

HEALING HEARTS

Speaking up diminishes and destroys the power the **HIDDEN** has over you.



We often say I would've never guessed that so-in-so had ever gone through such heartbreak: abuse, trauma, or such an ordeal. We all have **hidden secrets** and pain within our hearts. Sometimes our wounds remain hidden because we don't know how to deal with the problem or who to turn to or are afraid of what others may think. We may find ourselves burdened with shame, and all too often, we have lost hope.

Suppose we look through the lens of accepting that everyone has disappointments, losses, and wounds. Acceptance and understanding **stir compassion and soften our hearts**. How has sharing in a loved one's hidden wounds brought you more profound understanding and compassion?

How has *receiving* a friend's or loved ones, even a stranger's concern, compassion, and understanding during trials, pain, and suffering *brought you* comfort, support, and encouragement?

We don't need to suffer alone. Cast your cares upon the Lord. Find strength in God to share your *hidden secrets* and pain with someone you **trust**. It is amazing how opening up gives others the courage to confide their *hidden struggles*. **Speaking up diminishes and destroys the power the HIDDEN has over you.**

If you are struggling and need support, reach out to a **trusted** friend, family member, or pastor. Your challenges may require the help of a professional counselor who does faith-based counseling. Inquire at your local church and friends who have experienced Christian counseling for a referral.



Fill your heart and mind with God's word and truth. Focus on trusting the Lord in the storms of your life. Reflect on the blessings in your life to bring balance to your emotions.

Psalm 147:3 NKJV He heals the brokenhearted. And binds up their wounds.

Psalm 34:18 ESV The Lord is near to the brokenhearted and saves the crushed in spirit.

1 Peter 5:6-7 NKJV Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

2 Corinthians 1:3-4 NKJV Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, **4** who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.



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UNRAVELED-REWOVEN TRILOGY is a triumphant story based on actual events. An innocent child, a determined woman, and a Christian counselor journey for the truth and overcome the unimaginable. **A JOURNEY OF HEALING HEARTS!**

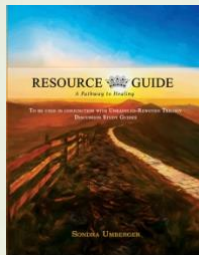
With purpose and passion, I have authored a **Discussion Study Guide** for each book and one **Resource Guide** to help individuals and small groups seek hope and healing.

May you and your loved ones find hope and healing in Christ!

Blessings,

Sondra

The **Discussion Study Guides** work in conjunction with the Unraveled-Rewoven Trilogy, building and expounding on the characters' circumstances. Journey with Catherine, Catie, Marion, and Hunter and learn with them how to take hold of your God-given power and authority. Usher victory into your battles and conflicts by examining and applying Christian principles and truth.



The Resource Guide contains Biblical references, articles, worksheets, and much more to support, provide encouragement and support to individuals and small groups seeking hope and healing. Only one Resource Guide is needed, but it is essential for a deeper application.

Resource Guide

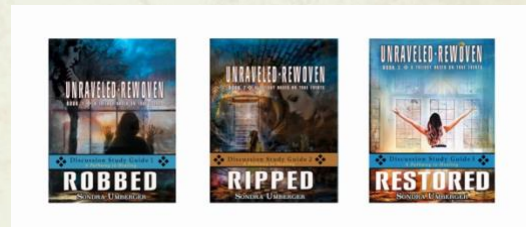
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Library: Request your local library to order you a copy of the trilogy.



Unraveled-Rewoven Trilogy



Discussion Study Guides



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