

# Journaling with Jesus

*Writing to Heal from Trauma*



MEN'S MASTERCLASS ~ 2ND EDITION - BOOK 1

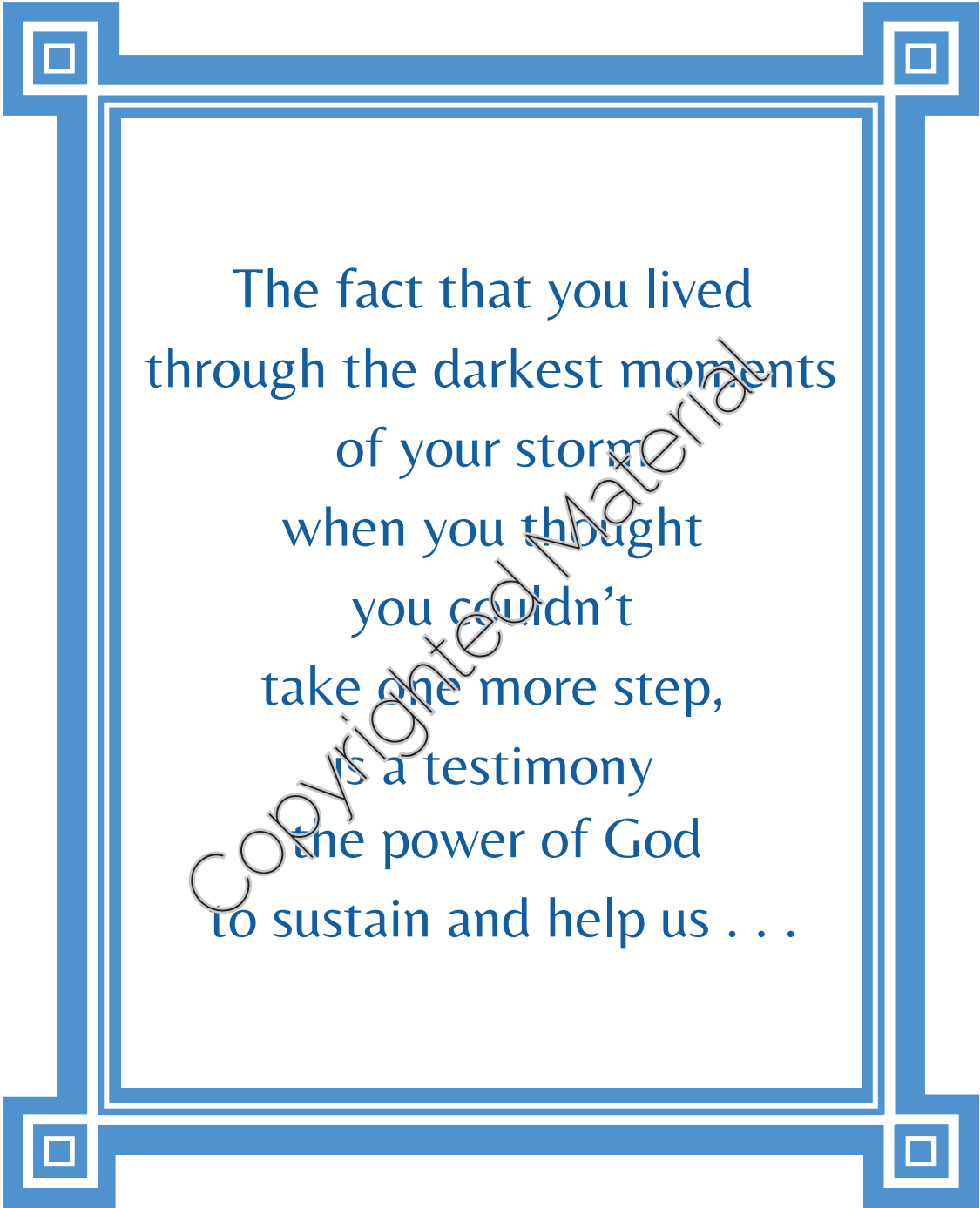
Copyrighted Material

# Table of Contents

Preface.....	7
<b>FIRST THINGS FIRST</b>	
How to Use This Book.....	9
Before We Begin .....	11
Lesson 1: Writing a Letter to Jesus .....	12
Lesson 2: Creating a Timeline.....	14
<i>My Storm Timeline</i> .....	18
Lesson 3: Identifying Feelings.....	20
Lesson 4: Expressing and Releasing Feelings.....	24
Lesson 5: Let There Be Epiphanies .....	26
<b>PROLOGUE</b> .....	29
Lesson 6: My Life Before the Storm.....	31
<b>HOW IT BEGAN: ACT 1</b> .....	57
Lesson 7: Calm Before the Storm .....	59
Lesson 8: The Storm Hits .....	71
Lesson 9: Adapting to Conditions.....	87
<b>THE STAKES RISE: ACT 2</b> .....	103
Lesson 10: Riding the Swells.....	105
<i>High and Low Graphs</i> .....	108
Lesson 11: The Storm Rages.....	121
Lesson 12: Swept Overboard .....	135
Lesson 13: Where's My Life Jacket? .....	147
Lesson 14: Help Me! .....	163
Lesson 15: The Storm is Calmed .....	179
Lesson 16: Treading Water .....	191
Lesson 17: About to Drown .....	205

<b>A NEW BEGINNING: ACT 3</b> .....	219
Lesson 18: Rescued at Last .....	221
Lesson 19: Surveying the Damage .....	249
<i>Instructions for writing with the non-dominant hand</i> .....	252
Lesson 20: Starting Again .....	263
<i>Changes in my life when I started again</i> .....	266
Lesson 21: The New Normal .....	283
<b>EPILOGUE</b> .....	297
Lesson 22: A New Vista .....	299
Lesson 23: Seeing His Hand .....	313
Next Steps.....	329
Photo Credits.....	331
About the Authors.....	334

Copyrighted Material



The fact that you lived  
through the darkest moments  
of your storm  
when you thought  
you couldn't  
take one more step,  
is a testimony  
to the power of God  
to sustain and help us . . .

# Rescued at Last

Copyrighted Material

I sought the LORD,  
and he heard me  
and delivered me from all my fears.

Psalm 34:4 (NI)

*Personal Chapters*

# Lesson 18: Rescued at Last



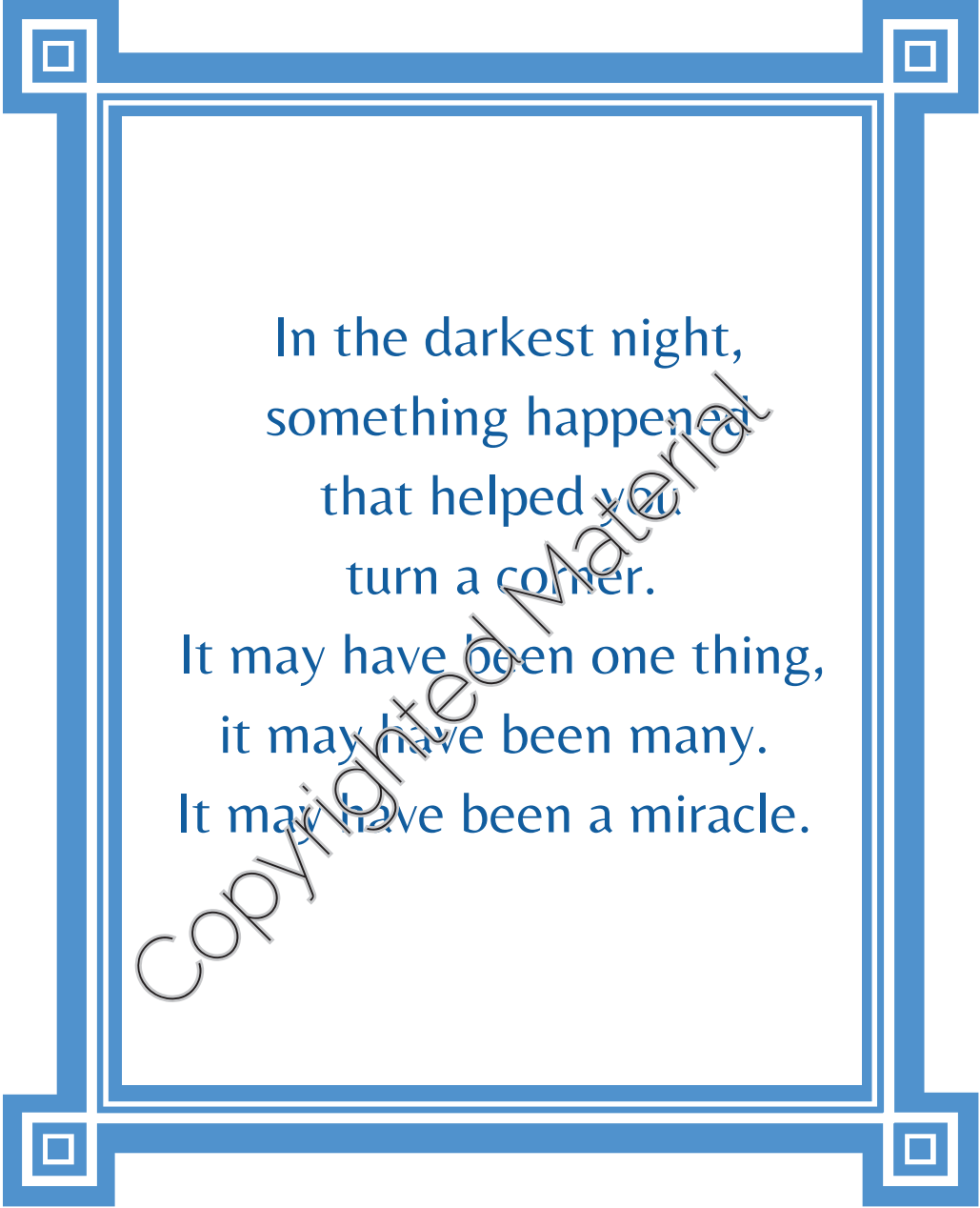
## Prayer Suggestion:

Offer a prayer of gratitude that eventually you were rescued.

## Scriptures to Ponder:

*"He sent from above, he took me, he drew me out of many waters. He delivered me from my strong enemy, and from them which hated me: for they were too strong for me. They prevented me in the day of my calamity: but the Lord was my stay. He brought me forth also into a large place; he delivered me, because he delighted in me." (Psalm 18:16-19).*

*"All my bones shall say, Lord, who is like unto thee, which deliverest the poor from him that is too strong for him, yea, the poor and the needy from him that spoileth him?" (Psalm 35:10).*



In the darkest night,  
something happened  
that helped you  
turn a corner.

It may have been one thing,  
it may have been many.  
It may have been a miracle.

# Rescued at Last

Act 3 Scene 1

Copyrighted Material

*Personal Chapters* 



## How I am feeling after writing this section:

- |                                       |  |                                      |
|---------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Excited      | <input type="checkbox"/> Peaceful      | <input type="checkbox"/> Fearful     |
| <input type="checkbox"/> Joyful       | <input type="checkbox"/> Comfortable   | <input type="checkbox"/> Hateful     |
| <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Relieved      | <input type="checkbox"/> Vengeful    |
| <input type="checkbox"/> Happy        | <input type="checkbox"/> Calm          | <input type="checkbox"/> Anxious     |
| <input type="checkbox"/> Inspired     | <input type="checkbox"/> Relaxed       | <input type="checkbox"/> Sick        |
| <input type="checkbox"/> Motivated    | <input type="checkbox"/> Neutral       | <input type="checkbox"/> Hopeless    |
| <input type="checkbox"/> Creative     | <input type="checkbox"/> Apathetic     | <input type="checkbox"/> Rejected    |
| <input type="checkbox"/> Grateful     | <input type="checkbox"/> Concerned     | <input type="checkbox"/> Worthless   |
| <input type="checkbox"/> Uplifted     | <input type="checkbox"/> Worried       | <input type="checkbox"/> Hurt        |
| <input type="checkbox"/> Enlightened  | <input type="checkbox"/> Uncomfortable | <input type="checkbox"/> Depressed   |
| <input type="checkbox"/> Loved        | <input type="checkbox"/> Tense         | <input type="checkbox"/> Traumatized |
| <input type="checkbox"/> Valued       | <input type="checkbox"/> Vulnerable    | <input type="checkbox"/> Angry       |
| <input type="checkbox"/> Strengthened | <input type="checkbox"/> Satisfied     | <input type="checkbox"/> Confused    |
| <input type="checkbox"/> Respected    | <input type="checkbox"/> Tired         | <input type="checkbox"/> Insecure    |
| <input type="checkbox"/> Confident    | <input type="checkbox"/> Wistful       | <input type="checkbox"/> Helpless    |
| <input type="checkbox"/> Worthy       | <input type="checkbox"/> Empty         | <input type="checkbox"/> Criticized  |
| <input type="checkbox"/> Cheerful     | <input type="checkbox"/> Numb          | <input type="checkbox"/> Frustrated  |
| <input type="checkbox"/> Energized    | <input type="checkbox"/> Subdued       | <input type="checkbox"/> Annoyed     |
| <input type="checkbox"/> Hopeful      | <input type="checkbox"/> Introspective | <input type="checkbox"/> Jealous     |
| <input type="checkbox"/> Purposeful   | <input type="checkbox"/> Content       | <input type="checkbox"/> Sad         |
| <input type="checkbox"/> Supported    | <input type="checkbox"/> Safe          | <input type="checkbox"/> Guilty      |
| <input type="checkbox"/> Accepted     | <input type="checkbox"/> Surprised     | <input type="checkbox"/> Ashamed     |
| <input type="checkbox"/> Validated    | <input type="checkbox"/> Tutored       | <input type="checkbox"/> Scared      |
| <input type="checkbox"/> Fortunate    | <input type="checkbox"/> Awkward       | <input type="checkbox"/> Abandoned   |

<input type="checkbox"/> Blessed	<input type="checkbox"/> Baffled	<input type="checkbox"/> Worthless
<input type="checkbox"/> Freed	<input type="checkbox"/> Deceived	<input type="checkbox"/> Betrayed
<input type="checkbox"/> Optimistic	<input type="checkbox"/> Cheated	<input type="checkbox"/> Hated
<input type="checkbox"/> Forgiving	<input type="checkbox"/> Discouraged	<input type="checkbox"/> Disrespected
<input type="checkbox"/> Renewed	<input type="checkbox"/> Disoriented	<input type="checkbox"/> Shunned
<input type="checkbox"/> Powerful	<input type="checkbox"/> Embarrassed	<input type="checkbox"/> Melancholy
<input type="checkbox"/> Successful	<input type="checkbox"/> Fragile	<input type="checkbox"/> Abused
<input type="checkbox"/> Understood	<input type="checkbox"/> Inadequate	<input type="checkbox"/> Defeated
<input type="checkbox"/> Encouraged	<input type="checkbox"/> Insecure	<input type="checkbox"/> Disgusted
<input type="checkbox"/> Secure	<input type="checkbox"/> Overwhelmed	<input type="checkbox"/> Foolish
<input type="checkbox"/> Adventurous	<input type="checkbox"/> Wounded	<input type="checkbox"/> Threatened
<input type="checkbox"/>		<input type="checkbox"/>

What specific part of the writing process or which pieces of your experience caused you to have these feelings?:

---



---

Looking again at the list of feelings, please do the following:



1. Place an "X" next to each feeling you had when this part of your experience actually happened.



2. Place a checkmark next to each feeling you felt while you were journaling this part of your experience.



3. Place a star next to each feeling you are having now that you have finished journaling this part of your experience



4. Circle the strongest feeling overall that you are having through this journaling lesson.



A photograph of a person standing in the ocean, splashing water with their right hand raised. The scene is set against a bright, golden sunset sky with a large sun. The water is dark, and the splashes are illuminated by the low sun. A diagonal watermark reading "Copyrighted Material" is overlaid on the image.

# Starting Again

... I will do a new thing;  
now it shall spring forth. . .

Isaiah 43:19

*Personal Chapters*

# Starting Again

Act 3 Scene 3

Copyrighted Material

*Personal Chapters* 