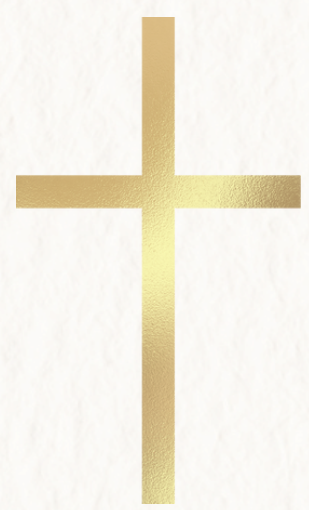
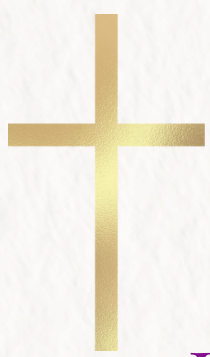


7-Day
Trauma Release
Devotional
Workbook



Prayers, Prompts
& Healing in Christ





Dearly Beloved,

Thank you for saying yes to your healing. I'm truly honored that you've chosen to begin this journey with us at SecoraH. Whether you're just starting out or continuing a path you've walked for a while, I want you to know—you're not alone. God sees you. He's near. And He's already at work.

SecoraH was born out of a deep calling in my own life. Like many of you, I've known the ache of brokenness. I've wrestled with pain, questions, and the slow process of healing. But through it all, I've discovered a powerful truth: God doesn't just help us survive—He makes us whole.

This 7-day devotional is a sacred space for you and God. Each day is designed to guide you through reflection, prayer, and emotional release. Take your time. Be honest. Let this be a gentle, grace-filled step toward freedom.

My prayer for you is transformation—not just temporary relief, but a deep, soul-level shift that roots you in truth, restores what's been broken, and reawakens your identity as God's beloved.

You don't have to walk this journey alone. I'm here, and so is the One who knows you completely and loves you endlessly, Jesus.

With love and expectation,

Secora

Founder, SecoraH
Healed. Whole. Transformed.



DAY 1: FINDING SAFETY IN GOD

Scripture:

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18

Devotional:

You are not alone in your pain. God sees every tear, every ache, every part of your story—even the parts you’ve hidden. And He’s not distant. He’s near.

He’s not afraid of your brokenness. He draws close to it. When your spirit feels crushed and your heart feels heavy, you don’t have to carry it alone. God has never turned His back on you—not once. His presence is a safe place, a steady refuge, and the beginning of real healing.


You don’t need to have it all together to come to Him. Just come. Invite Him in. Let today be the first step toward healing in His presence.

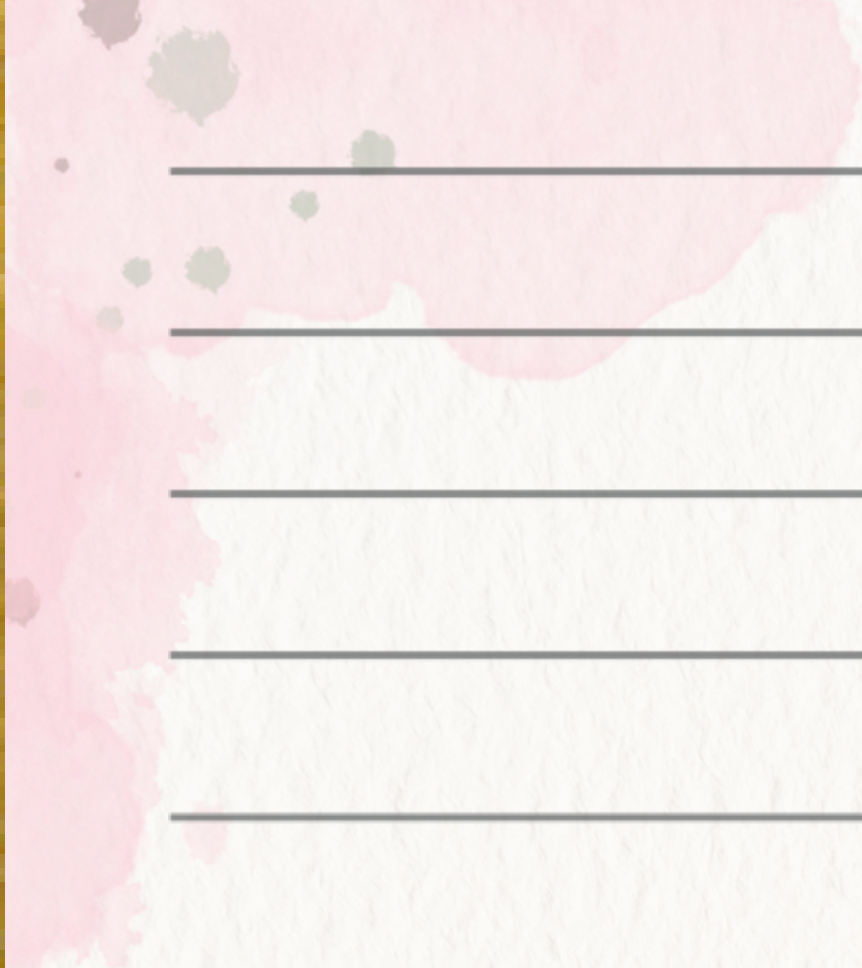
Prayer:

Heavenly Father, I come into your courts with thanksgiving and praise, seeking healing and peace. Father God, I ask you to Wrap me in Your love and remind me that I am never alone in my times of trouble. I invite you into my heart. Help me release fear and to trust that in all things You are my place of safety. In Jesus Name. Amen.

Journal Prompt:

Where in my life do I feel unsafe or anxious? How can I lean into God's protection today? Write a letter to God, honestly sharing what's on your heart.





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DAY 2: IDENTIFYING THE WOUNDS

Scripture:

“Search me, God, and know my heart; test me and know my anxious thoughts.” – Psalm 139:23

Devotional:

Healing happens best in honesty—and you’ve already taken the brave first step by admitting something’s not right.

Now it’s time to go deeper. God already knows what hurts—both the loud wounds and the quiet ones buried deep. And He’s not here to shame you, but to heal you.

When you invite Him to search your heart, He’ll gently reveal the places that need His touch. Not to overwhelm you—but to set you free. Take a breath. You’re safe in His presence. Let Him help you name what’s been hurting so you can begin to release it.

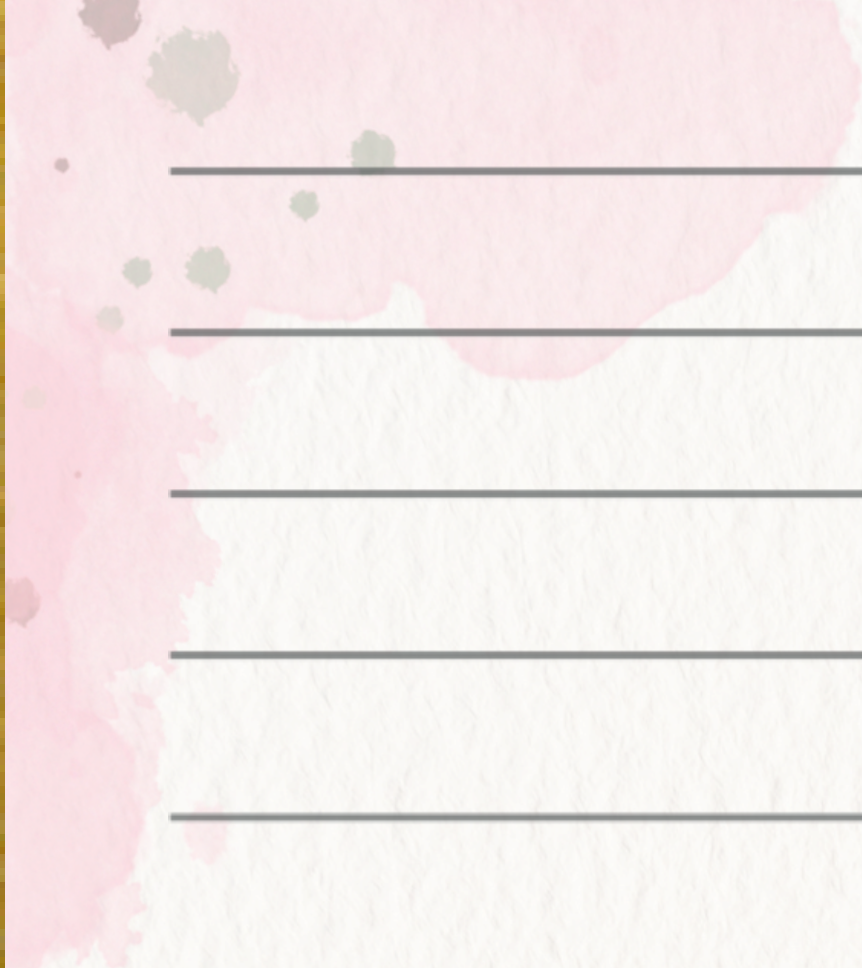
Prayer:

Almighty God, I thank you for being in my life. I invite You into the places that are wounded. The places I’ve hidden, avoided, or numbed. I cannot fix them on my own. I invite you to be Lord over these areas to heal and restore. Give me wisdom and make me whole. In Jesus Name. Amen.

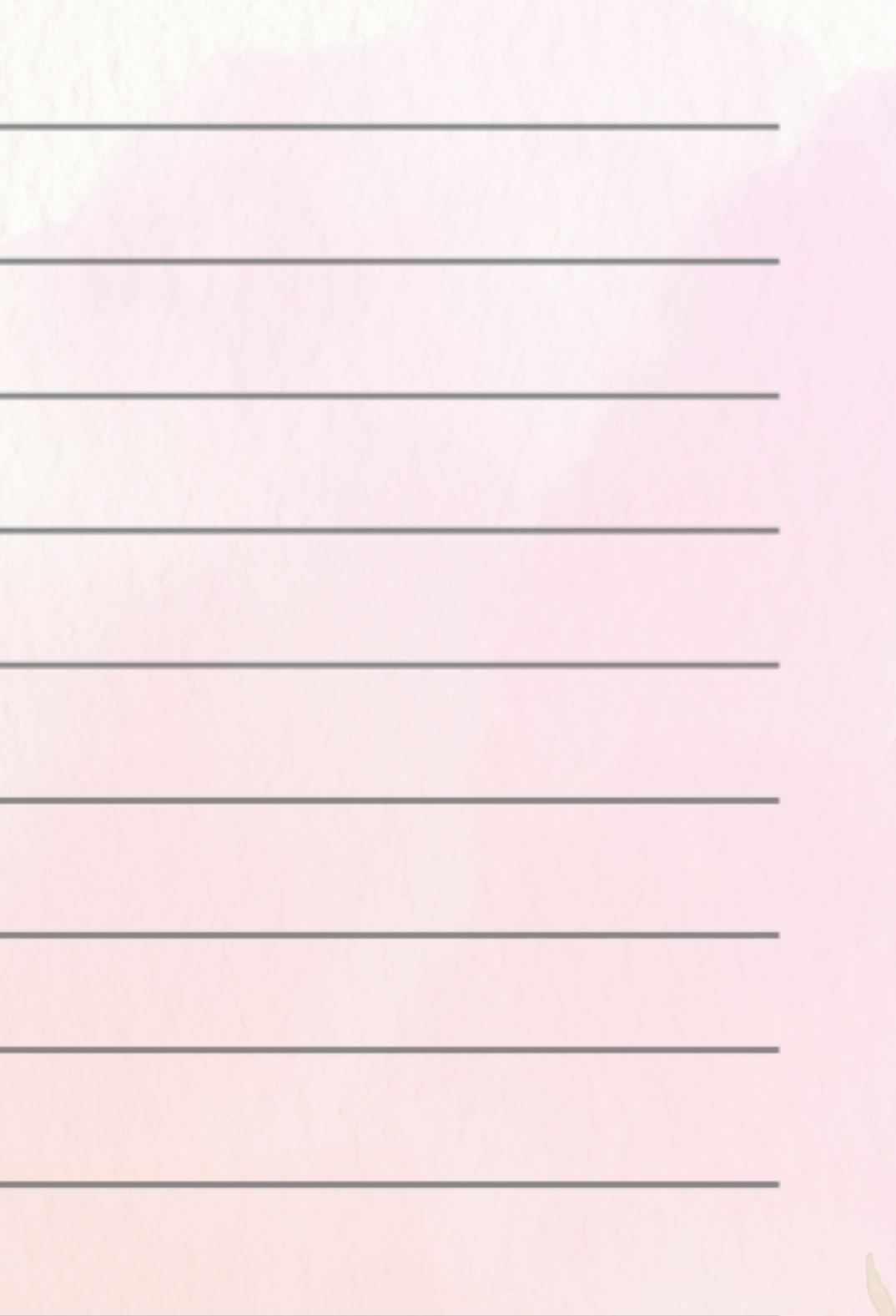
Journal Prompt:

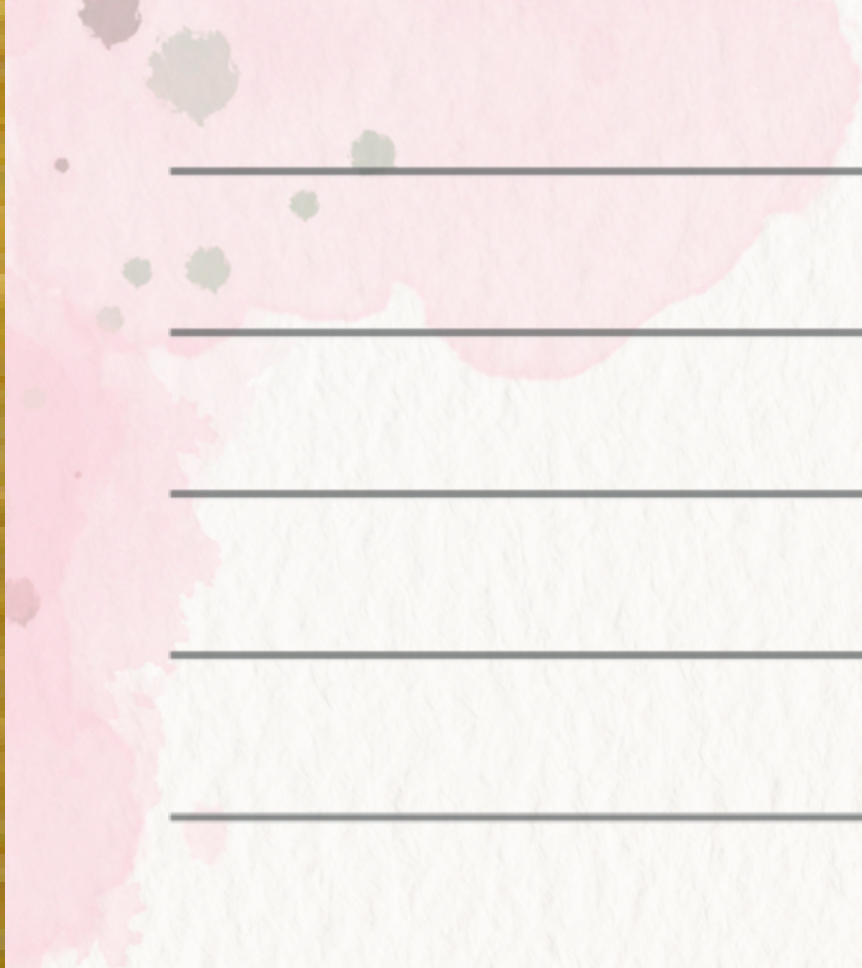
Ask God to reveal the wounds you’ve been carrying—both visible and hidden. What memories, thoughts, or patterns come up? Write them down honestly, knowing God meets you with grace and healing, not judgment.



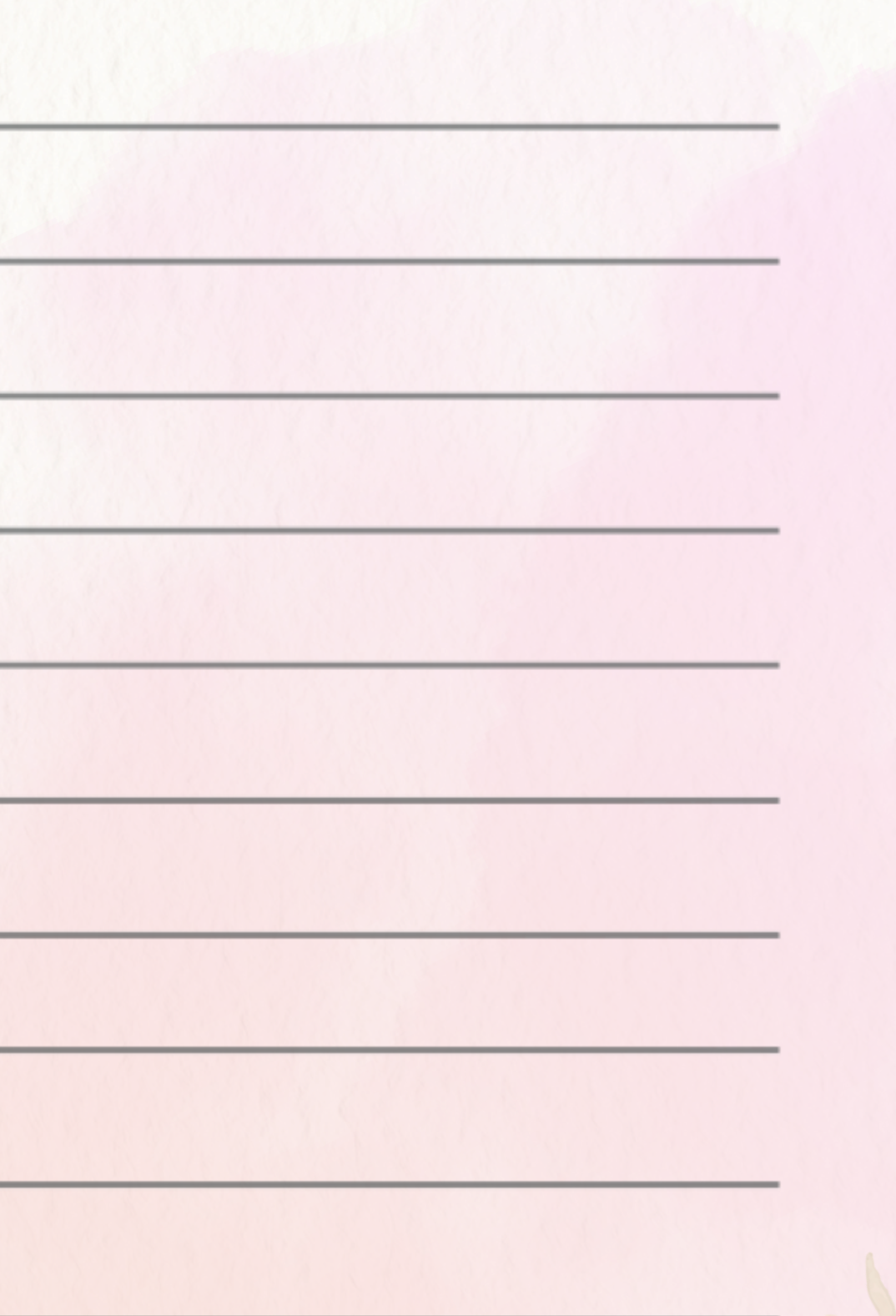


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DAY 4: TRADING SHAME FOR HONOR

Scripture:

“Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.” – Isaiah 61:7

Devotional:

Shame is sneaky. It doesn't just remind you of what happened—it tries to redefine who you are. It whispers lies like “You're too damaged. You'll never be whole.” But God doesn't leave you in shame's shadow. He invites you to trade it in. Isaiah 61:7 is your promise. Not only will God remove your shame, He will replace it—with honor, with joy, with inheritance. That means what was stolen will be returned in abundance. What was broken will be made more beautiful than before. Shame—is not your identity. Today, God offers you a sacred exchange: your shame for His glory. Are you ready to let it go?

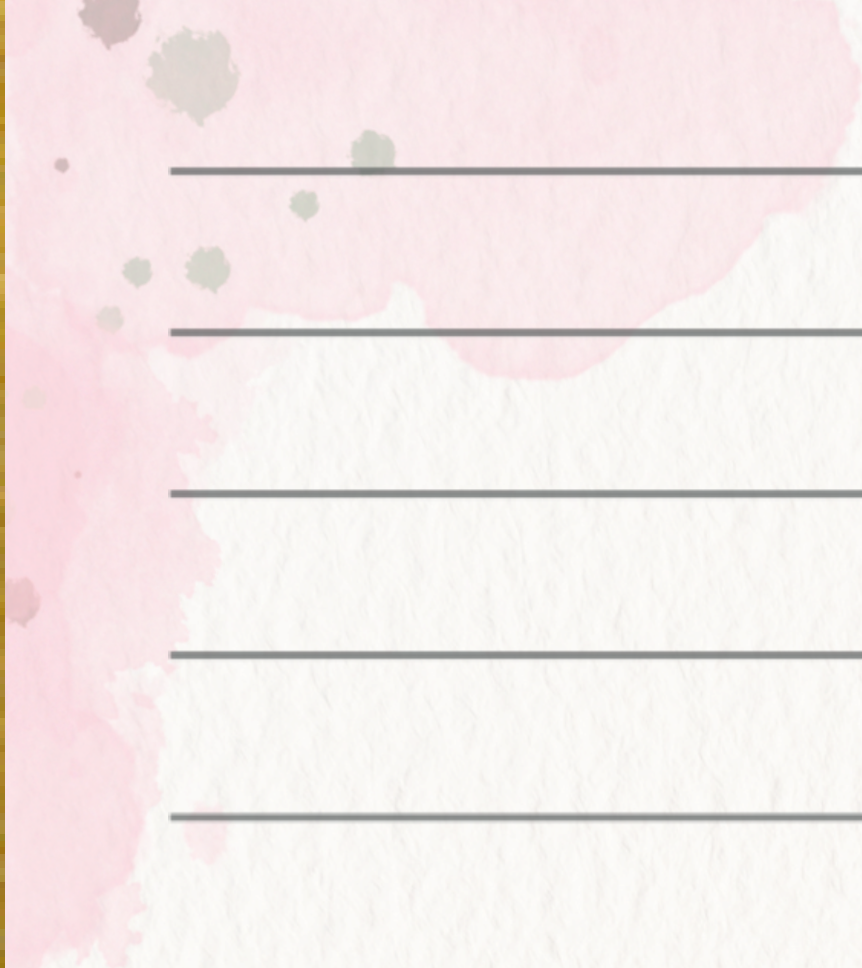
Prayer:

Father, Thank you for the finished work of the cross. I bring You the shame I've carried—spoken and unspoken, seen and unseen. It has caused me to shrink back and hide. Today, I choose to lay it at Your feet. Restore what was lost. Replace shame with joy, disgrace with honor. Let me walk in the fullness of my inheritance in You. In the Precious Name of Jesus. Amen.

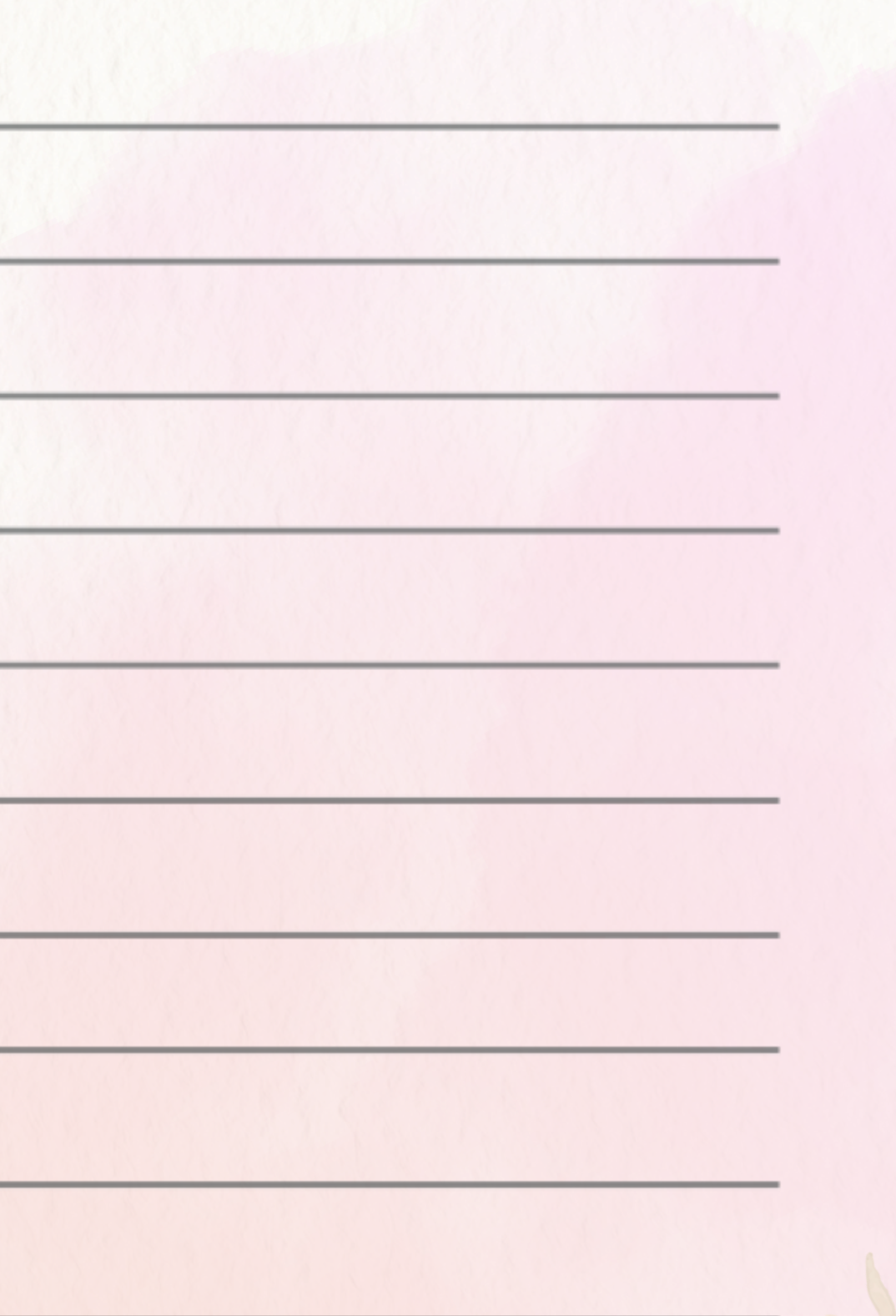
Journal Prompt:

Write a letter to Jesus about the things you're ashamed of. Ask Him to wash you clean and make you white as snow - without blemish. Then declare by faith—I am redeemed. I am whole. I am amazing. I am enough and whatever else you want to receive from the Lord. Read the declarations aloud.





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DAY 5: FORGIVING THE PAST

Scripture:

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32

Devotional:

Forgiveness isn't forgetting or excusing—it's choosing freedom. It's releasing the grip of the past so it no longer controls your present. But let's be real—sometimes forgiveness feels impossible. Here's the key: you don't have to forgive in your own strength. God, the ultimate Forgiver, empowers you to do what feels impossible. He forgave you fully—and now, by His strength, you can forgive too. Forgiveness is not a burden; it's a privilege. It's the holy act of saying, “God, I trust You with the justice. I release them, and I release myself.” You're stepping into supernatural freedom, backed by divine power.

Prayer:

My Lord, I thank you for being the ultimate Forgiver and forgiving me of my sins. Father, I don't want to carry this pain anymore. I lean on Your strength to forgive. I forgive _____ for _____. I release all that I've held onto. God of Justice. God of Peace, I trust that vengeance isn't mine, it's Yours. Do what only you can do. Heal what I can't. Set me free. I surrender this hurt to you Lord. In Jesus Name. Amen.

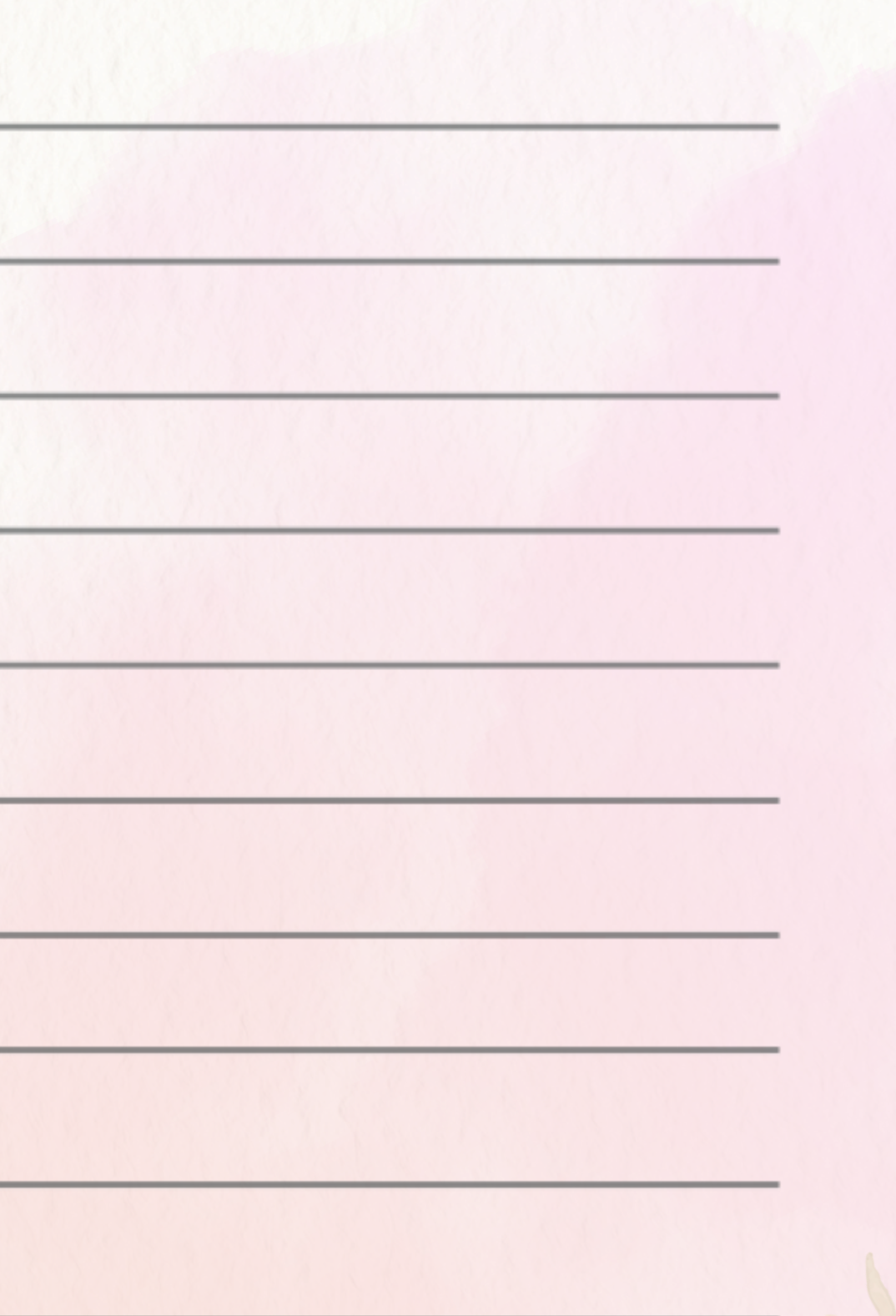
Journal Prompt:

Who are you being called to forgive—yourself or someone else? Ask God to reveal to you what you have held onto and need to forgive. Ask God for His strength and write a short prayer releasing them into His hands.





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DAY 6: THE NEW THING BEGINS

Scripture:

“Look! I’m doing a new thing; now it sprouts up—don’t you recognize it? I’m making a way in the desert, paths in the wilderness.” – Isaiah 43:19 (CEB)

Devotional:

God isn’t a patchwork God. He doesn’t just mend and move on—He completes what He starts.

And He has already started something new in you.

You may not feel it yet. You may not see it clearly. But today’s verse is your reminder: God is at work. Healing. Restoring. Rebuilding. What He’s growing in you may begin as a small sprout or a quiet continuation—but it holds the power to transform everything.

God isn’t limited by your past or your dry places. He makes ways in deserts and brings life where nothing should grow. Even now, He’s planting something sacred within you.

Trust this: the new thing has already begun.

Prayer:

Lord, thank you for being a way maker. Thank you for what you're doing, what you're about to do, and what you've already done. Help me to recognize the new thing that you're doing in my life. I surrender my expectations and choose to trust you. Grow something beautiful in me. Transform me. Make me whole. Make me new. In Jesus' name. Amen.

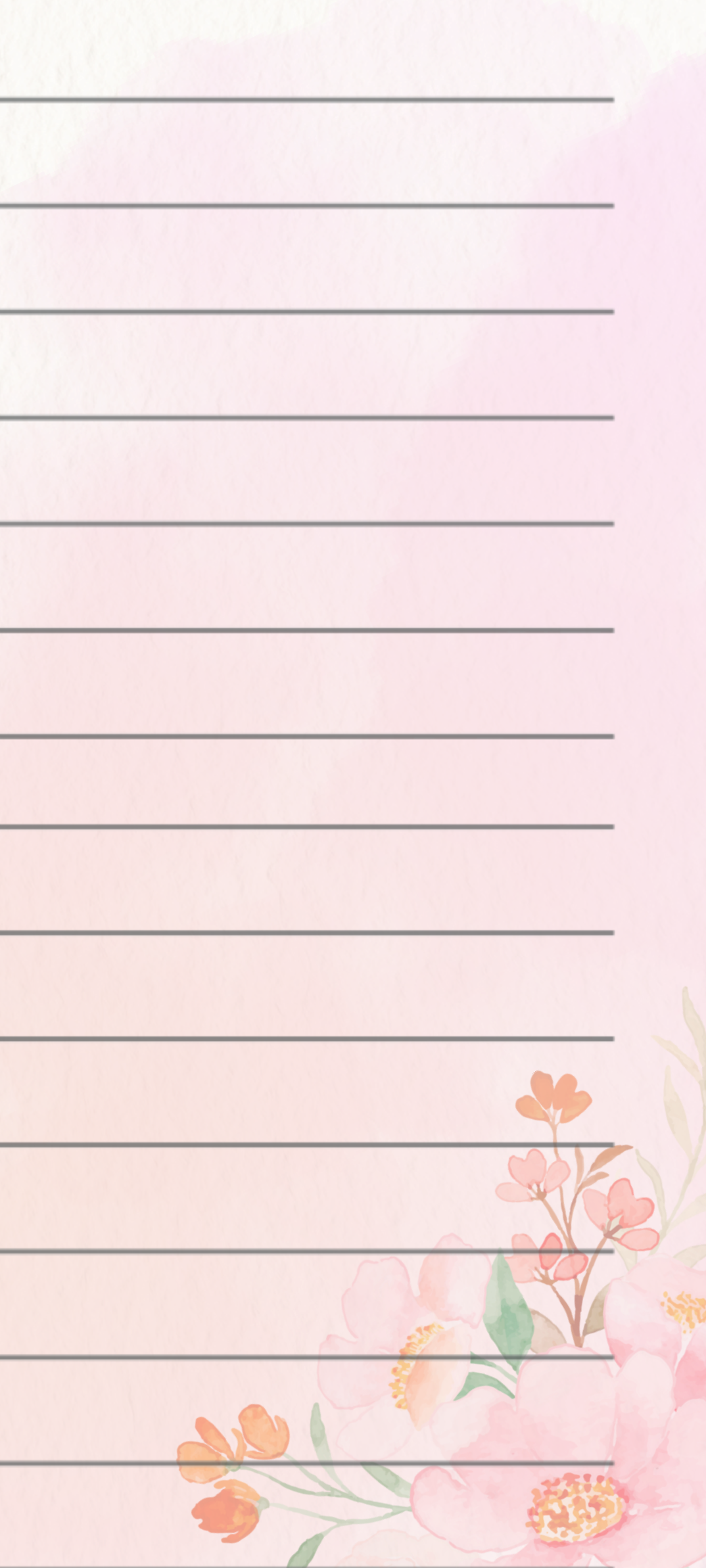
Journal Prompt:

Where do you sense God inviting you into something new? Reflect on any shifts, stirrings, or small sprouts of change. What expectations do you need to release, and where can you make space for God to move in a new way?





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DAY 7: BECOMING WHO YOU TRULY ARE

Scripture:

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” – Ephesians 2:10 (NLT)

Devotional:

You were never designed to be defined by your trauma. You were never meant to live in survival mode. You are God’s masterpiece—crafted with intention and called to a life of wholeness and purpose. Healing isn’t just about what you’ve come out of—it’s about stepping into who you truly are. And who you are is loved, chosen, whole, victorious, enough, and made new.

The work God has begun in you doesn’t end here. This is just the beginning. Let this be your invitation to keep going—to continue your healing journey with God, not in fear or striving but with grace. You are not broken beyond repair. You are being rebuilt with purpose. And the best is still ahead.

Prayer:

Lord, thank You for creating me in your image and reminding me who I am in You. I’m not defined by my past—I’m defined by Your love. Help me to keep walking forward with confidence in You. I receive Your healing, Your truth, and the identity You’ve spoken over me. I’m Yours. I’m whole. I’m ready. In Jesus’ name. Amen.

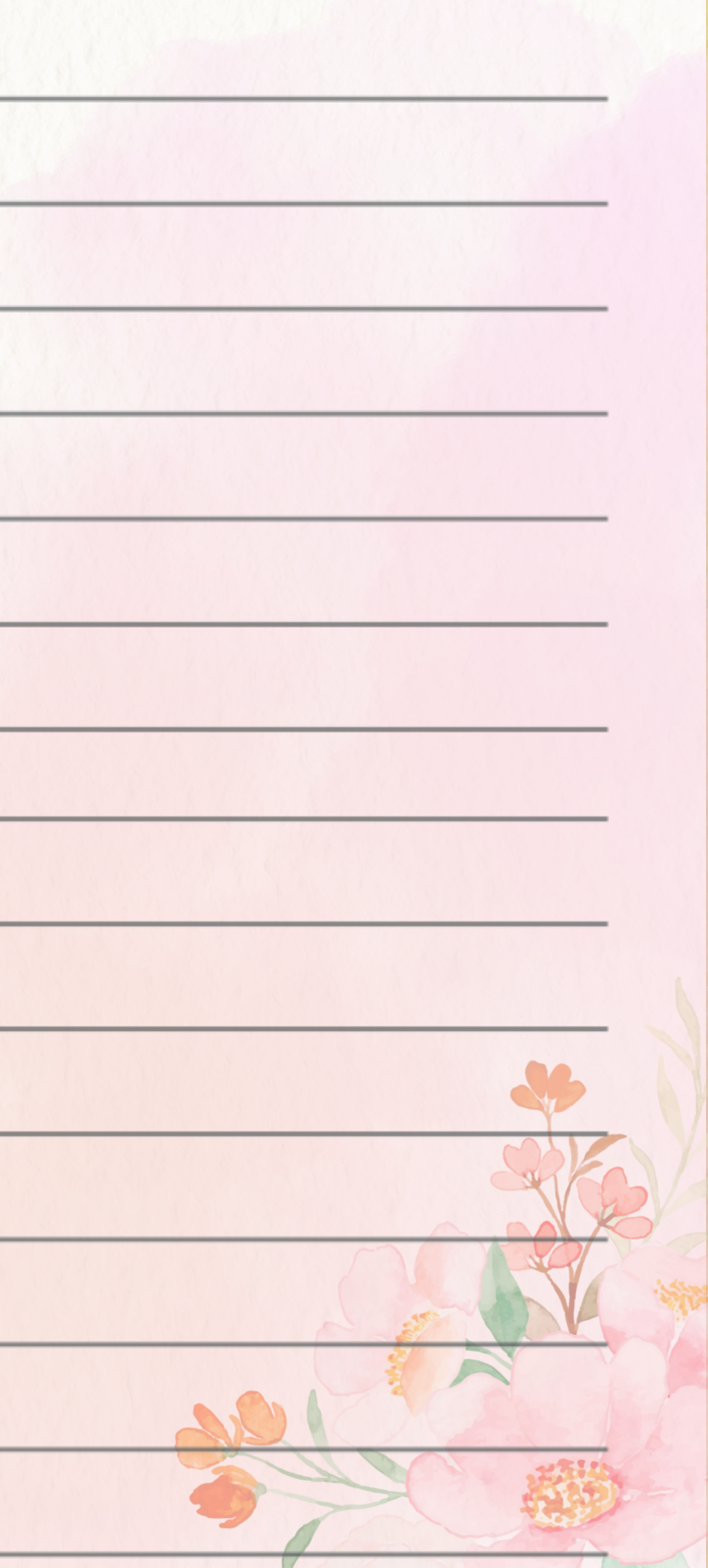
Journal Prompt:

Who does God say you are? Write a declaration of identity rooted in His truth. Then reflect: What’s the next step He’s inviting you to take on your healing journey?





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YOUR JOURNEY DOESN'T END HERE

You've just completed something powerful.

Seven days of showing up. Seven days of inviting God into your pain. Seven days of transformation, one brave step at a time. That deserves to be celebrated.

But this isn't the end—it's just the beginning. 🌱

At SecoraH, we've created a growing collection of digital resources designed to walk with you as you continue healing with God. Whether you're looking for guided prayer journals, in-depth workbooks, or extended devotionals—we've got you covered.

These tools are crafted to help you:

- ✦ Deepen your connection with God
- ✦ Gently explore and release emotional wounds
- ✦ Build spiritual and emotional resilience
- ✦ Walk in your identity, wholeness, and freedom

Stay tuned for the next steps, I'll be sending you some recommendations!

This is just the beginning. Your healing journey is holy ground—and I'm honored to walk with you.

Your Sister in Christ,

Secora ❤️

Founder, SecoraH

Healed. Whole. Transformed.

