



Begin Your Healing Journey

A Complimentary Excerpt from
Women, Wounds & Wake-Up Calls
by Juanita Price
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Dear Sister,

If you are holding this excerpt, chances are you have loved deeply — and perhaps at times, you have loved at the expense of yourself.

Many women do not lose themselves all at once. We surrender in small compromises. We edit ourselves to stay wanted. We silence parts of our voice to keep peace. Over time, what began as devotion becomes self-betrayal.

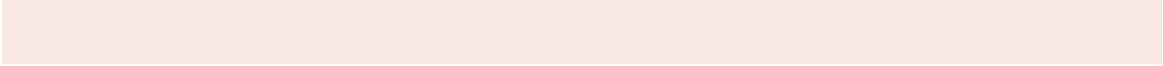
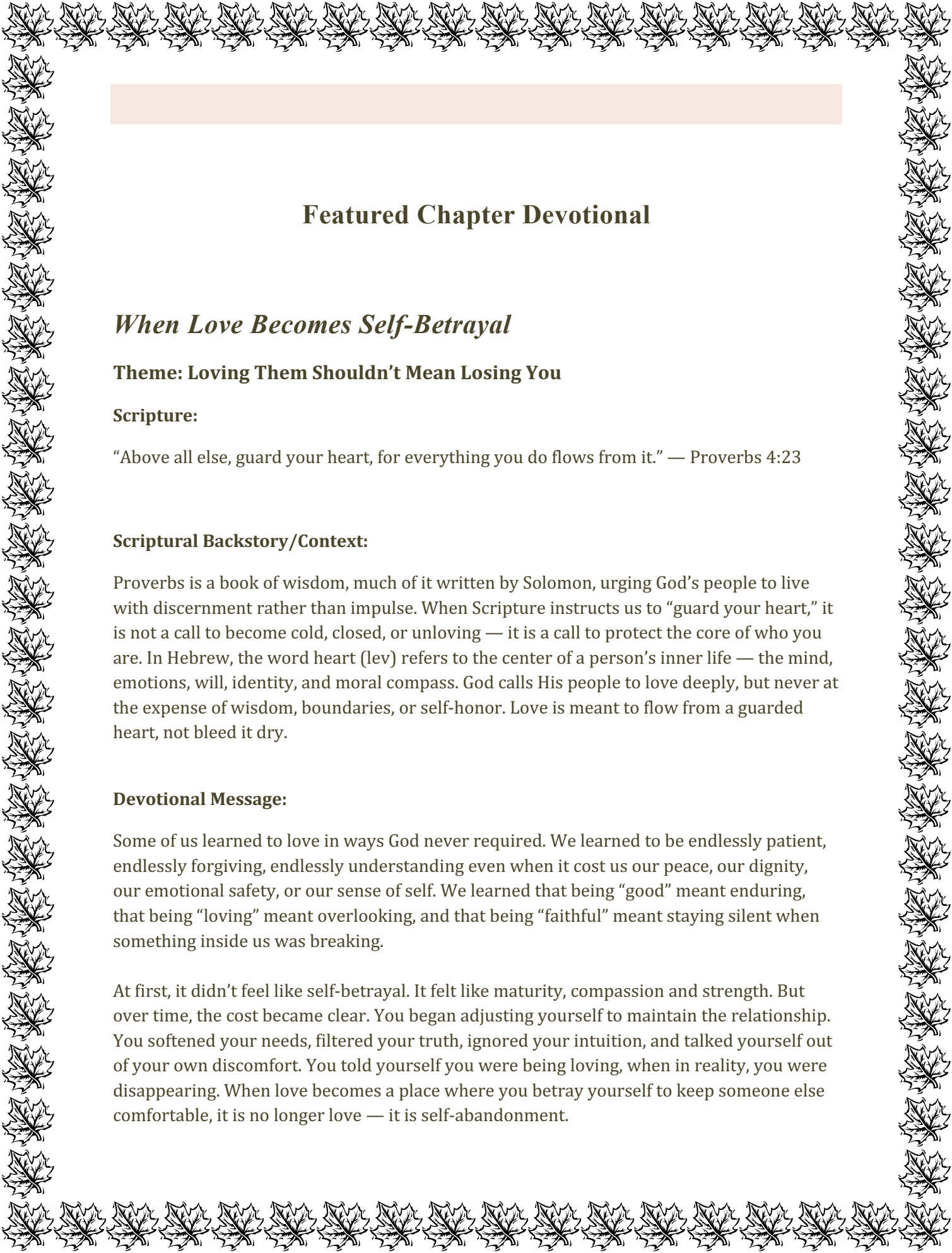
This excerpt is drawn from *Women, Wounds & Wake-Up Calls*, a 52-week journey designed to help women unlearn survival patterns and reclaim their identity in Christ. It is not written for women who are weak. It is written for women who have been strong for everyone else.

Read slowly. Let the words meet you where you are. Notice what stirs. Notice where you feel resistance while bearing in mind that healing often begins with honest recognition.

If something in these pages feels personal, it may not be coincidence. It may be clarity.

With you in truth,

J Price



Featured Chapter Devotional

When Love Becomes Self-Betrayal

Theme: Loving Them Shouldn't Mean Losing You

Scripture:

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

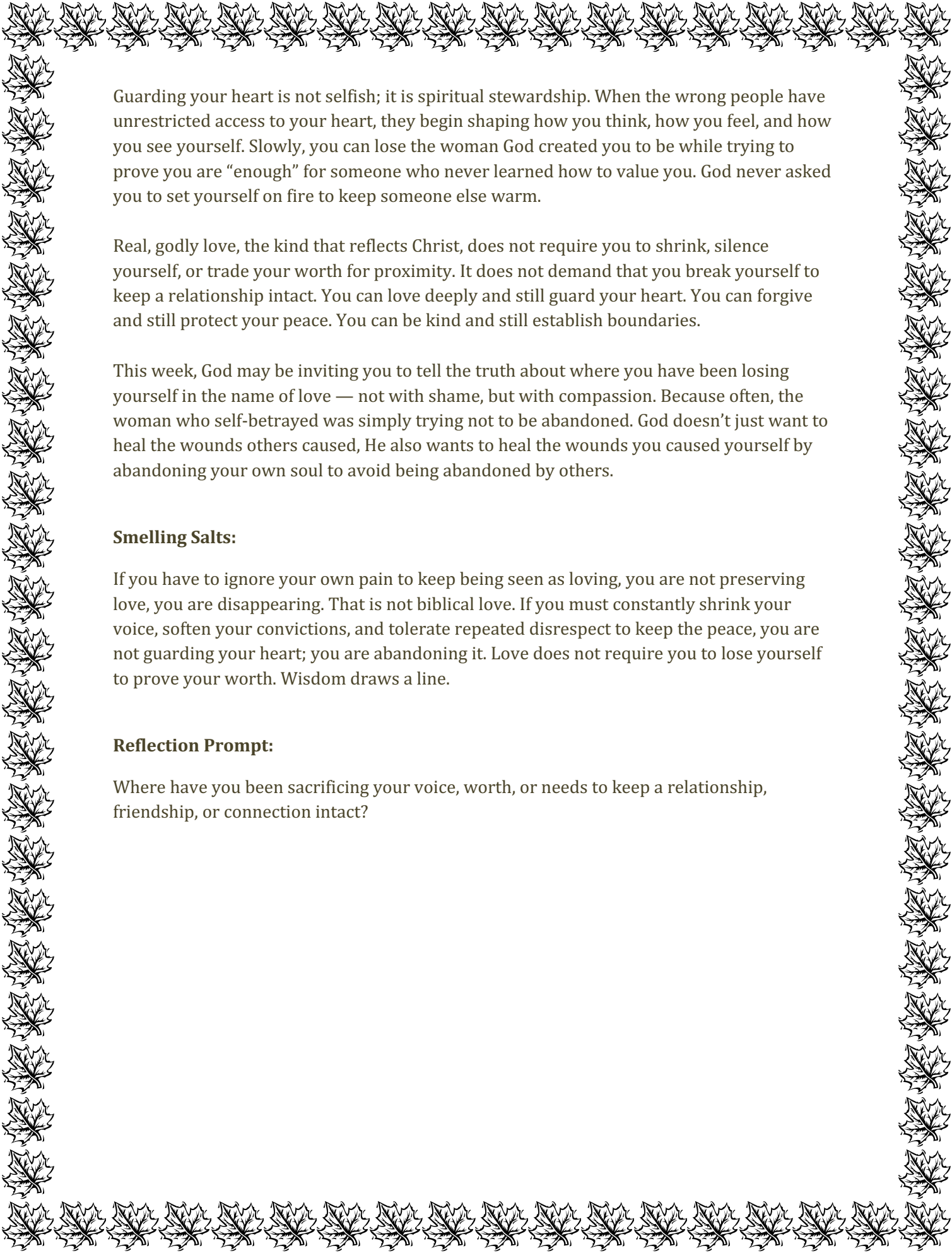
Scriptural Backstory/Context:

Proverbs is a book of wisdom, much of it written by Solomon, urging God's people to live with discernment rather than impulse. When Scripture instructs us to "guard your heart," it is not a call to become cold, closed, or unloving — it is a call to protect the core of who you are. In Hebrew, the word heart (*lev*) refers to the center of a person's inner life — the mind, emotions, will, identity, and moral compass. God calls His people to love deeply, but never at the expense of wisdom, boundaries, or self-honor. Love is meant to flow from a guarded heart, not bleed it dry.

Devotional Message:

Some of us learned to love in ways God never required. We learned to be endlessly patient, endlessly forgiving, endlessly understanding even when it cost us our peace, our dignity, our emotional safety, or our sense of self. We learned that being "good" meant enduring, that being "loving" meant overlooking, and that being "faithful" meant staying silent when something inside us was breaking.

At first, it didn't feel like self-betrayal. It felt like maturity, compassion and strength. But over time, the cost became clear. You began adjusting yourself to maintain the relationship. You softened your needs, filtered your truth, ignored your intuition, and talked yourself out of your own discomfort. You told yourself you were being loving, when in reality, you were disappearing. When love becomes a place where you betray yourself to keep someone else comfortable, it is no longer love — it is self-abandonment.



Guarding your heart is not selfish; it is spiritual stewardship. When the wrong people have unrestricted access to your heart, they begin shaping how you think, how you feel, and how you see yourself. Slowly, you can lose the woman God created you to be while trying to prove you are “enough” for someone who never learned how to value you. God never asked you to set yourself on fire to keep someone else warm.

Real, godly love, the kind that reflects Christ, does not require you to shrink, silence yourself, or trade your worth for proximity. It does not demand that you break yourself to keep a relationship intact. You can love deeply and still guard your heart. You can forgive and still protect your peace. You can be kind and still establish boundaries.

This week, God may be inviting you to tell the truth about where you have been losing yourself in the name of love — not with shame, but with compassion. Because often, the woman who self-betrayed was simply trying not to be abandoned. God doesn’t just want to heal the wounds others caused, He also wants to heal the wounds you caused yourself by abandoning your own soul to avoid being abandoned by others.

Smelling Salts:

If you have to ignore your own pain to keep being seen as loving, you are not preserving love, you are disappearing. That is not biblical love. If you must constantly shrink your voice, soften your convictions, and tolerate repeated disrespect to keep the peace, you are not guarding your heart; you are abandoning it. Love does not require you to lose yourself to prove your worth. Wisdom draws a line.

Reflection Prompt:

Where have you been sacrificing your voice, worth, or needs to keep a relationship, friendship, or connection intact?