

"Unbroken" — 5-Day

Healing Scripture Plan

A guided journey through God's specific promises for emotional, spiritual, and relational healing. One scripture. One reflection. One action. Every day.

HOW TO USE THIS PLAN

- 1 Find a quiet 10 minutes each morning
- 2 Read the scripture slowly — twice
- 3 Sit with the reflection question. Write if you can.
- 4 Complete the daily action before day ends
- 5 Close with the opening prayer below

YOUR 5-DAY HEALING JOURNEY

<p>1 ACKNOWLEDGE</p>	<p>God sees your pain <i>"The Lord is close to the brokenhearted and saves those who are crushed in spirit."</i> Psalm 34:18</p> <hr/> <p>Today's action: Write down one wound you've been carrying. Give it a name. Then write: "God sees this."</p>	<p>REFLECT What pain have you been pretending isn't there? What would it feel like to let God truly see it?</p>
<p>2 RELEASE</p>	<p>Let go of the weight <i>"Cast all your anxiety on Him because He cares for you."</i> 1 Peter 5:7</p> <hr/> <p>Today's action: Write your worry on paper. Place your hand on it and pray: "Lord, I give this to You."</p>	<p>REFLECT What have you been carrying that God never asked you to carry alone? What makes it hard to release?</p>
<p>3 RECEIVE</p>	<p>His healing is for you <i>"By His wounds you have been healed."</i> 1 Peter 2:24</p> <hr/> <p>Today's action: Say aloud: "Healing is not just possible for me — it has already been purchased for me." Say it 3 times.</p>	<p>REFLECT Do you believe healing is truly available for you — or does part of you feel you're the exception? Why?</p>
<p>4 RENEW</p>	<p>A new mind, a new story <i>"Be transformed by the renewing of your mind."</i> Romans 12:2</p> <hr/> <p>Today's action: Identify one lie you've believed about yourself. Write God's truth beside it. Read the truth out loud.</p>	<p>REFLECT What old story about yourself are you still living in? What would change if you believed God's version?</p>
<p>5 WALK</p>	<p>Move forward in wholeness <i>"He restores my soul. He leads me in paths of righteousness."</i> Psalm 23:3</p> <hr/> <p>Today's action: Take one small step today that the healed version of you would take. Name it. Do it.</p>	<p>REFLECT What does a healed, whole version of you look like? What is one thing she does that you haven't yet?</p>

Prayer to open each day:

"Lord, I come to You broken but willing. Open my heart to receive what You have already provided. Meet me in Your Word today. I trust You with my healing. Amen."

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

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