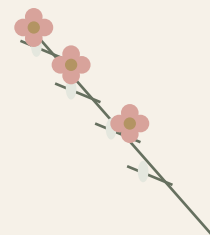
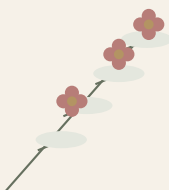
ROOTED IN TRUTH

A prayer and reflection guide for when the same wound keeps coming back

Inspired by the Grace Bloom Studio episode: "You Prayed About It... So Why Does the Same Wound Keep Coming Back?"

18 BIBLICAL DECREES | DEEP JOURNAL QUESTIONS

Created with Christian mothers in mind



A GENTLE INVITATION

Before you begin

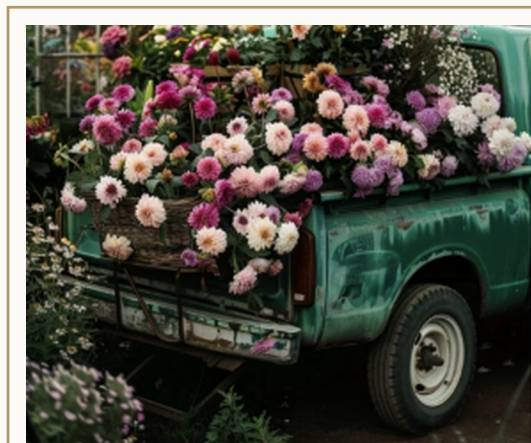
This guide is a place to meet Jesus honestly - without rushing, forcing or shaming yourself.

Pain returning does not always mean your prayer failed.

Sometimes we ask God to remove the fruit while He is lovingly revealing the root. A wound can become more than a painful memory: it can become a message about who you are, what love costs, and what you must do to stay safe.

PSALM 147:3

"He heals the brokenhearted and binds up their wounds."



HOW TO USE THIS GUIDE

- 1 Set aside 15-20 quiet minutes. Bring your Bible and a pen.
- 2 Invite the Holy Spirit to lead you into truth, not accusation.
- 3 Answer honestly. You do not need spiritual-sounding answers.
- 4 Do not force a memory or assume every struggle has the same root.
- 5 Pause if you feel overwhelmed. Safe support is a sign of wisdom.

GO SLOWLY

Gentle care note: This guide supports prayerful reflection, but it does not replace professional trauma care. If memories or emotions become overwhelming, pause and seek support from a trusted licensed counselor or qualified pastoral professional.

STEP ONE

Notice what the trigger exposed

Stay with what happened before deciding what it means.

A trigger may not have created the pain. It may have exposed the place where pain was frozen.

1

What happened? Describe only what you know to be fact.

2

What emotion rose first - before you explained, defended or blamed?

3

What happened in your body: tight chest, racing thoughts, numbness, anger, urgency or shutdown?

4

What did this moment seem to say about you?

5

What did you feel driven to do in order to feel safe, chosen or in control again?

STEP TWO

When the wound became a message

A child often turns another person's limitation into a conclusion about herself.

A child usually cannot say, "This adult did not have the capacity to give me safe, consistent love." She is more likely to conclude, "Something must be wrong with me." Use the spaces below to separate what happened from the identity message you absorbed.

THE PAINFUL EXPERIENCE

What happened to me, or what did I repeatedly not receive?

THE MESSAGE I ABSORBED

I began to believe: "I am..." or "I am not..."

THE INNER VOW

I decided: "I will never..." or "I must always..."

THE FALSE RESPONSIBILITY

What did I make myself responsible for earning, fixing or preventing?

GO DEEPER

Ask: Whose inability did I interpret as proof of my unworthiness? What was true about that person or situation that the younger me could not understand?

STEP THREE

Name the survival pattern

What protected you then may be limiting love, trust and freedom now.

Your survival pattern is not your identity. Sometimes "this is just who I am" really means "this is who I had to become to survive."

☐ **Disappear / withdraw**
If I stay unseen, I cannot be hurt.

☐ **Perform / perfect**
If I never fail, I will not be rejected.

☐ **Help / rescue**
If people need me, they will not leave.

☐ **Stay strong**
If I need nothing, no one can disappoint me.

☐ **Cling / seek reassurance**
If I can secure their attention, I will feel safe.

☐ **Control / over-plan**
If I manage everything, pain cannot surprise me.

☐ **Please / avoid conflict**
If everyone is happy, I will remain accepted.

☐ **Numb / escape**
If I do not feel it, it cannot overwhelm me.

1

This pattern once protected me by...

2

Today this pattern costs me...

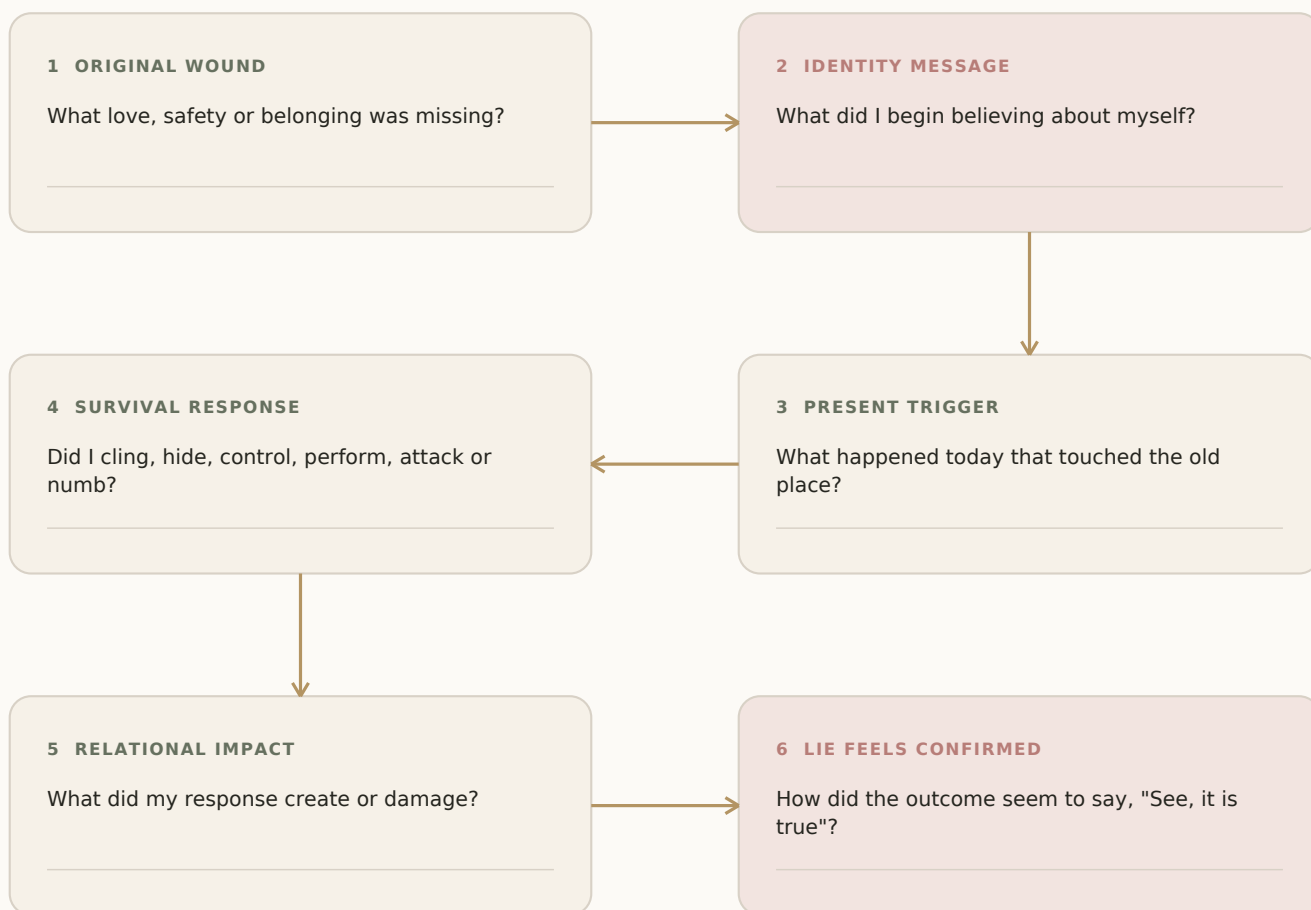
3

The God-given strength hidden underneath may be...

STEP FOUR

Map the repeating cycle

The root produces a response; the response can create consequences that seem to prove the old lie.



THE INTERRUPTION POINT

The cycle begins to break when truth enters before the old survival response takes control.

One healed response I can practice next time:

STEP FIVE

Forgiveness, healing and boundaries

These work together, but they are not the same thing.

FORGIVENESS

Releases the offender and your right to vengeance into God's hands. It does not call evil good.

HEALING

Allows Jesus to touch what the offense damaged in your trust, emotions and identity.

BOUNDARIES

Change access, expectations or behavior so that love and truth can remain healthy.

1

What am I calling "forgiven" because I want to avoid grief, anger or truth?

2

Am I expecting a present relationship to repay an old emotional debt?

3

What boundary would support healing without becoming revenge or punishment?

4

Is there bitterness I need to release while still being honest about the harm?

Forgiveness can be a decision made before every emotion has caught up. Emotional healing may continue as Jesus rebuilds truth, trust and safety.

STEP SIX

Release the lie. Receive the truth.

Do not merely command the feeling to leave. Let Jesus address the agreement beneath it.

JESUS, I BRING YOU...

Name the wound, loss, unmet need or recurring reaction.

I CHOOSE TO FORGIVE...

Name the person and what you are releasing into God's hands.

I REPENT FOR AGREEING WITH...

Name the lie: rejection, shame, fear, self-hatred, bitterness or another belief.

I RENOUNCE THE VOW...

Examples: "I will never trust" or "I must earn love."

I RECEIVE YOUR TRUTH THAT...

Write the Scripture-based truth that answers the lie.

MY NEXT HEALED RESPONSE WILL BE...

Choose one small action, boundary or honest conversation.

PRAYER

Holy Spirit, lead me into truth. Show me what You want to heal, what I need to release, and how to respond from my identity in Christ. Amen.

BIBLICAL DECREES

Identity: what God says about me

Read these aloud. They are not wishful thinking; they answer old messages with Scripture.

01

Rejection may explain a wound, but it cannot name me. In Christ, I am chosen and adopted.

Ephesians 1:4-5

02

I am not abandoned. The Lord is with me and will not forsake me.

Hebrews 13:5

03

I refuse shame and self-condemnation. There is no condemnation for me in Christ Jesus.

Romans 8:1

04

My Father draws near to the broken places in me; He does not despise them.

Psalm 34:18

05

I do not have to perform to earn the love and grace God has already given me.

Ephesians 2:8-10

06

I am fully known by God. I do not have to disappear in order to be safe.

Psalm 139:1-5

07

The voice of old pain will not outrank the truth of God's Word.

2 Corinthians 10:5

08

I am being renewed in my mind. Old conclusions do not have permanent authority over me.

Romans 12:2

09

I am not who pain forced me to become. In Christ, I can put on the new self.

Ephesians 4:22-24

PRACTICE

Speak these slowly. Pause after each one and notice where your heart resists the truth. Resistance is not failure; it may reveal the place that still needs care.

BIBLICAL DECREES

Freedom: how I will respond

The wound may still speak, but it no longer has authority to direct your life.

10

No person will carry the impossible burden of being the source of my identity. My life is rooted in Christ.

Colossians 2:6-7

11

I will not beg for reassurance to prove my worth. God calls me His own.

Isaiah 43:1

12

I release present relationships from debts created by past wounds.

Ephesians 4:31-32

13

Bitterness will not grow unchecked in me. I choose truth, forgiveness and freedom.

Hebrews 12:15

14

Fear may speak, but it will not make my decisions. God has given me power, love and a sound mind.

2 Timothy 1:7

15

I can love with wisdom. Healthy boundaries do not cancel compassion or truth.

Proverbs 4:23; Ephesians 4:15

16

I am learning to receive safe love without clinging, controlling, hiding or performing.

1 John 4:18

17

When I am triggered, I can pause, listen and choose a new response led by the Spirit.

Galatians 5:22-23

18

Jesus is healing more than the visible fruit. He is reaching the root and binding up my wounds.

Psalm 147:3

PRACTICE

Speak these slowly. Pause after each one and notice where your heart resists the truth. Resistance is not failure; it may reveal the place that still needs care.

DEEP REFLECTION

Journal questions - part one

Let your answers be honest before you try to make them tidy.

1

What reaction keeps surprising me because it feels bigger than the present moment?

2

When is the earliest time I remember feeling this same emotion?

Do not force a memory. Notice what comes gently.

3

What did I need in that season but not receive consistently?

4

What did I begin believing about myself, other people or God?

5

What role did I adopt to stay connected or protected?

Invisible, perfect, strong, helpful, pleasing, independent, controlling or another role?

6

When someone withdraws, corrects or disappoints me, what prediction does the wound immediately make?

7

What evidence have I been collecting to keep the old lie alive?

DEEP REFLECTION

Journal questions - part two

Move from recognition toward repentance, truth and a new response.

8

Which relationships are carrying pressure to repair what they never broke?

9

What do I fear will happen if I stop performing, controlling, rescuing, hiding or clinging?

10

Whom do I need to forgive - and what healthy boundary may still be necessary?

11

What judgment or inner vow did I form in pain?

12

What specific Scripture answers the false message I have believed?

13

What is one small healed response I can practice the next time I am triggered?

14

What would healing look like if progress does not mean "I never feel this again"?

HEALING AT HOME

Mom, what is this pattern teaching your home?

Your children do not need a mother who is never triggered. They need to see truth, repair and a new response.

Generational healing is not pretending you never struggle. It is refusing to make your child carry the meaning, fear or responsibility that belongs to your wound.

1

When I feel rejected or overwhelmed, how do I change: distant, controlling, critical, rescuing, appeasing or emotionally unavailable?

2

What might my child be learning about love, mistakes, emotions or conflict from that response?

3

Is there a repair I need to make without asking my child to comfort me?

4

What boundary, rhythm or support would help me respond with greater safety and truth?

5

What truth about identity and love do I want my child to experience consistently in our home?

A SIMPLE REPAIR

"I was upset and I spoke too sharply. That was not your fault. I am sorry. I am going to slow down and try again."

WHEN THE WOUND RETURNS

Use the ROOT practice

Feeling an old emotion does not mean you are back at the beginning.

R**RETURN TO JESUS**

Pause before shame or blame. Take one slow breath and invite His presence into the moment.

O**OBSERVE WITHOUT CONDEMNATION**

Name the emotion, body response and urge. Recognition is already part of healing.

O**OPEN THE OLD MESSAGE TO TRUTH**

Ask: "What is this feeling revealing? What lie is speaking, and what does God say?"

T**TAKE THE NEXT HEALED STEP**

Choose truth in action: a boundary, a pause, honest words, repair, prayer or safe support.

CLOSING PRAYER

Lord Jesus, You see the place where pain became a message and survival became a way of life. I give You the wound, the lie, the vow and the pattern. Forgive me for agreeing with anything that contradicts Your truth. Teach my heart what my spirit already knows: I am chosen, held, known and never abandoned in You. Heal what was broken, renew my mind, strengthen my boundaries and lead me into a new response. Let freedom reach my home and the generations after me. Amen.

The wound may explain your reaction, but in Christ, it does not define your identity.

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