

DAY 1

Naming the Wound

Psalm 34:18

TODAY'S TRUTH

Healing begins when you stop minimizing what hurt.

REFLECT

What memory still makes you speak harshly to yourself? Name what happened without blaming or excusing.

PRACTICE

Write: What happened was _____. What I needed was _____. What I know now is _____.

PRAY

Jesus, meet me in the truth. Help me name my pain without letting it define me.

Notes: _____

