

A FREE COMPANION TO *THE SHREDDED MAN*

The Hidden Wounds Check-In

A 7-Day Biblical Guide to Identifying What Is Breaking You
Within and Beginning Your Journey to Wholeness

THE PROMISE

In seven days, you will identify the hidden wounds affecting your life, recognize the unhealthy patterns they produce, and take your first practical steps toward healing and a renewed identity in God.

Your story is not over.
God still restores men.

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B rother, this space is for the truth

Many men lead while bleeding. They provide, serve, pray, work, smile and keep moving, while shame, anger, fear, lust, regret, rejection, disappointment or weariness quietly shape their inner world.

This guide will not ask you to pretend that seven days can solve everything. It will help you slow down, notice what hurts, name what has been hidden, and choose a faithful next step. *Wholeness begins when secrecy loses its power.*



THE POSTURE

Be honest with yourself. Be open before God. Be willing to seek wise support. You are not being invited into condemnation. You are being invited into the light.

What You'll Cover

- 01 Behind the Strong Exterior**
What am I hiding behind "I am fine"?
- 02 Naming the Wound**
Identifying rejection, shame, disappointment, fear, failure or betrayal.
- 03 Recognizing the Pattern**
How has this wound affected my relationships, decisions, faith and behaviour?
- 04 Releasing the Shame**
Understanding that failure is an event, not an identity.
- 05 Recovering My Identity**
Replacing damaging labels with what God says about me.
- 06 Choosing Restoration**
One honest conversation, boundary, confession or action I need to take.
- 07 Becoming Whole**
Creating a personal restoration commitment for the next 30 days.

How to Use This Guide

- ✓ Set aside 15–20 quiet minutes each day.
- ✓ Read the listed Scripture in your preferred translation.
- ✓ Write what is true, not what sounds spiritual.
- ✓ Complete the action step before moving on.
- ✓ Share serious struggles with a trusted, qualified person.

This devotional workbook offers spiritual reflection and education. It is not psychotherapy, medical care, crisis support or a substitute for professional help. If you may harm yourself or someone else, contact emergency services or a crisis service in your location immediately.

STARTING POINT

The Hidden Wounds Check-In

For each statement, mark the number that best describes the past 30 days.

0 Never **1** Sometimes **2** Often **3** Almost always

I say "I'm fine" when I am not.	☐ 0 ☐ 1 ☐ 2 ☐ 3
I avoid people or conversations that could expose what I feel.	☐ 0 ☐ 1 ☐ 2 ☐ 3
A past failure still defines how I see myself.	☐ 0 ☐ 1 ☐ 2 ☐ 3
I use anger, work, food, sex, entertainment, substances or isolation to escape.	☐ 0 ☐ 1 ☐ 2 ☐ 3
I feel spiritually distant, numb or tired.	☐ 0 ☐ 1 ☐ 2 ☐ 3
I struggle to receive grace after I make a mistake.	☐ 0 ☐ 1 ☐ 2 ☐ 3
I carry resentment, rejection or disappointment I have not processed.	☐ 0 ☐ 1 ☐ 2 ☐ 3
My hidden battles affect my relationships, leadership or decisions.	☐ 0 ☐ 1 ☐ 2 ☐ 3
I know I need support, but pride or fear keeps me silent.	☐ 0 ☐ 1 ☐ 2 ☐ 3
I feel stuck between who I am and who God has called me to become.	☐ 0 ☐ 1 ☐ 2 ☐ 3

MY TOTAL

/ 30

This is a reflection tool, not a diagnosis. A higher number simply suggests that hidden pain or coping patterns may be taking more space in your life and deserve honest attention.



YOUR FIRST HONEST SENTENCE

Complete this without editing yourself: "The part of my life I most want to hide is..."

Behind the Strong Exterior

What am I hiding behind “I am fine”?

Notice the distance between the man people see and the man you carry within.



READ & REFLECT

Read Psalm 139:1–12. God already knows you completely, and His presence does not withdraw from the places you fear to reveal.

The mask may help you function, but it cannot help you heal. Strength is not the absence of pain. Mature strength is the courage to bring pain into truth, prayer and safe relationship.



REFLECTION

Where do I feel pressure to appear strong?

What am I really saying when I say “I’m fine”?

What am I afraid would happen if someone knew the truth?



ACTION

Name one safe person you could speak with during these seven days. Write the person's name and the first sentence you need to say.

PRAYER

God, You see behind every mask. Give me courage to stop performing and grace to become honest before You and the right people. Lead me into truth without shame. Amen.



Naming the Wound

Identifying rejection, shame, disappointment, fear, failure or betrayal.

You cannot surrender what you refuse to name.



READ & REFLECT

Read Psalm 147:3 and Psalm 34:18. Notice how Scripture describes God's posture toward wounded and brokenhearted people.

A wound may come from rejection, betrayal, neglect, humiliation, loss, failure, abuse, disappointment, fatherlessness, spiritual injury or your own harmful choices. Naming it is not blaming. It is locating the place that needs care.



REFLECTION

My most active wound today is...

When this happened, I began believing...

Because of that belief, I now tend to...



ACTION

Write one clear sentence: "I was wounded by _____, and it has affected _____." Read it privately to God.

PRAYER

Father, I bring You what happened and what it produced in me. Help me face it without becoming trapped in it. Heal what is broken and teach me to walk in freedom. Amen.



Recognizing the Pattern

How has this wound affected my relationships, decisions, faith and behaviour?

Hidden wounds often speak through repeated reactions.



READ & REFLECT

Read Proverbs 4:23 and Romans 12:2. Ask God to show you the link between your inner life, your thinking and your repeated choices.

Pain rarely stays in the past. It may reappear as control, rage, withdrawal, people-pleasing, perfectionism, lust, overwork, addiction, defensiveness or spiritual numbness. The question is not only "What happened?" It is also "What has it been producing?"

MY TRIGGER → BELIEF → REACTION → CONSEQUENCE

TRIGGER	WHAT I TELL MYSELF	MY REACTION	WHAT IT COSTS

Which pattern has affected my relationships, decisions, faith or behaviour the most?



ACTION

Interrupt one pattern today. When the trigger appears, pause, name the feeling, pray, and choose one response consistent with the man you want to become.

PRAYER

Lord, reveal the patterns I have normalized. Renew my mind and teach me a new response. Let truth become stronger than habit. Amen.



Releasing the Shame

Understanding that failure is an event, not an identity.

What you did matters, but it is not the whole truth about who you are.



READ & REFLECT

Read Luke 22:54–62 and John 21:15–19. Peter failed publicly, yet Jesus confronted, restored and recommissioned him.

Shame says, “I am beyond repair.” Conviction says, “This must change, and grace can lead me forward.” Wholeness does not come from minimizing wrong. It comes through confession, responsibility, forgiveness, repair and a new direction.



REFLECTION

The accusation I keep hearing is...

The truth I need to answer with is...

The responsibility I need to take is...



ACTION

Choose one responsible step: confess, apologize, make restitution, set a boundary, request accountability, or seek qualified help. Do not confuse feeling sorry with changing direction.

PRAYER

Jesus, separate my identity from shame while keeping my heart responsive to truth. Give me courage to take responsibility and receive the restoration You offer. Amen.



Recovering My Identity

Replacing damaging labels with what God says about me.

A wounded label should not become a lifelong name.



READ & REFLECT

Read 2 Corinthians 5:17 and Romans 8:1-2. Reflect on what becomes possible when condemnation no longer governs your identity.

Life may have called you rejected, weak, dirty, angry, addicted, unsuccessful or disqualified. God does not restore you by pretending the wound never happened. He restores you by refusing to let the wound have the final word.

REPLACING THE LABEL

THE LABEL I HAVE CARRIED

THE TRUTH I WILL PRACTISE





ACTION

Write a two-sentence identity declaration grounded in Scripture. Read it aloud morning and evening for the next seven days.

PRAYER

Father, uproot every false name I have accepted. Teach me to live from the identity You are restoring, with humility, discipline and courage. Amen.



Choosing Restoration

One honest conversation, boundary, confession or action I need to take.

Restoration becomes visible through a changed direction.



READ & REFLECT

Read Revelation 3:19–20 and James 5:16. Notice the invitations to respond, open the door, confess and receive healing.

Return to discipline. Return to honesty. Return to prayer. Return to your altar. Return to God. A return is more than emotion. It is a concrete decision supported by structure, truth and accountability.

MY RESTORATION PLAN

I will stop...

I will restart...

I will tell...

I will remove access to...

I will ask for help with...



ACTION

Send the message, make the appointment, remove the access, or begin the practice today. Do not postpone the step you already know you need to take.

PRAYER

God, I return to You without excuses. Strengthen my decisions with discipline and surround me with wise support. Make my return visible in the way I live. Amen.



Becoming Whole

Creating a personal restoration commitment for the next 30 days.

Wholeness is not perfection. It is an honest, aligned and continually surrendered life.



READ & REFLECT

Read 2 Corinthians 4:8–9 and Isaiah 40:29–31. Let endurance and renewed strength reshape how you interpret this season.

You may still have work to do, conversations to hold and support to receive. But you are no longer pretending not to see. You have named what hurts, traced its pattern, released shame, recovered truth and chosen a direction.



REFLECTION

What I now understand about myself...

What I believe God is inviting me to do...

The man I am becoming...



ACTION

Tell one trusted person the commitment you are making for the next 30 days and ask for a specific check-in date.

PRAYER

Lord, thank You that being struck down is not the same as being destroyed. Teach me to rise, walk in the light and become whole through daily surrender. Use my restored life to strengthen others. Amen.



My Wholeness Commitment

Choose a small number of actions you can practise consistently. Transformation is strengthened by repeated truth, responsible choices and supportive relationships.

AREA	FOCUS	MY COMMITMENT
Spirit	<i>A daily rhythm of prayer, Scripture and honest reflection</i>	_____
Mind	<i>A truth I will rehearse when shame or fear speaks</i>	_____
Body	<i>A healthy practice that supports rest, energy and self-control</i>	_____
Relationships	<i>One conversation, boundary or repair I will pursue</i>	_____
Accountability	<i>Who will check in, how often, and about what</i>	_____
Support	<i>Professional, pastoral or peer help I will contact if needed</i>	_____

My Accountability Check-in Date: _____

30-Day Tracker

Mark each day you complete your chosen commitment. A missed day is a signal to return, not a reason to abandon the journey.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
8	9	10	11	12	13	14
☐	☐	☐	☐	☐	☐	☐
15	16	17	18	19	20	21
☐	☐	☐	☐	☐	☐	☐
22	23	24	25	26	27	28
☐	☐					
29	30					

Weekly Review

Return to this page each week of your 30-day commitment. A short, honest review keeps the journey from becoming another forgotten resolution.

 REFLECTION

What strengthened me this week?

Where did I return to an old pattern?

What support or adjustment do I need next week?

Your Brokenness Does Not Have the Final Word.

The journey you have begun through *The Hidden Wounds Check-In* is only the beginning. In **The Shredded Man**, you will discover how God meets men in their pain, restores their identity, and leads them from fragmentation into wholeness.

Your story is not over.

God still restores men.

READ THE BOOK

The Shredded Man

The Dilemma of a Broken Man Finding Wholeness in God

For the man who is exhausted, ashamed, stuck, spiritually worn out or quietly fighting to believe that God can rebuild him.

After you read, watch your email for invitations to:



A Clear Restoration Pathway

Structured teaching and weekly action to help you move from awareness into change.



A Brotherhood That Knows Your Name

Consistent accountability, prayer and honest conversation beyond a one-time event.



A Deeper Leadership Rebuilding Experience

Focused support for men whose hidden wounds affect marriage, fatherhood, ministry, work or influence.

Do not hide. Do not go back. Rise and walk in the light.

Now, go and be whole.

ABOUT THE AUTHOR

Isaac Oluwasesan

Isaac Oluwasesan is a minister, counsellor and writer whose work speaks to the hidden battles men carry and the restoring power of God. Through biblical teaching, honest reflection and lived testimony, he invites men out of shame and silence and toward healing, responsibility, renewed purpose and wholeness in God.

He lives in Canada with his wife and their two children.



Your story may be torn, but it is not over. Restoration begins with a return: return to discipline, return to honesty, return to prayer, return to your altar, return to God.