

Christian Recovery Workbook

6-Week Guided Healing + Scripture Identity Prompts

Client Name:

Start Date:

Week 1 - Identity in Christ

Psalm 139:14 — “I am fearfully and wonderfully made.”

Week 1 - Identity in Christ: Journaling A

Where did my emotions lead me this week?



Week 1 - Identity in Christ: Journaling B

How did God speak peace into my thoughts?



Week 1 - Identity in Christ: Reflection

What lie tried to shape my identity this week?



What biblical truth did I replace it with?



Week 2 - Peace Over Panic

Philippians 4:6-7 — “Do not be anxious... the peace of God...”

Week 2 - Peace Over Panic: Journaling A

Where did my emotions lead me this week?



Week 2 - Peace Over Panic: Journaling B

How did God speak peace into my thoughts?



Week 2 - Peace Over Panic: Reflection

What lie tried to shape my identity this week?



What biblical truth did I replace it with?



Week 3 - Renewing the Mind

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

Week 3 - Renewing the Mind: Journaling A

Where did my emotions lead me this week?



Week 3 - Renewing the Mind: Journaling B

How did God speak peace into my thoughts?



Week 3 - Renewing the Mind: Reflection

What lie tried to shape my identity this week?



What biblical truth did I replace it with?



Week 4 - God's Strength in Weakness

2 Corinthians 12:9 — "My power is made perfect in weakness."

Week 4 - God's Strength in Weakness: Journaling A

Where did my emotions lead me this week?



Week 4 - God's Strength in Weakness: Journaling B

How did God speak peace into my thoughts?



Week 4 - God's Strength in Weakness: Reflection

What lie tried to shape my identity this week?



What biblical truth did I replace it with?



Week 5 - Casting Burdens on the Lord

1 Peter 5:7 — “Cast all your anxiety on Him...”

Week 5 - Casting Burdens on the Lord: Journaling A

Where did my emotions lead me this week?

Week 5 - Casting Burdens on the Lord: Journaling B

How did God speak peace into my thoughts?



Week 5 - Casting Burdens on the Lord: Reflection

What lie tried to shape my identity this week?



What biblical truth did I replace it with?



Week 6 - Hope for Future & Purpose

Jeremiah 29:11 — “Plans to give you hope and a future.”

Week 6 - Hope for Future & Purpose: Journaling A

Where did my emotions lead me this week?



Week 6 - Hope for Future & Purpose: Journaling B

How did God speak peace into my thoughts?



Week 6 - Hope for Future & Purpose: Reflection

What lie tried to shape my identity this week?



What biblical truth did I replace it with?



Congratulations on 6 Weeks of Growth!

Final Reflection: How has God strengthened and grounded you during this journey?

