DISCIPLE BLUEPRINT • DIGITAL BUNDLE

TRAUMA & PTSD • DIGITAL BUNDLE

The Healing Path

A Christian Resource for Walking Through Trauma

Inside this bundle:

- Trauma Teaching Guide
- 21-Day Prayer Journey
- Scripture Anchor Cards (printable)
- Trauma Journal Workbook

Disciple Blueprint • discipleblueprint.com

A Word From the Author

Thank you for trusting Disciple Blueprint with this part of your story. I do not take it lightly. Trauma is one of the heaviest things any of us carry, and the resources you are about to walk through have been built with one prayer behind every page — that you would meet the God who heals the brokenhearted, and that you would not have to walk this road alone.

I lost my wife Wendy of thirty-three years to pancreatic cancer in April 2024. Six months later I started Disciple Blueprint, in part because she always pushed me to write, and in part because I knew there were people who needed someone to be honest about what walking through pain with Jesus actually looks like. This bundle is some of what I have learned. It is also what I wish I had been handed when the wound was fresh.

> **HOW TO USE THIS BUNDLE**
> Start with the Teaching Guide so you understand what trauma is and why it sticks. Then walk the 21-Day Prayer Journey at your own pace — one day at a time, longer if you need

> to linger. Print the Scripture Anchor Cards and put them where you will see them. Use the Journal Workbook when you need to put words to what is inside. Loop back as often as you need to.

He heals the brokenhearted and bandages their wounds.
Psalm 147:3 (NLT)

PART ONE • TRAUMA TEACHING GUIDE

What Trauma Is, Why It Sticks, and How God Heals

Trauma Is More Than a Memory

Trauma is not simply remembering something painful. It is reliving it. Ordinary memories stay in the past. Traumatic memories return to the present, uninvited. A song plays. A scent drifts by. A familiar phrase is spoken. And suddenly the body responds as if the event were happening right now. The mind replays it. The chest tightens. Sleep gets thinner. This is not weakness, and it is not a lack of faith. It is how God designed the body to respond to overwhelming experience.

It is important to start here, because the Church has not always been kind to wounded people. We have sometimes implied that strong faith should make trauma disappear. That if you really trusted God, you would not still be having nightmares. That if you really believed Romans 8:28, you would not flinch when the door slams. That is bad theology, and it has hurt people. Scripture is far more honest than that. The Psalms are full of David's anguish. Job is given an entire book to lament. Jeremiah weeps. Jesus Himself weeps at Lazarus's tomb and sweats blood in Gethsemane. Pain is not the enemy of faith. Pain is where faith does its hardest work.

> ***When anxiety was great within me, your consolation brought me joy.***
> Psalm 94:19 (NIV)

What Happens in the Brain and Body

When something overwhelming hits, the brain shifts into survival mode. The amygdala — the brain's alarm system — fires hard and fast. The hippocampus, the part that files memories in proper time and place, struggles to keep up. As a result, the experience is stored less like a story and more like fragments — a sound, a smell, a sensation, a flash of fear. That is why a backfire, a song, or a particular fragrance can drop a person back into a moment from years ago. The body believes the threat is current, even when reason knows it is not.

This is why simply telling a hurting person to "think positively" usually does not work. The wound is not lodged where logic lives. It is lodged in deeper systems that have to be quieted before the thinking part of the brain can come back online. God knew this when He designed us. He created the nervous system, and He cares about all of it.

Scripture is not surprised by any of this. David, who knew real trauma, wrote that his bones wasted away when he kept silent about his pain (Psalm 32:3). He described a heart "severely pained within me" and "horror" overwhelming him (Psalm 55:4–5 NLT). These are not poetic exaggerations. They are descriptions of a dysregulated body responding to unprocessed wounds. Long before modern science gave it a name, the Bible already knew that pain stored in silence does not stay quiet. It travels. It shows up as fatigue, headaches, jumpiness, difficulty sleeping, an inability to relax, a heart that races without warning.

Six Signs the Wound Is Still Active

Intrusive thoughts and flashbacks
Memories return without permission and feel as vivid as the original event. You can be in the middle of a normal afternoon when something pulls you back into the moment, and you have to fight your way back to the present.

Triggers that feel disproportionate
Small reminders — a smell, a setting, a voice, a date on the calendar — produce a large internal reaction. You know it does not match the size of the cause. You still cannot stop it from happening.

Hypervigilance
The body stays on alert. Sleep is light. Crowds feel exhausting. You are always scanning for the next thing that could go wrong. Your nervous system has not stood down since the original event.

Numbness or disconnection
Joy feels distant. Worship feels mechanical. You are doing the right things, but you are not present in them. Sometimes numbness is the body's way of protecting you from feelings it could not safely process at the time.

Avoidance
You quietly steer around people, places, conversations, or topics that might wake the wound. Avoidance can keep functioning manageable in the short term, but over time it shrinks the world you live in.

Shame loops
You replay your role in what happened and conclude, again and again, that something is wrong with you. This is one of the loudest voices trauma uses, and it almost always lies.

If several of these are familiar, you are not broken in a way that excludes you from God's care. You are wounded in a way that calls for His care. Naming what is happening is the first step out of the fog.

Five Steps Along the Healing Path

Healing rarely happens in one dramatic moment. More often, it unfolds in steady steps. These five are not a formula. They are signposts on a road that God walks with you.

1

Lament Honestly
Many believers try to skip lament. We assume strong faith means silent endurance. Scripture teaches something different. Psalm 13 shows David voicing anguish directly to God — "How long, O Lord?" Lament is not rebellion. It is honest faith. Tell God exactly what hurts. He can take it.

2

Ground Yourself in the Present
When the wound surges, slow your breathing. Notice five things you can see, four you can hear, three you can touch, two you can smell, one you can taste. Remind yourself this moment is not the past moment. Psalm 46:10 calls stillness intentional. Grounding anchors body and mind so God's peace can quiet what panic amplifies.

3

Refuse Isolation
Trauma whispers that no one will understand. It convinces the wounded heart to withdraw. Galatians 6:2 tells us to carry one another's burdens. Healing happens in relationships — trusted friends, pastors, support groups, and licensed counselors are all part of God's provision. Seeking help is not a lack of faith. It is humility and wisdom.

4

Renew Your Mind With Truth

Romans 12:2 promises transformation through changed thinking. Trauma shapes thought patterns. Scripture reshapes them. When the noise rises, anchor on a single verse. Psalm 23. Romans 8:38–39. Psalm 34:18. Let the Word interrupt the loop. Repeated truth, over time, builds new pathways.

5

Seek Help When You Need It

If symptoms persist, please reach out to a Christian counselor, a trauma-informed therapist, or your physician. Christians are allowed — and often called — to receive help. You are not failing your faith by accepting care. God provides healing through His Word, His Spirit, His people, and His professionals.

And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

Hebrews 10:25 (NLT)

A Case Study in Restoration: Peter

If we want a picture of what God's healing looks like in real time, watch Jesus with Peter in John 21. Peter has just been through one of the worst nights of his life. He had promised to follow Jesus to the death. Hours later, warming his hands at a charcoal fire in the high priest's courtyard, he denied his Lord three times. The rooster crowed. Jesus looked at him. Peter went out and wept bitterly.

After the resurrection, Peter said, "I'm going fishing." That is the drift back. The retreat to an older identity that felt safer than the one God had called him into. But Jesus did not let him stay there. He showed up on the shore at sunrise — and the Gospel writer mentions a small detail that changes everything. Jesus had built a charcoal fire. Only one other charcoal fire is mentioned in the New Testament. The one in the courtyard, where the wound was made.

Jesus deliberately recreated the sensory setting of Peter's worst moment. Not to humiliate him. To heal him. Three questions to mirror three denials — "Do you love me?" Three commissions to mirror three callings — "Feed my lambs. Take care of my sheep. Feed my sheep." The wound was named. The calling was reaffirmed. Peter was sent forward, not back. The man who

wept in shame became the man who preached at Pentecost and saw three thousand souls saved.

> **WHAT THIS MEANS FOR YOU**
> Jesus is not afraid of the charcoal fire in your story. He goes there to heal, not to humiliate. Trauma did not end Peter's calling. It will not end yours either. Your worst moment is not a verdict on your future.

PART TWO • 21-DAY PRAYER JOURNEY

Three Weeks Walking the Healing Path With God

This journey is built in three weeks of seven days each. Week One is about honesty — naming the wound and bringing it to God. Week Two is about healing — receiving His care for body, mind, and spirit. Week Three is about restoration — moving forward into the calling He has not withdrawn.

Each day takes about ten minutes. Read the Scripture slowly, twice. Pray the prayer out loud if you can. Sit with the reflection question. Some days you will feel something. Some days you will not. Both are part of the work. Keep going.

WEEK ONE • HONESTY

Naming the wound, bringing it to God, and refusing to pretend.

DAY 1 — Permission to Be Honest

SCRIPTURE • Psalm 13:1–2 (NLT)

O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day?

PRAYER

Father, I do not have to pretend with You. You see what I have stopped saying out loud. Today I am not going to dress it up. I bring You the wound exactly as it is, knowing You can take it.

REFLECT

What is one thing you have not been honest with God about because you thought you should be "over it" by now? Say it out loud, even if your voice shakes.

DAY 2 — Naming the Wound

SCRIPTURE • Psalm 6:2–3 (NLT)

Have compassion on me, Lord, for I am weak. Heal me, Lord, for my bones are in agony. I am sick at heart. How long, O Lord, until you restore me?

PRAYER

Lord, give me language for what happened. Help me name it. Not to relive it, but to bring it into the light where Your healing can reach it. I refuse the silence that has been keeping the wound alive.

REFLECT

If you had to put a name on the wound — one phrase, one sentence — what would it be? Write it down somewhere only you will see it.

DAY 3 The Body Remembers

SCRIPTURE • Psalm 32:3–4 (NLT)

When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me.

PRAYER

God who made me, You designed my body to respond to overwhelming things. Thank You for not being surprised by my fatigue, my jumpiness, my heart that races without warning. Be present in every part of me — the parts that think, the parts that feel, and the parts that just react.

REFLECT

Where does the wound show up in your body? Tight chest? Tense shoulders? Shallow breath? Your body is telling you something — listen without judgment.

DAY 4 Lament Without Apology

SCRIPTURE • Psalm 22:1–2 (NLT)

My God, my God, why have you abandoned me? Why are you so far away when I groan for help? Every day I call to you, my God, but you do not answer.

PRAYER

Father, I borrow David's words today, because they fit better than my own. The same words Your Son cried from the cross. Teach me that lament is not the absence of faith. Lament is faith refusing to lie.

REFLECT

Have you been afraid to bring God your hardest questions? What is one question you have buried because you were not sure you were allowed to ask it?

DAY 5 The Drift Back

SCRIPTURE • John 21:3 (NLT)

Simon Peter said, "I'm going fishing." "We'll come, too," they all said.

PRAYER

Jesus, like Peter I have wanted to drift back to an older version of myself — the version of me that lived before the wound. Show me where I have been hiding in the familiar instead of stepping into what You have called me to.

REFLECT

Where have you been quietly retreating? An old habit, an old role, an old way of getting by? The Peter "I'm going fishing" question.

DAY 6 When Friends Cannot Reach You

SCRIPTURE • Job 16:2 (NLT)

I have heard all this before. What miserable comforters you are!

PRAYER

Lord, sometimes the people who love me most have hurt me with their answers. Forgive me where I have grown bitter toward them. Forgive them where they have rushed me through pain that needed time. Heal what their words cannot reach.

REFLECT

Whose words about your pain have stuck with you in unhelpful ways? What truth from Scripture do you need to put in their place?

DAY 7 The Lord Is Close

SCRIPTURE • Psalm 34:18 (NLT)

The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.

PRAYER

Father, end this first week with this truth in my chest — You are not far from this. You are not waiting for me to clean up before You come close. The crushed spirit is the one You move toward. Let me believe that today.

REFLECT

Look back at this week. What has surprised you? What has been harder than you expected? What has been gentler?

WEEK TWO • HEALING

Receiving God's care for body, mind, and spirit.

DAY 8 — He Bandages the Wound

SCRIPTURE • Psalm 147:3 (NLT)

He heals the brokenhearted and bandages their wounds.

PRAYER

Healer, You bandage. That is gentle work. Slow work. Work that does not rip what is healing. Be that gentle with me this week. Bandage what other people have tried to fix too fast.

REFLECT

What kind of healing have you been demanding of yourself that God has not demanded? Where can you let Him be slow with you?

DAY 9 — Quieting the Alarm

SCRIPTURE • Psalm 46:10 (NLT)

Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.

PRAYER

God, my body is loud. My nervous system has not stood down since this happened. Teach me to be still — not the stillness of pretending, but the stillness that knows You are God. Quiet what panic amplifies.

REFLECT

Try this today: slow breathing for two minutes. In for four counts. Hold for four. Out for six. Repeat. What did your body do when you slowed down?

DAY 10 — Casting It On Him

SCRIPTURE • 1 Peter 5:7 (NLT)

Give all your worries and cares to God, for he cares about you.

PRAYER

Father, I have been carrying things You never asked me to carry. Today I cast every anxiety on You. The replays. The what-ifs. The dread. Take them. I trust that You care about me, not just about my behavior.

REFLECT

What is one anxiety you keep picking back up after you give it to God? What would it look like to leave it with Him this time?

DAY 11 Renew My Mind

SCRIPTURE • Romans 12:2 (NLT)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

PRAYER

Spirit of God, the wound has shaped my thoughts. It has taught me to expect the worst, to second-guess, to assume I am always one step from collapse. Renew my mind. Build new pathways. Replace the old loop with truth.

REFLECT

What is one lie the trauma keeps telling you? What is the Scripture that contradicts it?

DAY 12 Light in the Body

SCRIPTURE • Psalm 38:8–9 (NLT)

I am exhausted and completely crushed. My groans come from an anguished heart. You know what I long for, Lord; you hear my every sigh.

PRAYER

Lord, You hear the sighs I do not have words for. The exhaustion no nap can fix. Be in my body. Bring rest where I cannot manufacture it. Let Your peace reach what coffee and sleep cannot.

REFLECT

What does your body need this week that you have been refusing it? Sleep? Movement? Food? A doctor's appointment you have been putting off?

DAY 13 He Restores My Soul

SCRIPTURE • Psalm 23:2–3 (NLT)

He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength.

PRAYER

Shepherd, I have been a long time without rest. Lay me down in green pastures. Lead me beside still water. Renew my strength — not for performance, but because You love me. I receive Your rest as a gift, not a reward.

REFLECT

What would a 'green pasture' look like for you this week? Name it specifically — and then put it on the calendar.

DAY 14 When the Past Will Not Stay Past

SCRIPTURE • Isaiah 43:18–19 (NLT)

But forget all that — it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun!

PRAYER

God of the new thing, the past keeps showing up uninvited. Help me to see what You are doing right now — small as it might be — and trust that it is real. Make a way in my wilderness. Open a stream in my desert.

REFLECT

What is one small new thing God is doing in you that you almost missed? Write it down before it slips by.

WEEK THREE • RESTORATION

Moving forward into the calling God has not withdrawn.

DAY 15 The Charcoal Fire

SCRIPTURE • John 21:9 (NLT)

When they got there, they found breakfast waiting for them — fish cooking over a charcoal fire, and some bread.

PRAYER

Jesus, You walked Peter back to the place of his wound — not to humiliate him, but to heal him. Walk with me back to mine. Give me the courage to go with You there. Make the charcoal fire a place of restoration, not condemnation.

REFLECT

Where is your charcoal fire? The place you have been avoiding because the wound was made there? Ask Jesus to meet you there.

DAY 16 Three Questions, Three Commissions

SCRIPTURE • John 21:17 (NLT)

A third time he asked him, "Simon son of John, do you love me?" Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything. You know that I love you." Jesus said, "Then feed my sheep."

PRAYER

Lord, You did not lower Peter's calling because of his failure. You reaffirmed it. Do that for me. The wound did not disqualify me from the work You called me to. Help me believe that even on the days the shame is loudest.

REFLECT

What part of your calling have you been treating as 'cancelled' because of what you walked through? What would it look like to receive it back from Jesus's hand?

DAY 17 Comfort That Travels

SCRIPTURE • 2 Corinthians 1:3–4 (NLT)

He is the source of every mercy and the God who comforts us. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

PRAYER

Father, the comfort I have received is not just for me. Some of it is meant to travel. Make me sensitive to the people You will eventually send my way — the ones who will be where I am now. Make me ready to be the friend I needed.

REFLECT

Who in your life right now might need to hear something you have learned in this season? What would it cost you to reach out?

DAY 18 Refusing Isolation

SCRIPTURE • Galatians 6:2 (NLT)

Share each other's burdens, and in this way obey the law of Christ.

PRAYER

Lord, isolation has felt safe. Trauma has taught me that no one will understand. Today I refuse the lie. Send me one person I can be honest with. Give me the courage to receive them when they show up.

REFLECT

Who is one safe person you could let in this week? A pastor, a friend, a counselor, a small group leader? What is the smallest step you could take toward them?

DAY 19 Nothing Can Separate

SCRIPTURE • Romans 8:38–39 (NLT)

Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

PRAYER

Jesus, the wound has tried to convince me I am too far gone. Too damaged. Too disqualified. Today I rest in the truth that nothing in all creation — including this — can separate me from Your love. Anchor that in me deeper than the wound goes.

REFLECT
What has trauma been whispering about your standing with God? What does Scripture say in response?

DAY 20 From Mourning to Dancing

SCRIPTURE • Psalm 30:11–12 (NLT)
You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent.

PRAYER
Father, I am not asking for the wound to be erased. I am asking for it to be redeemed. Where I have been silent, give me back my song. Not to pretend nothing happened, but because the One who walks me through is worthy of praise on the way.

REFLECT
What is one thing — even one small thing — you can thank God for in this season? Not in spite of the pain, but in the middle of it.

DAY 21 Sent Forward

SCRIPTURE • Matthew 28:19–20 (NLT)
Therefore, go and make disciples of all the nations… And be sure of this: I am with you always, even to the end of the age.

PRAYER
Lord Jesus, You did not heal Peter so he could retire. You healed him so he could be sent. Send me too. Not in a hurry. Not on borrowed strength. But forward, in step with You, into the calling You have not withdrawn. I am with You. You are with me. That is enough.

REFLECT
Where is God sending you next? It does not have to be big. The next step is enough.

PART THREE • SCRIPTURE ANCHOR CARDS

Eight Verses to Carry With You — Print, Cut, and Place

When trauma surges, long passages can feel like too much. Choose one verse and stay with it. Read it slowly. Speak it out loud. Let it become a small, steady anchor while the storm passes.

These cards are designed to be printed and placed where you will see them — your bathroom mirror, your dashboard, the inside of your front door, your nightstand. Cut on the borders. Eight cards, one verse each. When the wound surges, read the closest one out loud.

"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed."

Psalm 34:18 (NLT)

"He heals the brokenhearted and bandages their wounds."

Psalm 147:3 (NLT)

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you."

Isaiah 41:10 (NLT)

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Matthew 11:28–29 (NLT)

"He is the source of every mercy and the God who comforts us. He comforts us in all our troubles."

2 Corinthians 1:3–4 (NLT)

"Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

Romans 8:38–39 (NLT)

"The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength."

Psalm 23:1–3 (NLT)

"Don't be afraid, for I have ransomed you. I have called you by name; you are mine."

Isaiah 43:1 (NLT)

PART FOUR • TRAUMA JOURNAL WORKBOOK

Putting Words to What Is Inside

This workbook is divided into four sections. Naming the Wound. Mapping the Triggers. Tracking Your Healing. Stepping Back Into the Calling. Work through it at your own pace. You do not have to finish it in one sitting. You do not have to share it with anyone. You are writing because honesty is the first step out of the fog.

SECTION A • NAMING THE WOUND

1. What is the wound that keeps coming back?
Name it as plainly as you can.

2. When do you most often relive it?
Time of day, season, anniversaries, situations.

3. What did you lose in this event that you have not fully named?
Sometimes the wound is the loss inside the event.

4. What does the wound make you believe about yourself?
List the lies it whispers most often.

5. What does the wound make you believe about God?
Bring this one to the light. He can take it.

SECTION B • MAPPING THE TRIGGERS

1. What sights, sounds, or smells consistently send you back?
The five senses are usually the doorway.

2. Which people or settings feel unsafe even when they are not?
You do not have to justify the answer.

3. What does your body do when you are triggered?
Heart rate, breath, muscles, gut — describe specifically.

4. Which trigger has been hardest to predict?
The ones that catch you off guard tell us where attention is needed.

5. What grounding practice has helped most so far?
Breathing, prayer, a verse, a walk, a phone call?

SECTION C • TRACKING YOUR HEALING

1. What is one small win from this week?
Slept better. Cried less. Prayed once. Something.

2. What verse has been steadying you?
Write it out, word for word.

3. Who has God put around you in this season?
Even one safe person counts.

4. Where have you seen evidence that you are not where you were six months ago?
Healing is rarely dramatic. It is usually quiet.

5. What kind of help do you need that you have not yet asked for?
Pastor, counselor, doctor, friend, group?

SECTION D • STEPPING BACK INTO THE CALLING

1. What part of your calling has felt 'cancelled' since the wound?
What did you used to do that you have stopped?

2. Where have you been drifting back to an older version of yourself?
The Peter "I'm going fishing" question.

3. What is one small step back into your calling that you could take this week?
Not the whole road. The next step.

4. Whose comfort has prepared you to comfort someone else?
2 Corinthians 1:3–4. Who is God sending your way?

5. What would it look like to forgive yourself for what trauma made you do or stop doing?
Bring it to Jesus at the charcoal fire.

A FINAL WORD

If you have walked this whole bundle, you have done something brave. Most people skim. You sat with it. That is its own kind of healing.

The cross of Christ speaks directly to trauma. Pain does not get the last word. Resurrection does. Whatever you are carrying, He has carried more, and He carries it with you now. He is not afraid of the charcoal fire in your story. He is already there, building one of His own — to heal, not to humiliate.

Reach out anytime. — Raymond

He heals the brokenhearted and bandages their wounds.
Psalm 147:3 (NLT)

STAY CONNECTED

Newsletter: Sign up at discipleblueprint.com — once a week, honest scripture-anchored encouragement.

Podcast: Search "Disciple Blueprint" on Spotify, Apple Podcasts, Amazon, YouTube, or iHeartRadio.

Books: Available at discipleblueprintpress.com and Amazon — including The Greater the Love, the Deeper the Grief and Unstoppable.

Questions or testimonies: raymond@discipleblueprint.com

Visit Disciple Blueprint

discipleblueprint.com

© Disciple Blueprint • All rights reserved • Scripture taken from the New Living Translation (NLT)

This bundle is for personal use only. Unauthorized reproduction, distribution, or sharing in any form — digital or print — without express written permission is prohibited. To use this content for teaching, group study, or publication, please request permission by emailing raymond@discipleblueprint.com.