"HEALED & WHOLE"

A Christian Woman's Guide to Overcoming Toxic Relationships

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WORKSHEET

Welcome page

Hello & Welcome!

Jesus is the reason behind all that I do. He is the driving force behind me creating this worksheet for you because He is calling many of us to this line of Kingdom work.



Hello, I am

PAVLA KING-JOHNSON

I am originally from Slovakia. I am a follower of Jesus Christ, Wife, Mum, Author & Relationship Life Advisor.

God allowed me to experience a past full of hardships so that I would seek healing and gain the tools to help others do the same. I am passionate about seeing others be freed from chains and walk in God's fullness for them. And I believe that if you're here, we share this same passion and I'm so honoured to walk alongside you on this journey.

OPENING PRAYER

"Heavenly Father, thank You for this moment. We invite Your Spirit into this session. May Your truth bring healing, clarity, and peace. In Jesus' name, amen."

I have come that they may have life, and that they may have it more abundantly."

SOMETHING ABOUT YOU

Please take a notebook and write down everything that comes to mind.

"How are you feeling today?"

What made you decide to purchase this Christian worksheet?

"Remember: Everything you share is confidential and judgment-free."

"Can you think a little about your past relationship and what made it difficult or hurtful?"

"Ask yourself what specific experiences still affect you emotionally today?"

SCRIPTURE INTEGRATION

Psalm 34:18

"The Lord is near to those who have a broken heart, And saves such as have a contrite spirit."

Reflection:
This verse reminds us that God is not distant in our pain. He moves closer. A broken heart from a toxic relationship invites God's healing presence.

"How does it feel to know that even in your brokenness, God was closest to you?"

"Ask yourself what specific experiences still affect you emotionally today?"

SCRIPTURE INTEGRATION

Isaiah 61:1-3

"The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

This prophetic Scripture describes the mission of Jesus to restore and heal, not condemn.

"Heal the brokenhearted": God acknowledges heartbreak. Emotional wounds from toxic relationships are real, and He came specifically to bind them.

"Liberty to the captives": This includes those trapped in abuse, manipulation, guilt, or shame.

"Beauty for ashes": He doesn't just remove pain—He replaces it with purpose, hope, and peace.

SCRIPTURE INTEGRATION

Reflection

This passage is the mission of Christ—to heal, set free, and exchange our pain for His beauty and strength.

"What ashes—what pain—do you want God to trade for beauty today?"

"Can you imagine what your 'oil of joy' or 'garment of praise' could look like in the future?"

HEALING & FORGIVENESS DISCUSSION

Trauma can distort how we see ourselves and God. God desires healing and restoration.

"What do you believe forgiveness means?"

Forgiveness is not forgetting or excusing—it is releasing ourselves from bondage.

SCRIPTURE INTEGRATION

Matthew 6:14-15

"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

Forgiveness is for your heart's freedom, not for the other person's justification.

SCRIPTURE INTEGRATION

Matthew 6:14-15

“What emotions come up when you hear this verse?”

“Are there any areas where you feel unwilling to forgive—and why?”

“Can you picture what it would feel like to finally release this burden to God?”

SCRIPTURE INTEGRATION

Romans 12:19

Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him;
If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good.

This doesn't mean staying silent in abuse—you can protect yourself and set boundaries while releasing vengeance to God.

Reflection

This teaches us to give up the need for revenge and trust God with justice. When we respond with grace, we reflect Christ—not our pain.

SCRIPTURE INTEGRATION

Reflection

This teaches us to give up the need for revenge and trust God with justice. When we respond with grace, we reflect Christ—not our pain.

"What would it mean to let God take over the need for justice in your situation?"

"How might kindness be an act of spiritual warfare in your healing?"

GUIDED EXERCISE

Close your eyes and picture the hurt. And I want you to say:

"Jesus, I invite You into this memory. What do You want to show me?"

Practical Steps & Encouragement

- Journaling assignment: Write a letter (not to be sent) to the person who hurt you.
- Say: I forgive you.
- And give thanks to God for the strength to forgive.
- Do a daily declaration: "I am God's daughter, and He healed my heart".

CLOSING PREYER

"Lord, thank You for meeting us today. Seal the healing work You began. In Jesus' name, amen."

DAILY JOURNAL

Your Thoughts

DATES :

MOOD :

I have come that they may have life, and that they may have it more abundantly."
John 10:10



DO YOU NEED MORE SUPPORT?

You can contact me via email or arrange 1:1 coaching according to your preferences.

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