

Journaling with Jesus

Writing to Heal from Trauma



WOMEN'S MASTERCLASS ~ 2ND EDITION - BOOK 1

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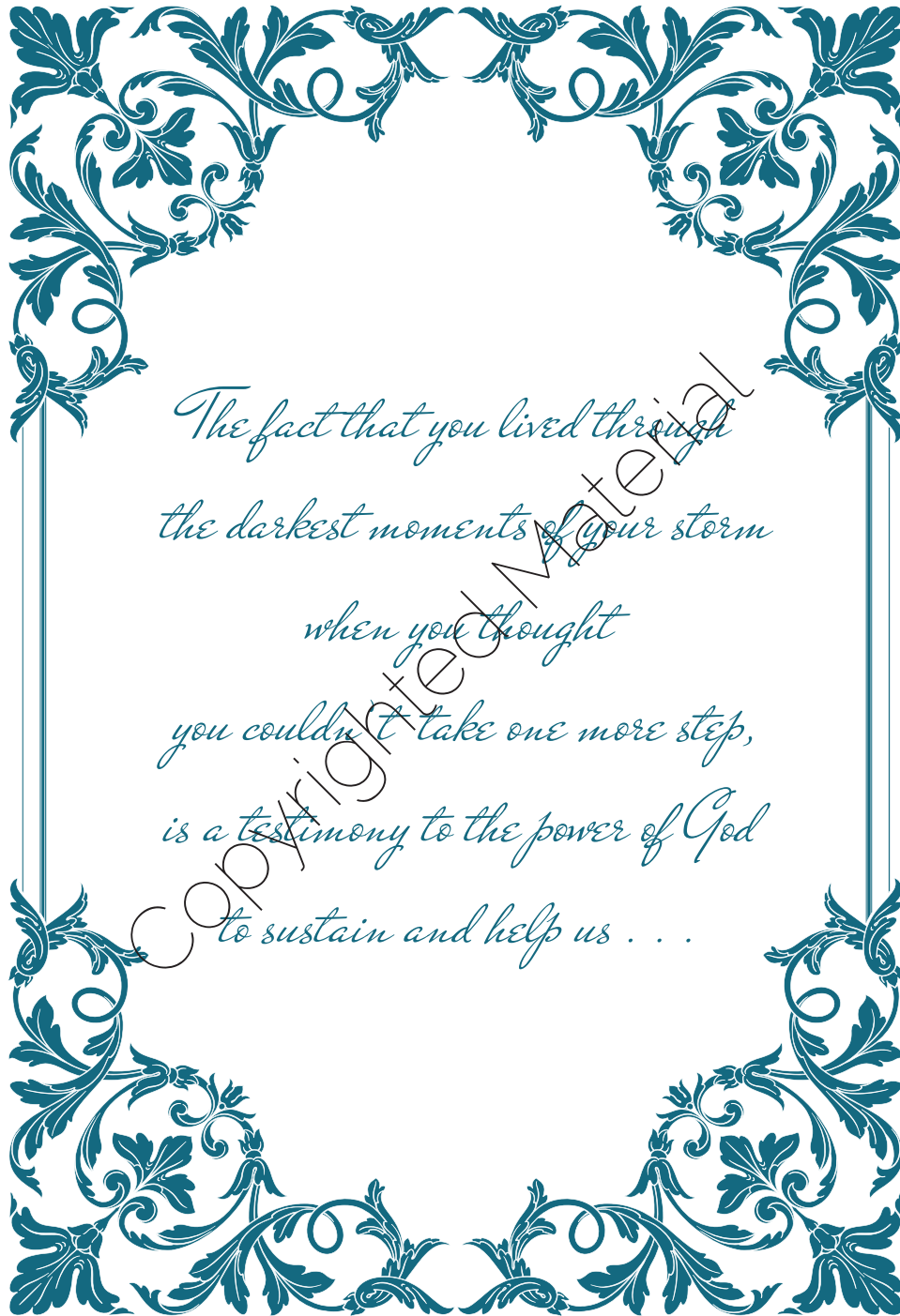


A New Beginning

Act 3

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*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

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

Psalm 34:4 (NIV)



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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

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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"/> Tired | <input type="checkbox"/> Scared |
| <input type="checkbox"/> Fortunate | <input type="checkbox"/> Awkward | <input type="checkbox"/> Abandon |

<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"/> _____	<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:

- | | |
|---|---|
|  <p>1. Place an "X" next to each feeling you had when this part of your experience actually happened.</p> |  <p>3. Place a star next to each feeling you are having now that you have finished journaling this part of your experience</p> |
|  <p>2. Place a checkmark next to each feeling you felt while you were journaling this part of your experience.</p> |  <p>4. Circle the strongest feeling overall that you are having through this journaling lesson.</p> |



Starting Again

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

Isaiah 43:19



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Starting Again

Act 3 Scene 3

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