



7 DAYS OF FAITH AFTER TRAUMA

A Devotional Journey of Healing, Hope,
and Faith Restoration

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BRAVE HORIZON

BOLDLY DEFINING YOUR PATH



DAY 1: THE WOUND IS NOT THE END

Scripture: "He heals the brokenhearted and binds up their wounds." – Psalm 147:3

Devotional:

Trauma shatters more than just emotions — it fractures identity, trust, and even faith. But what if the breaking wasn't your ending, but the beginning of something sacred? God does not rush your healing; He sits with you in the wreckage. Even here, you are seen. Even now, He's restoring.

Reflection Prompt:

Where do you still feel wounded? Invite God to begin binding it today.

DAY 2: WHEN GOD FEELS SILENT

Scripture: “Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.” – Psalm 23:4

Devotional:

Silence after trauma can feel like abandonment. But absence is not evidence of God’s departure — it may be the quiet of His nearness. Some healing happens not through words but through presence. You’re not walking alone. The Shepherd walks beside you.

Prayer Prompt:

“God, help me trust You even when I don’t feel You. Sit with me in this silence.”

DAY 3: LET THERE BE LIGHT

Scripture: “Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.” – Psalm 23:4

Devotional:

Your darkness is not too dark for God. Even when your story feels buried beneath layers of pain, His light seeks you out. And here’s the miracle: His light doesn’t blind — it reveals, heals, and leads you forward.

Reflection Prompt:

What’s one part of your past you’re ready to bring into God’s light today?

DAY 4: GRIEF IS NOT A LACK OF FAITH

Scripture: "Jesus wept." – John 11:35

Devotional:

Grief is not weakness. It is not unfaith. Even Jesus — the Resurrection Himself — paused to weep. Your tears are sacred. You are allowed to mourn what was lost while still believing in what can be redeemed.

Journal Prompt:

What are you grieving that still needs permission to be felt, not fixed?

DAY 5: YOU'RE STILL HERE

Scripture: "The righteous may fall seven times, but still get up." – Proverbs 24:16a

Devotional:

You survived what was meant to destroy you. That alone is a testimony. Healing is not about forgetting — it's about learning how to live whole again. You don't need to be perfect to be progressing. The fall wasn't final.

Reflection Prompt:

Write a letter to yourself, honoring your survival and small victories.

DAY 6: FAITH TO BELIEVE AGAIN

Scripture: "I believe; help my unbelief!" – Mark 9:24

Devotional:

After trauma, trusting God again may feel like walking on shattered glass. It's okay to bring your doubts with you. Faith is not the absence of fear — it's the courage to keep reaching anyway. God is not intimidated by your questions.

Prayer Prompt:

"Lord, I want to trust again. Help me where I can't yet believe."

DAY 7: BEAUTY FOR ASHES

Scripture: “He will give a crown of beauty for ashes, a joyous blessing instead of mourning.” – Isaiah 61:3 (NLT)

Devotional:

God never wastes pain. What was meant for harm can be transformed into healing for others. The ashes of your past can fertilize a future that breathes life into more than just you. You are not just healing — you are becoming a vessel of hope.

Reflection Prompt:

How can your story help someone else rise?

THANK YOU!

You just took a powerful step and I want to celebrate you for it.

This isn't just a journal. It's a sacred space to process, to pray, and to write
your brave.

As you go through each page, know this:
You are not alone. God is with you. And your healing matters.

Take your time. Honor your pace.
And remember bravery isn't loud. Sometimes, it's simply showing up with your
whole heart.

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