

WHEN I FINALLY STOPPED PRAYING THE PAIN AWAY JOURNAL

**A JOURNAL FOR SURVIVORS RECLAIMING
SELF-CARE, TRUTH AND DIVINE IDENTITY**

Welcome to the Sanctuary

“He gives beauty for ashes, the
oil of joy for mourning...” —

Isaiah 61:3

A journal for survivors
reclaiming self-love, truth, and
divine identity



GRACE AFTER THE STORM

SUMMARY

A sacred space for survivors reclaiming self-love, truth, and divine identity

This journal is more than paper—it's a sanctuary. Created for women who've survived in silence, prayed to live, and are now ready to rise. Through heartfelt reflections, scripture-rooted affirmations, and curated healing resources, Grace After the Storm invites you to release shame, reclaim your voice, and remember who you are.

✨ Inside you'll find:

- A powerful testimony of survival and divine restoration
 - Daily prompts for gratitude, emotional awareness, and self-reflection
 - Faith-rooted videos, articles, and teachings for spiritual healing
 - A closing blessing to seal your journey in grace
- You are not broken. You are rising. And this is your sanctuary.

Dear Beautiful Survivor...

This journal is my sacred space. A place to write the truth, release the pain, and remember who I am.

MY HEALING STARTS HERE

I was abused for ten years by the man I married.. I lived in fear—beaten when he drank, cheated, or simply felt like it. I prayed every day to survive. I begged God to let me live long enough to raise my girls and teach them about life.

He was shot and killed in a nightclub. I felt something I didn't expect: relief. I was sad—but not sad. I carried shame for years, wondering how I could feel peace when someone's son, brother, father, and friend had died. But I did. The weight lifted

My prayers had been answered. Still, I was punished by silence. I had dreamed he would be killed, and people called me a witch. That silence made me sick—emotionally, spiritually, physically. I held it all in, afraid of how others would feel. Afraid they wouldn't understand.

This journal is for women like me. Women who survived in silence. Women who prayed to live. Women who are ready to reclaim their voice, their healing, and their divine identity.

You are not wrong. You are not alone. You are not broken.

You are rising. And this is your sanctuary.

SCRIPTURE OF THE DAY:

Psalm 147:3

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

TODAY I DECLARE:

I am worthy.

I am whole.

I am loved

REFLECTION:

What truth am I reclaiming today?

REFLECTION:

What lie am I releasing?

REFLECTION:

How am I loving myself through
this?



Self-Reflection + Awareness

DATE: / /

WHAT ARE THREE THINGS I'M GRATEFUL FOR TODAY?

HOW DO I FEEL RIGHT NOW? WHAT MIGHT BE THE CAUSE OF THESE FEELINGS?

WHAT ARE THE POSITIVE QUALITIES I SEE IN MYSELF?

WHAT HABITS WOULD I LIKE TO CHANGE OR IMPROVE IN MY LIFE?

Today I'm grateful for...

Date: _____



Daily Journal



Today I'm grateful for...

Date: _____



Daily Journal



Today I'm grateful for...

Date: _____



Daily Journal



Today I'm grateful for...

Date: _____



Daily Journal



Today I'm grateful for...

Date: _____



Daily Journal



Today I'm grateful for...

Date: _____



Daily Journal

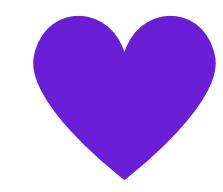


Today I'm grateful for...

Date: _____



Daily Journal



🌟 RESOURCE SANCTUARY

Curated tools for healing, growth, and divine alignment

🎥 YouTube & Video Links

Faith-rooted teachings, meditations, and empowerment talks

1. [Healing Decrees & Declarations | Powerful Spoken Word on Faith, Trauma & Transformation](#)
- 2 [From Eviction to Empowerment: Faith, Healing & a New Life](#)
- 3 [When people come together in faith, healing and ...](#)



Articles & Blog Posts

1. [Faith, Healing, and Purpose: Jessica Gabriel on Empowering Women](#)
Jessica Gabriel shares how faith-based coaching helps women reclaim their divine identity.
- 2 [Healing Through Faith: Your Relationship with God and Recovering from Trauma](#)
A deeply spiritual guide to processing trauma through divine connection..
3. [How to Heal from Trauma with Biblical Principles and Faith](#)
Offers scripture-based strategies for emotional and spiritual healing. .

THANK YOU



**I HOPE YOU'VE ENJOYED
USING THIS JOURNAL**

May you continue on your path
to healing and self-love.

GRATITUDE — PLANNER

Happiness starts with gratitude. Use this planner to pause, reflect, and celebrate life's little moments. A grateful heart makes every day brighter.

(Day):

(Month):

(Year):

(How I Felt Today) *Connect or color the emotions that match your day*

Energized

Creative

Inspired

Grateful

Productive

Introspective

Stressed

Conflicted

Connected

(Daily Affirmation)

A positive statement to uplift your mindset

(Highlight of the Day)

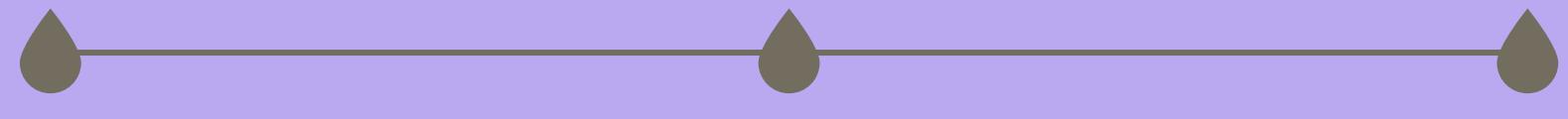
A moment that made you smile or feel good. Draw or describe it here

Self-Care Tracker

Track how well you cared for yourself today



Water Intake



1L

2L

3L

(One Intention for Tomorrow)

Setting an intention helps you approach the next day with purpose and mindfulness.

SELF-CARE PLANNER

DATE: _____ S M T W T F S

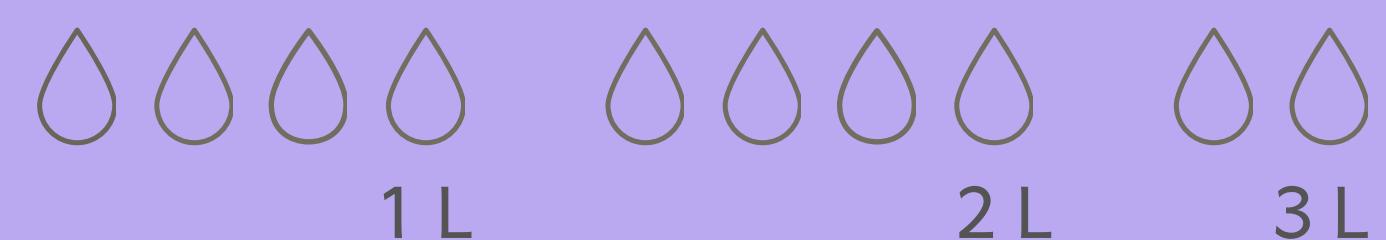
THINGS THAT MADE ME HAPPY TODAY

- _____
- _____
- _____

SELF-CARE ACTIVITIES

- _____
- _____
- _____
- _____

WATER INTAKE



TODAY'S MOOD



DAILY NUTRITION

- Breakfast _____
- Lunch _____
- Dinner _____
- Snacks _____

HABITS TO START

- _____
- _____
- _____
- _____

HABITS TO STOP

- _____
- _____
- _____
- _____

VISION

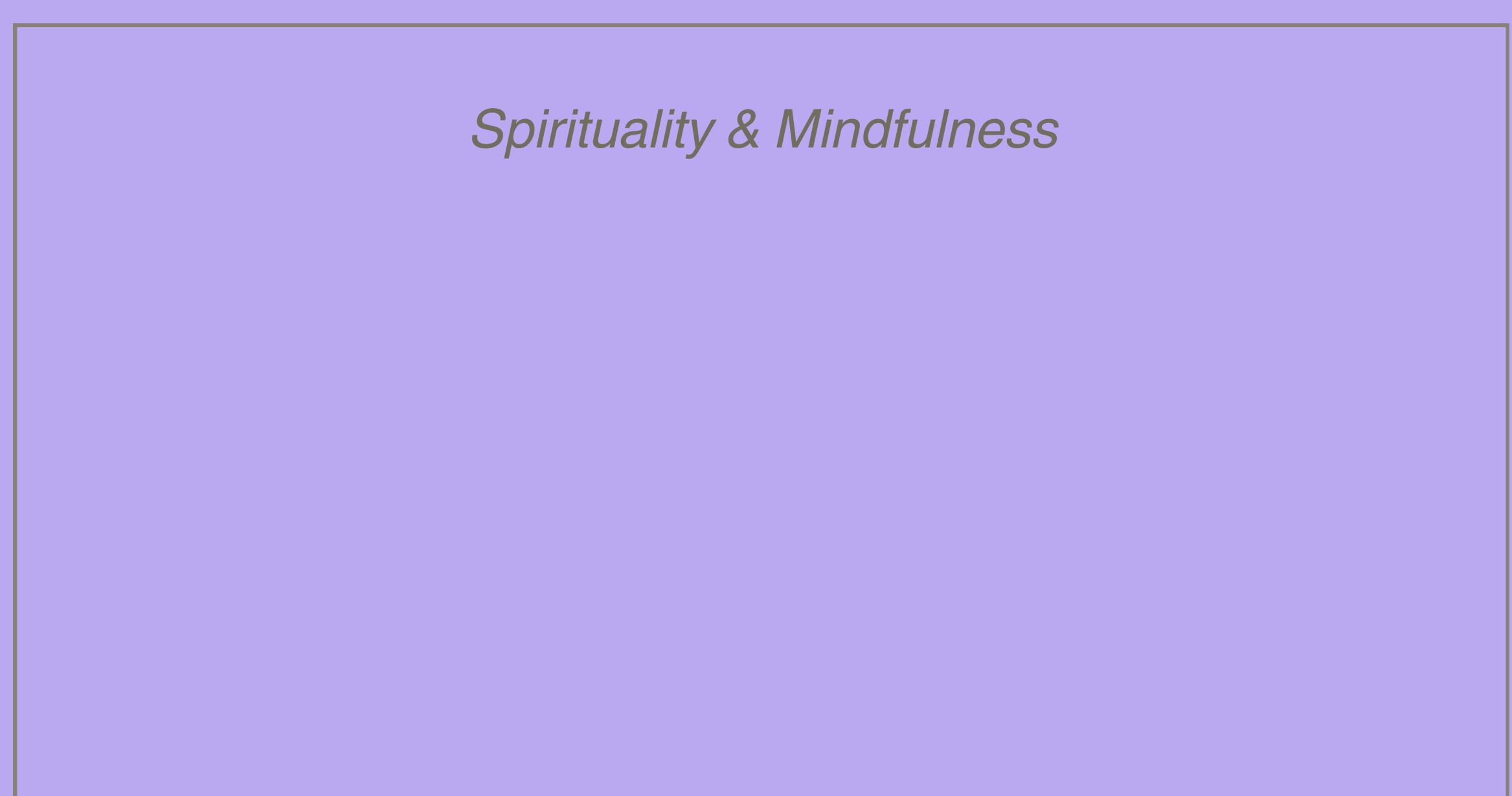
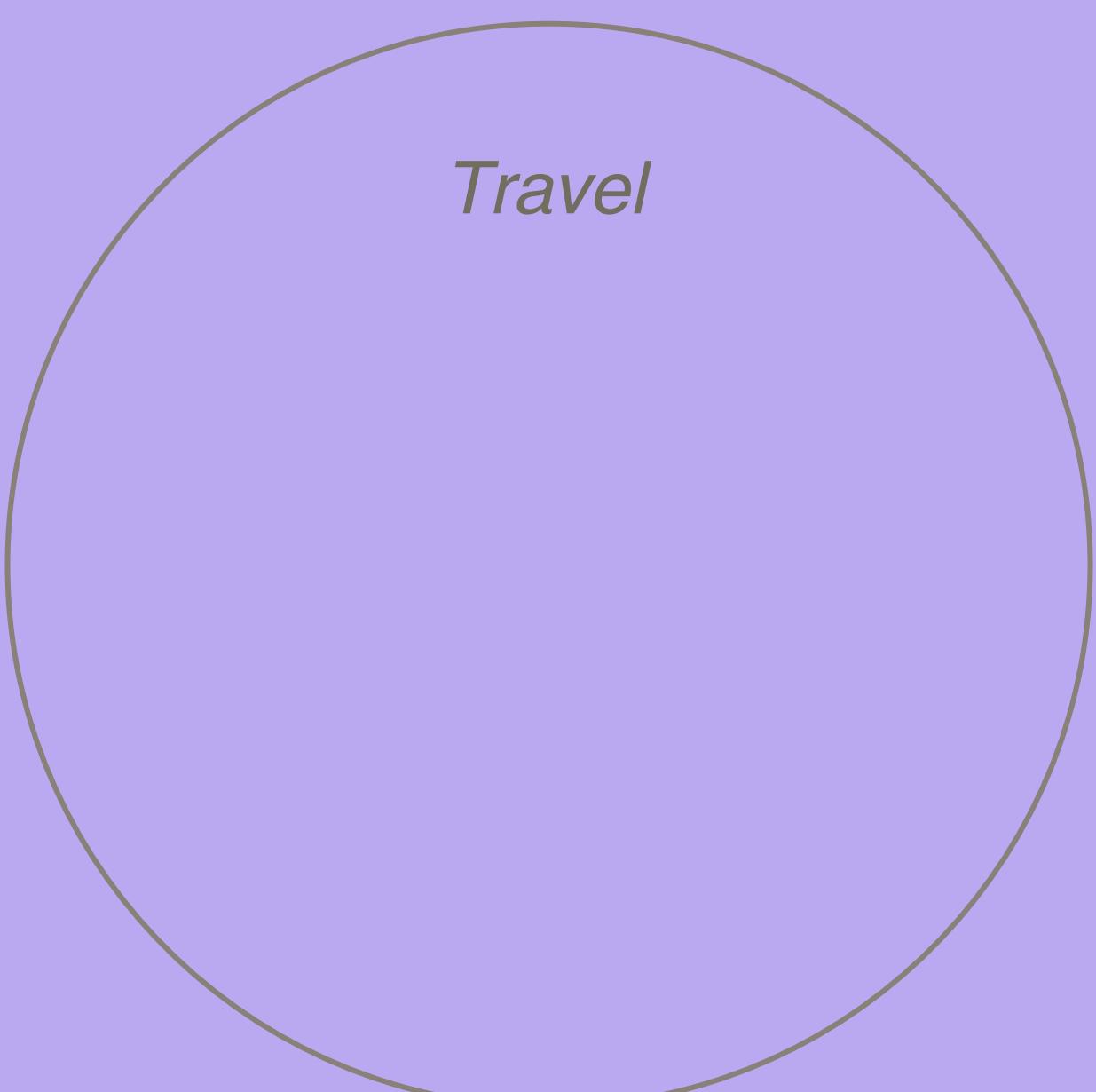
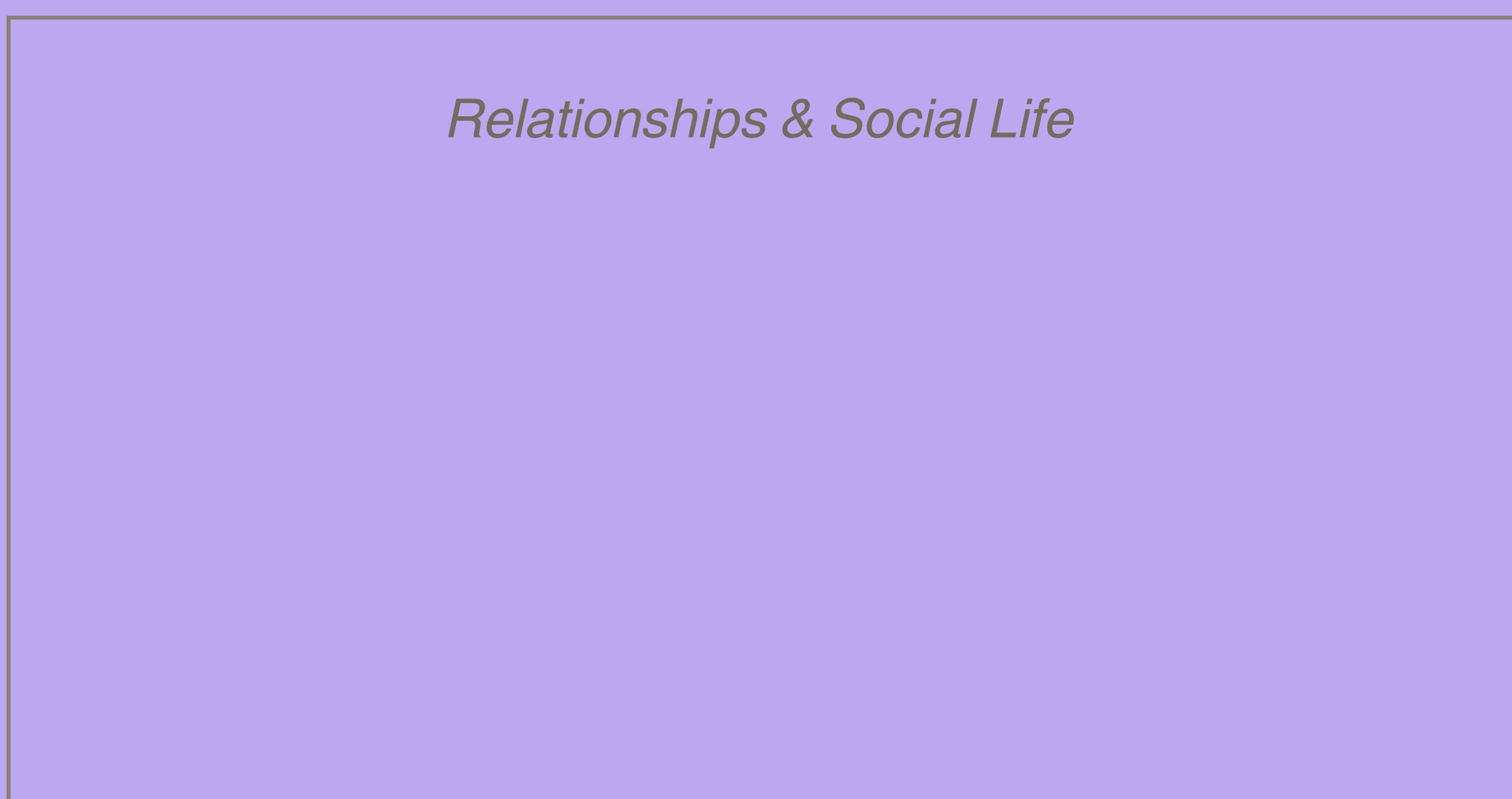
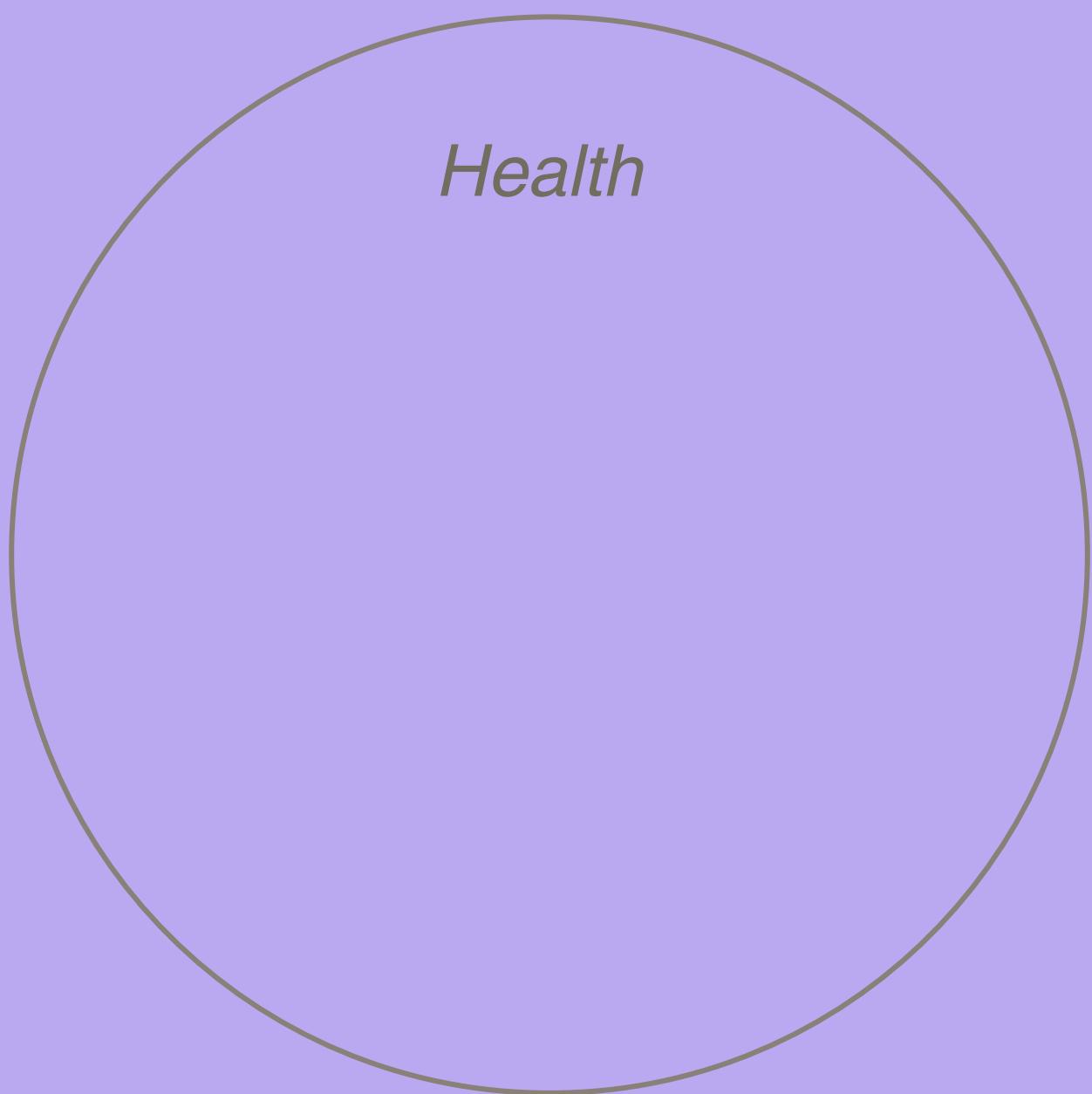
BOARD

Start your day with clarity and purpose. This planner is designed to help you stay organized, set priorities, and make the most of your time.

(Day):

(Month):

(Year):





Written by OctaviaL