



# Inner Healing Companion

For the woman learning to rest, heal, and return to God.

# Welcome

*Healing rarely happens all at once.  
Most often, God restores us slowly... quietly...  
tenderly.*

*This companion was created to give you space to  
breathe, reflect, pray, and tend to the places within  
your heart that need gentleness and care.*

*Over the next 14 days, you'll be invited into:*

- *Scripture*
- *Reflection*
- *Quiet practices*
- *Prayer*
- *Honest conversations with God*

*You do not need to have perfect faith.*

*You only need willingness.*

*One quiet moment at a time, healing begins.*

# DAY ONE

## God Sees Me

————— “ —————  
“You are the God who sees me.”  
— Genesis 16:13  
————— ” —————

### *Reflection*

- Where do I currently feel unseen?
- What parts of my story have I hidden?
- What would it feel like to believe God truly sees me?

### *Quiet Practice*

Sit in silence for 3 minutes.

Place your hand over your heart and simply breathe the words:

“God sees me.”

### *Prayer*

Lord, help me believe that I am not invisible to You.  
Meet me tenderly today. Amen.

# DAY TWO

## Safe to Rest

“  
He leads me beside still waters. He  
restores my soul.”  
— Psalm 23:2-3  
”

### *Reflection*

- What has exhausted my soul lately?
- Where do I struggle to rest?
- What would restoration look like for me?

### *Quiet Practice*

Spend 10 minutes without noise, scrolling, or productivity.

Allow your nervous system to slow.

### *Prayer*

Jesus, teach me how to rest without guilt. Amen.

# DAY THREE

## Releasing Burdens

“Cast all your anxiety on Him because He cares for you.”

— 1 Peter 5:7

### *Reflection*

- What burden have I been carrying alone?
- What fear feels heaviest today?
- What would surrender look like?

### *Quiet Practice*

Write down every worry on paper.

Fold it and place it inside your Bible or prayer journal.

### *Prayer*

Father, I release what I was never meant to carry alone. Amen.

# DAY FOUR

## Healing the Broken Places

“He heals the brokenhearted and binds up their wounds.”

— Psalm 147:3

### *Reflection*

- What wound still feels tender?
- What emotions have I ignored?
- What would compassion toward myself look like?

### *Quiet Practice*

Speak gently to yourself today.

Notice your inner dialogue and replace criticism with kindness.

### *Prayer*

God, bring Your healing into every broken place within me. Amen.

# DAY FIVE

## When My Renewing My Mind

“*Be transformed by the renewing of your mind.*”  
— Romans 12:2

### *Reflection*

- What thoughts have been shaping my life?
- Which thoughts are rooted in fear instead of truth?
- What truth does God want me to remember?

### *Quiet Practice*

Write 3 truths from Scripture and read them aloud slowly.

### *Prayer*

Renew my thinking, Lord, and help me walk in truth. Amen.

# DAY SIX

## Letting Go of Shame

“There is now no condemnation for those  
who are in Christ Jesus.”

— Romans 8:1

### *Reflection*

- What shame have I carried for too long?
- How has shame affected my identity?
- What would freedom feel like?

### *Quiet Practice*

Look into a mirror and speak one truth about your worth.

### *Prayer*

Jesus, free me from shame and teach me to receive grace. Amen.

# DAY SEVEN

## Trusting God Again

“Trust in the Lord with all your heart.”  
— Proverbs 3:5

### *Reflection*

- Where has disappointment made trust difficult?
- What fears keep me guarded?
- What would trusting God look like today?

### *Quiet Practice*

Take a slow walk outside and talk honestly with God.

### *Prayer*

Help me trust You again, even in uncertainty. Amen.

# DAY EIGHT

## Grief & Comfort

————— “ —————  
“Blessed are those who mourn, for they will  
be comforted.”

— Matthew 5:4

————— ” —————

### *Reflection*

- What loss still needs acknowledgment?
- What emotions have I pushed away?
- What comfort do I need most today?

### *Quiet Practice*

Allow yourself to cry if tears come.

Do not rush yourself emotionally today.

### *Prayer*

Lord, sit with me in my grief and bring comfort to my heart. Amen.

# DAY NINE

## Receiving Peace

————— “ —————  
“My peace I give to you.”  
— John 14:27  
————— ” —————

### *Reflection*

- What has been stealing my peace?
- What environments increase anxiety?
- How can I create more quiet in my life?

### *Quiet Practice*

Turn off all notifications for one hour today.

### *Prayer*

Jesus, calm the noise within me and around me.  
Amen.

# DAY TEN

## Identity & Worth

————— “ —————  
“I have called you by name; you are Mine.”  
— Isaiah 43:1  
————— ” —————

### *Reflection*

- Where have I looked for validation?
- What labels have I believed about myself?
- What does God say about who I am?

### *Quiet Practice*

Write “Who God Says I Am” at the top of a page and begin listing truths.

### *Prayer*

Help me root my identity in You instead of the world. Amen.

# DAY ELEVEN

## Forgiveness

“

*Scripture*

*“Forgive as the Lord forgave you.”*

*— Colossians 3:13*

”

### *Reflection*

- **Is there someone I still hold bitterness toward?**
- **What pain makes forgiveness difficult?**
- **What would freedom through forgiveness look like?**

### *Quiet Practice*

**Pray blessing over someone who hurt you — even if emotions do not follow yet.**

### *Prayer*

**Lord, soften my heart and help me release bitterness. Amen.**

# DAY TWELVE

## Hope for the Future

————— “ —————  
“For I know the plans I have for you.”  
— Jeremiah 29:11  
————— ” —————

### *Reflection*

- Where have I lost hope?
- What future fears weigh on me?
- What promises from God can I hold onto?

### *Quiet Practice*

Write down 3 things you still hope for.

### *Prayer*

God, remind me that my story is not over. Amen.

# DAY THIRTEEN

## Becoming Whole

————— “ —————  
“May God Himself sanctify you through and through.”  
— 1 Thessalonians 5:23  
————— ” —————

### *Reflection*

- What areas of my life need deeper healing?
- What growth have I already experienced?
- What does wholeness mean to me?

### *Quiet Practice*

Spend time thanking God for even small signs of healing.

### *Prayer*

Continue Your healing work within me, Lord.  
Amen.

# DAY FOURTEEN

## Walking Forward in Peace

————— “ —————  
“The Lord gives strength to His people; the Lord blesses  
His people with peace.”  
— Psalm 29:11  
————— ” —————

### *Reflection*

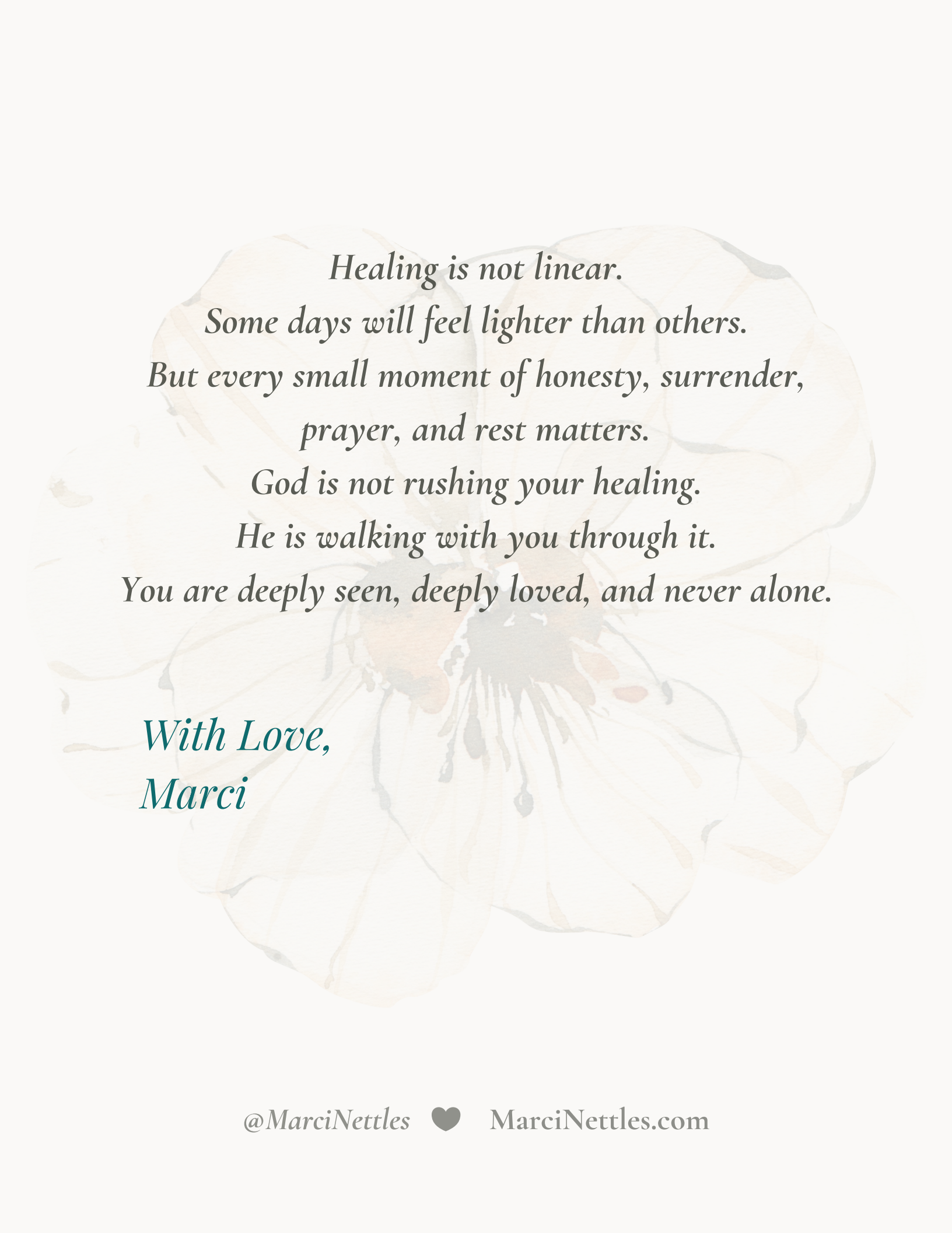
- What have I learned during these 14 days?
- What practices helped me feel closest to God?
- What do I want to carry forward?

### *Quiet Practice*

Light a candle and spend a few quiet moments thanking God for His presence.

### *Prayer*

Thank You for walking with me through this journey. Lead me forward in peace. Amen.



*Healing is not linear.  
Some days will feel lighter than others.  
But every small moment of honesty, surrender,  
prayer, and rest matters.  
God is not rushing your healing.  
He is walking with you through it.  
You are deeply seen, deeply loved, and never alone.*

*With Love,  
Marci*