

Faith-Based Healing Workbook: Trust, Joy, and the Fruit of the Spirit

This workbook is designed for men and women seeking to rebuild trust in God, find joy, and walk in the strength of the Holy Spirit. It blends trauma-informed reflection and Christian counseling principles to help you release fear, experience peace, and live the true Christian life.

1. Understanding the Journey

Many people trust God in theory but struggle to release control in practice—especially after pain or disappointment.

Fear, self-reliance, and past trauma can make joy feel unsafe. This journey invites you to rediscover what it means to rest in God's presence and allow Him to renew your heart.

Reflection Questions:

- What areas of life do I find hardest to surrender to God? _____
- What does trust in God look like to me in daily life? _____
- Have fear or past experiences made it hard to feel joy or peace? _____
- How might God be inviting me to trust Him again? _____

2. Releasing Fear and Choosing Faith

Fear often disguises itself as control. When we rely on ourselves instead of God, we stay trapped in anxiety.

Healing begins when we shift from self-protection to divine protection.

Fear-Based Thought

If I let go, everything will fall apart.

I have to handle this on my own.

Joy is dangerous—I'll just get hurt again.

Faith-Based Truth (with Scripture)

God holds all things together. (Colossians 1:17)

The Lord will fight for you; you need only be still. (Exodus 14:14)

The joy of the Lord is my strength. (Nehemiah 8:10)

I can't trust anyone fully.

Those who trust in the Lord are like Mount Zion. (Psalm 125:1)

I'll never change.

He who began a good work in you will carry it on to completion. (Philippians 1:6)

Reflection: What fear can I surrender to God today? _____

3. Trauma-Informed Renewal: Healing Mind, Body, and Spirit

God created us as whole beings—body, mind, and spirit. Healing involves all three.

- Grounding: Practice breath prayers. Inhale 'Be still'—Exhale 'and know You are God.' (Psalm 46:10)
- Gentle Awareness: Notice where fear lives in your body. Invite God's peace there.
- Self-Compassion: Remember that self-protection once helped you survive. Now, God invites you to rest.
- Renew Your Mind: Replace negative thinking with Scripture (Romans 12:2).

4. The Fruit of the Spirit: A Model for Wholeness

The fruit of the Spirit (Galatians 5:22–23) describes the character God cultivates in us as we abide in Him.

This is not about striving—it's about surrendering.

Fruit of the Spirit	How It Heals and Strengthens	My Reflection
Love	Replaces fear and rejection with divine acceptance.	_____
Joy	Restores delight in God's goodness beyond circumstances.	_____
Peace	Calms anxiety and brings stability.	_____
Patience	Builds endurance through grace.	_____

Kindness	Softens the heart with empathy.	_____
Goodness	Leads to moral strength and faithfulness.	_____
Faithfulness	Inspires consistency and trust in God.	_____
Gentleness	Encourages compassion toward self and others.	_____
Self-Control	Transforms reaction into Spirit-led response.	_____

5. Daily Practices for Trust and Joy

- ☐ Morning Prayer: 'God, I release this day to You. Teach me to walk in peace and faith.'
- ☐ Breath Prayer: Inhale 'You are my peace.' Exhale 'I trust You, Lord.'
- ☐ Gratitude Practice: Write three ways you saw God's faithfulness today.
- ☐ Joy Moment: Engage in one activity that brings you peace and delight.
- ☐ Reflection: Which fruit of the Spirit did I experience today? _____

6. Scriptures for Strength and Renewal

- Proverbs 3:5-6 – Trust in the Lord with all your heart.
- Nehemiah 8:10 – The joy of the Lord is your strength.
- Philippians 4:6-7 – Be anxious for nothing... and the peace of God will guard your hearts.
- Isaiah 40:31 – Those who wait upon the Lord shall renew their strength.
- Psalm 51:10-12 – Create in me a clean heart, O God, and renew a right spirit within me.
- 2 Corinthians 3:17 – Where the Spirit of the Lord is, there is freedom.
- John 15:5 – Apart from Me you can do nothing.

7. Journaling Prompts for Growth

- ☐ Today, I sense God inviting me to trust Him in this area: _____
- ☐ A moment I noticed peace instead of fear: _____
- ☐ A fruit of the Spirit I want to cultivate this week: _____

☐ When I feel anxious or unsafe, I will remind myself: _____

☐ A truth from Scripture that strengthens me today: _____

8. Closing Prayer

Lord, I surrender my fears and control to You. Teach me to trust in Your goodness even when life feels uncertain.

Help me to rest in Your joy, to walk in peace, and to live from the fullness of Your Spirit. Grow in me the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Restore the joy of my salvation and make me whole in You. Amen.