


**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.

A person is kneeling in prayer on a path, surrounded by trees with falling pink and purple leaves. The scene is peaceful and contemplative.

SCRIPTURE OF THE DAY:

Psalm 147:3

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

The background of the image is a deep space scene. It features a large, bright, orange-yellow nebula or galaxy on the left side, which fades into a dark blue and purple cosmic background. Scattered throughout the background are numerous stars of varying sizes and colors, including bright yellow and orange ones, and some smaller, dimmer stars. There are also some faint, wispy structures that look like distant galaxies or nebulae.

TODAY I DECLARE:

I am worthy.

I am whole.

I am loved



REFLECTION:

What truth am I reclaiming today?

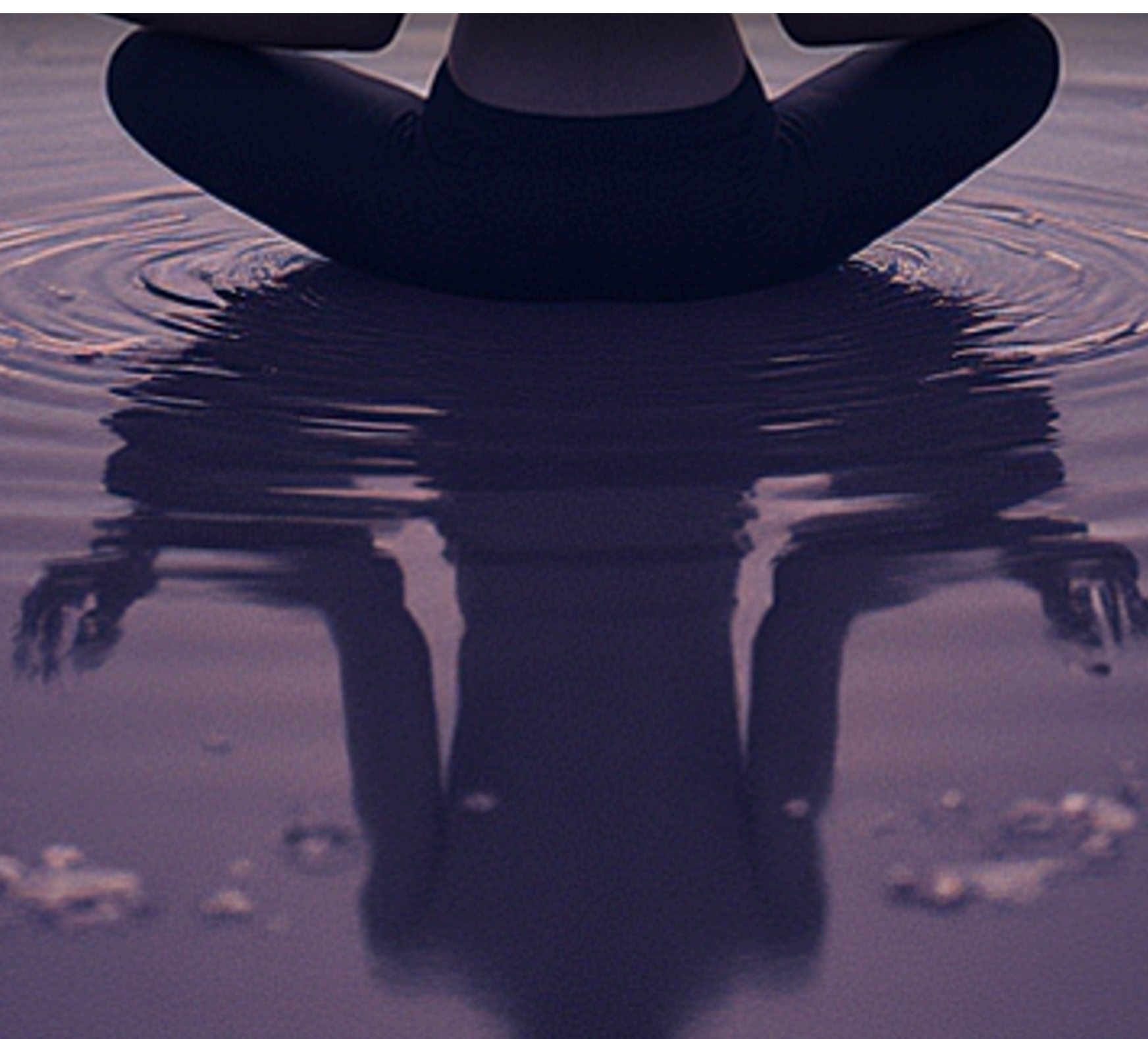


REFLECTION:

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?

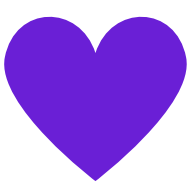
WHAT HABITS WOULD I LIKE TO CHANGE OR IMPROVE IN MY LIFE?

Today I'm grateful for...

Date: _____

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Daily Journal



Journal page with 25 horizontal lines for writing.

Today I'm grateful for...

Date: _____

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Daily Journal



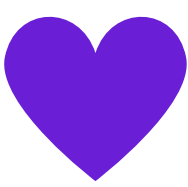
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Daily Journal



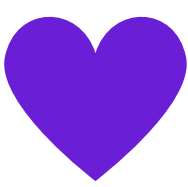
A series of 25 horizontal black lines spanning the width of the page, providing a space for writing.

Today I'm grateful for...

Date: _____

[illegible]

Daily Journal



A series of 25 horizontal black lines spanning the width of the page, providing a space for writing.

Today I'm grateful for...

Date: _____

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Daily Journal



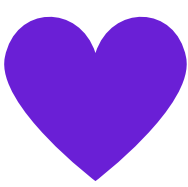
Journal page with horizontal lines for writing.

Today I'm grateful for...

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Daily Journal



A series of horizontal lines for writing, consisting of 25 evenly spaced lines across the page.

Today I'm grateful for...

Date: _____

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Daily Journal



Journal page with horizontal lines for writing.

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)

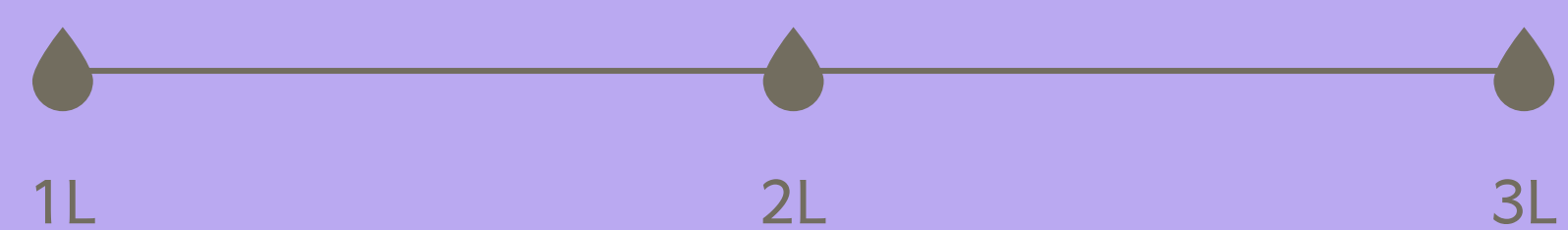
*A moment that made you smile or feel good.
Draw or describe it here*

Self-Care Tracker

Track how well you cared for yourself today



Water Intake



(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

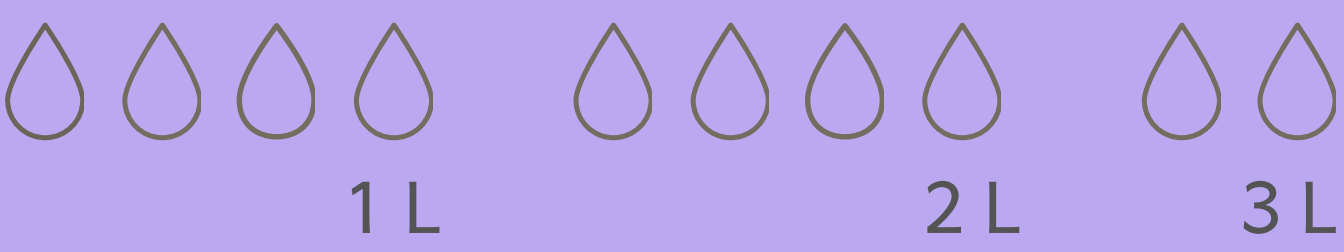
THINGS THAT MADE ME HAPPY TODAY

- _____
- _____
- _____

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):

Health

Career & Finances

Relationships & Social Life

Travel

Fitness

Spirituality & Mindfulness



Written by Octavial