

Church Hurt

Reflection Companion Workbook

A Message to the Wounded and the Watchers

Linda Brinson

Welcome to the Reflection Companion Workbook

This Reflection Companion Workbook was created as a gentle space to process, heal, and respond to what you've read in *Church Hurt: A Message to the Wounded and the Watchers*.

While the book gives voice to pain, truth to confusion, and hope for healing, this workbook invites you to slow down, reflect, and work through your journey at your own pace.

There is no right or wrong way to use this workbook. Healing is personal, and your journey is unique.

How to Use This Workbook

This workbook is designed to be used with the book, but it can also stand on its own if needed.

- You may complete the sections in order or skip to the ones that feel most relevant.
- You do not need to answer every question.
- Some days you may write a lot; other days, very little.
- It is okay to pause, take breaks, or come back later.

This is not an assignment.
This is an invitation.

Gentle Guidelines for the Healing Process

- Be honest with yourself. God already knows your heart.
- Do not rush forgiveness or healing.
- If emotions become overwhelming, pause and pray.
- Consider journaling, prayer, or trusted support in addition to this workbook.
- Healing is not linear; progress may come in waves.

Above all, give yourself grace.

Table of Contents

Part One: The Wounded

The Wounded in the Sanctuary	4
A Word of Warning to the Wounded and the Watchers	6
When Spears Are Thrown	8

Part Two: The Process

The Healing Begins	11
Rebuilding Trust and Identity	14
Serving Again with Courage	17
Forgiveness Without Closure	20
Guarding Your Heart Without Building Walls	21

Part Three Overcomers

Ministering While Healing	23
From Surviving to Thriving	26
Walking In Excellence with the Holy Spirit	28
Loving Hard in the Church	31

Closing

Global Healing Has Begun	33
A Prayer for Commissioning	35

Part One: The Wounded

Reflection to Work It Out: The Wounded in the Sanctuary

Pause and Reflect

1. Have you ever been hurt by those you trusted most in the church?

2. Have you ever felt judged for walking away from something when no one knew the full story?

3. How do you safeguard the truth when others try to rewrite it?

4. Have you ever stayed in a place, spiritually, emotionally, or physically, longer than you should have, waiting for God's release? What signs did you miss, and how did God finally get your attention?

5. Have you ever hidden behind service or silence to avoid pain?

6. Which aspects of your calling have you suppressed to feel safe?

7. What truths are you finally ready to acknowledge so healing can begin?

Scripture for the Soul

"He heals the brokenhearted and binds up their wounds."

—Psalm 147:3

"Woe to the shepherds who destroy and scatter the sheep of my pasture!"

—Jeremiah 23:1

"Open rebuke is better than secret love."

—Proverbs 27:5

"You intended to harm me, but God intended it for good."

—Genesis 50:20

***Reflection to Work It Out:
A Word of Warning to the Wounded and the Watchers***

Pause & Reflect

1. Have you ever felt tempted to speak negatively about a spiritual leader after being hurt? What kept you from doing so, or what do you wish you had done differently?

2. Who is your “safe person,” someone you can confide in without fear of judgment or gossip? How have they helped you walk through spiritual pain?

3. Reflect on your spiritual maturity: In what ways have you chosen to walk in love and self-restraint rather than retaliation?

4. Have you ever allowed someone’s title, opinion, or rejection to silence what God placed within you? What would it look like to reclaim that voice today?

5. Has jealousy or competition ever crept into your ministry? How did it affect your calling or your relationships?

6. Are you currently in an environment that fosters healing, growth, and peace, or is it spiritually toxic? What is God saying to you about your next step?

Scripture Meditation

“Touch not my anointed and do my prophets no harm.”

—1 Chronicles 16:22

“The Lord will perfect that which concerns me.”

—Psalm 138:8

“Guard your heart with all diligence, for out of it flow the issues of life.”

—Proverbs 4:23

Prayer Prompt

Lord, help me guard my heart when I have been wronged. Teach me to pray rather than retaliate. Heal my soul and silence the noise of pain that replays in my mind. Thank You that You have seen every tear and heard every prayer. Help me walk in spiritual maturity and release bitterness so I may continue in my divine assignment, untainted and whole.

***Reflection to Work It Out:
When Spears Are Thrown***

Pause & Reflect

1. Have you ever experienced betrayal by someone you trusted in ministry or leadership? How did it affect your sense of purpose and your trust?

2. What does it mean to you to not throw the spear back? How do you resist the urge to retaliate when you're wronged?

3. In moments of silent suffering, how have you seen God respond to your pain, even when others didn't notice it?

4. Are there any hidden wounds you've been nursing in silence? What would it look like to start releasing them today?

5. How do you define strength, especially in the face of injustice, when it comes to humility, silence, and restraint?

6. David remained aligned with God despite Saul's attacks. In what ways can you remain aligned with God when someone in authority mistreats you?

7. Can you recall a time when God honored your restraint or vindicated you in a situation where you remained silent? What did that experience teach you?

8. What does walking away with your integrity intact look like in your current situation or in past hurt?

9. Like Joseph, can you envision a future moment when you'll be able to say, "God has made me forget the pain"? What healing is needed to get there?

10. What is one step you can take this week to release the spear and embrace the blessing rather than the bitterness?

Part Two: The Process

Reflection to Work It Out: The Healing Begins

Pause & Reflect

1. Are you surviving or healing?

2. What emotions have you suppressed that you need to surrender to God?

3. Have you intentionally distanced yourself from God's presence to protect yourself from people?

4. What vision or gift has God given you that could be the key to your healing?

5. In what ways can you begin reconnecting with God, not just in service, but in intimacy?

Scripture for the Soul

"But He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed."

—Isaiah 53:5

"Draw near to God and He will draw near to you."

—James 4:8

"The Spirit of the Lord GOD is upon me... to bind up the brokenhearted... to give them beauty for ashes, the oil of joy for mourning."

—Isaiah 61:1–3

"His banner over me was love."

—Song of Solomon 2:4

Healing isn't the absence of scars—it's the proof that God brought you through.

"The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."— Psalm 34:18 KJV

"He healeth the broken in heart, and bindeth up their wounds.—" Psalm 147:3 KJV

*"Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God."
—2 Corinthians 1:3-4 KJV*

"The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;"— Isaiah 61:1 KJV

Worship Prayer Declaration

Father, I thank You that You are the God who heals not only bodies but also hearts, minds, and memories. You saw every tear I shed when no one else did. You stood by me in silence when I couldn't find the words to pray. And when I felt forgotten by man, You remembered me.

Today, I offer my worship not just as praise but as a declaration of war against every lie the enemy has spoken over my life. I declare that I am whole, healed, chosen, and loved. What the enemy meant for evil, You are turning for my good.

I speak over my life: no more spiritual numbness, no more fear of walking in my calling, and no more holding back what You have placed within me. You are restoring my voice, reviving my joy, and reigniting my purpose.

Let my worship be a banner of love, victory, and obedience. Use me, with flags in my hands, heart surrendered, eyes fixed on You. I will not stay silent. I will not shrink back. I will worship You with all that I am.

In Jesus' Name, Amen.

Reflection to Work It Out: Rebuilding Trust and Identity

Journal Prompt

Reflect on a time when you felt your trust was broken in ministry. What did that moment take from you, and what is God inviting you to reclaim?

Prayer Focus

Write a personal prayer asking God to help you lower the walls and open your heart to new connections and healing relationships.

Declaration of Identity

Complete this sentence:

“God says I am _____, and I believe it even when I don’t feel like it.”

Action Step

What one step can you take this week to begin rebuilding trust, whether that’s reaching out, forgiving, or journaling your pain?

Pause & Reflect

1. What are the walls I've built, and what are they really protecting me from?

2. Who has God placed in my life to encourage and help me heal?

3. How can I nurture my character and spiritual identity going forward?

4. What role has fear played in keeping me from rediscovering who I am?

5. How can I begin showing up again in my calling, even if it's just one small step?

Encouragement Verse to Meditate On

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

—Psalm 34:18 (NIV)

***Reflection to Work It Out:
Serving Again with Courage***

Journal Prompt

Take a moment to write about the Goliath you are facing right now. What fears, doubts, or wounds are standing in the way of your next step in ministry? Name it. Then write down the “stones” God has already given you to defeat it (examples: faith, Scripture, worship, prayer, courage).

Prayer Focus

Write a short prayer asking God for the boldness to serve again. Be honest with Him about any hesitations, and invite Him to lead you in love and strength.

Declaration of Identity

Finish this sentence with as much passion and truth as you can:

“I am a child of the King, and today I take back

”

Action Step

Write one action God is asking you to take this week that will move you toward serving again with courage. Then make a plan to carry it out and pray over it before you begin.

Pause & Reflect

1. What did I learn about myself in this chapter?

2. How have I seen God's courage manifest in my past?

3. Whom do I need to forgive in order to move forward?

4. What ministry gifts am I ready to dust off and use again?

5. How can I use my story to encourage someone else this week?

Encouragement Verse to Meditate On

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

—Joshua 1:9

Reflection to Work It Out
Forgiveness Without Closure

1. What relationship or situation comes to mind when you need closure?

2. How has waiting for an apology or an explanation affected your healing process?

3. What does it mean to you to forgive without receiving closure?

4. Write a prayer or declaration releasing the person or situation and claiming peace over your future.

5. What does choosing peace over closure look like to you in the coming weeks?

***Reflection to Work It Out:
Guarding Your Heart Without Building Walls***

This workbook page is designed to help you reflect, heal, and move forward with wisdom. Guarding your heart isn't about isolation; it's about intentional protection through God's Word, prayer, and discernment. Let the questions below guide you deeper into your healing journey.

1. In what ways have you built emotional walls to protect yourself from pain?

2. How have those walls affected your ability to build healthy relationships?

3. What's the difference between guarding your heart and building a wall around your own life?

4. Write a list of people, habits, or thoughts that you need to release in order to guard your heart effectively.

5. What scriptures or affirmations can you speak daily to renew your mind and protect your heart?

6. Is there anyone you need to forgive to truly guard your heart without bitterness?

7. Ask God to show you areas of your heart that still need healing. Write down what He reveals.

8. In your own words, define what freedom without walls looks like in your life going forward.

Part Three: Overcomers

Reflection to Work It Out: Ministering While Healing

This page is designed to help you reflect on the sacred call to serve while you are still healing. Take your time with these questions. Let them guide you toward deeper understanding, wholeness, and purpose.

1. What fears or doubts have you had about ministering while still healing?
Write honestly about what holds you back.

2. Describe a time when God used you to help someone else, even while you were going through your own struggle.
What did you learn about His faithfulness in that moment?

3. How does the image of being clay in the Potter's hand help you better understand your healing process?

4. What spiritual disciplines (prayer, worship, studying the Word) have helped sustain you in seasons of inner pain?

5. What lies has the enemy tried to whisper to make you feel unworthy?
List them so you can replace them with truth.

6. Write a declaration affirming that you are still called and chosen by God, even as you heal.
"I declare that..."

7. What do you need to surrender to God so He can continue healing you and use you to bless others?

8. Who in your life can you encourage or speak life into this week—even while God is still restoring you?
Make a plan to reach out to them.

Prayer Declaration

Father,

I thank You that Your power is made perfect in my weakness. I surrender every hidden wound, every doubt, and every fear to Your hands. Even in places where I feel unqualified or unfinished, You have called, anointed, and chosen me to be Your vessel.

Today, I declare that my scars are not my shame; they are my testimony.

I choose to serve with courage.

I choose to love with compassion.

I choose to trust You with every part of my healing.

Fill me afresh with Your Spirit. Renew my strength. Restore my joy.

Let my life be evidence that You can use anyone in any season for Your glory.

In Jesus' name, Amen.

***Reflection to Work It Out:
From Surviving to Thriving***

This final workbook page is your moment for reflection and celebration. You've journeyed through pain, forgiveness, and restoration—and now you're stepping fully into wholeness and purpose.

Let these questions anchor your breakthrough and ignite your next chapter.

1. What does *thriving* look like for you in this season of your life?

2. In what ways has God used your lowest seasons to bring something beautiful to life in you?

3. How do you know you are no longer just surviving but living on purpose?

4. What spiritual, emotional, or relational breakthroughs have you experienced while reading this book?

5. Write a list of everything God helped you survive, and how each prepared you for your purpose.

6. What has God helped you give birth to through your healing?

7. Create a declaration of identity that reflects who you are now that you are whole.

"I am _____, and I will _____."

8. What final word of encouragement would you offer to someone still in their survival season?

9. How will you continue walking in your healing and thrive beyond this book?

***Reflection to Work It Out:
Walking in Excellence with the Holy Spirit***

Take a moment to pause and reflect. This isn't just about reading; it's about transformation. Let these questions guide your heart as you pursue a life marked by the Spirit of excellence.

1. Have you received the baptism of the Holy Spirit?

If not, what's keeping you from it? Are you willing to ask God for this gift today?

2. Do you have a personal relationship with Jesus Christ?

How consistent is your time spent in prayer, fasting, and studying the Word?

3. Are you serving God with your whole heart, or are you holding back?

What areas of your life need to be fully surrendered?

4. Are you doing your best in all things as unto the Lord, even when no one is watching?

What does excellence look like to you in this season?

5. Have you allowed the wounds of the past to distort your view of yourself or others?

What forgiveness or release still needs to happen?

6. Do you reflect Christ's character in your attitude, actions, and work ethic?

Would others recognize Jesus in your excellence?

7. Are you resisting the call to excellence out of fear, insecurity, or fear of rejection?

How can you allow the Holy Spirit to empower you beyond those limitations?

8. What is one step you can take this week to begin walking in a greater spirit of excellence, whether spiritually, emotionally, or practically?

Daily Declaration

I Walk in Excellence and Wholeness

Speak this over your life every day. Let your words align with heaven's intention for you.

In the name of Jesus, I declare:

- I am healed from the hurt of my past.
- I will no longer carry the weight of offense, betrayal, or rejection.
- The blood of Jesus has covered my wounds, and the oil of the Holy Spirit has healed my heart.
- I am led by the Spirit, not by my emotions.
- I will walk in integrity, purpose, and power.
- I will not shrink back, compromise, or dim my light to make others comfortable.
- I carry a spirit of excellence not for man's approval but to honor my God.
- I have the mind of Christ.
- I think with clarity, serve with compassion, and move with conviction.
- The excellence of the Holy Spirit dwells within me, and through Him I can do all things.
- Jealousy, resentment, and spiritual warfare will not shake me.
- I stand firm in truth, wrapped in grace, filled with oil, and fueled by purpose.
- I am chosen. I am called. I am covered.
- I will finish my assignment with excellence.

***Reflection To Work It Out:
Loving Hard in the Church***

Pause & Reflect

1. Have you ever found yourself giving your all to ministry and feeling deeply hurt in return?
How did you respond?

2. Do you recognize moments when you may have prioritized ministry over your family?
How can you honor both without neglecting either?

3. What does “staying on the cross” look like in your personal life?

4. How can you love deeply without becoming bitter or burned out?

5. Are there any past wounds from church hurt that you still need to lay at Jesus's feet?

6. How can you guard your heart while still loving like Christ?

Declaration of Love and Strength

Say this out loud over your life as a reminder of who you are and what you carry:

I am a vessel of love.

Even when I am misunderstood, I will love.

Even when I am betrayed, I will not give in.

Even when my heart is pierced, I will not lose my character.

I choose to love like Christ, deeply, selflessly, and unwaveringly.

I release the pain, but I keep the passion.

I let go of offense, but I hold on to my assignment.

I declare that my love will not grow cold.

I will not let bitterness take root.

I am called, chosen, and covered.

I may have been nailed, but I will not come down.

I will rise with healing in my heart, purpose in my hands, and love in my voice.

I am still standing.

I am still loving.

I am still His.

Amen.

CLOSING

“Global Healing Has Begun”



Global healing is a movement of divine restoration that transcends borders, cultures, and denominations. It's the collective awakening of believers worldwide, including Catholic, Pentecostal, Baptist, Methodist, non-denominational, and beyond, who have been wounded in the very places they sought refuge.

There's undeniable evidence that the Holy Spirit is moving in this generation to mend hearts, rebuild trust, and reclaim faith. This healing doesn't belong to one church, one pastor, or one group. It's the global Body of Christ rising from the ashes of betrayal, spiritual abuse, and disillusionment.

In living rooms, cathedrals, storefront churches, and underground fellowships, God is gently removing shame, restoring identity, and calling His people back to Himself, not to religion but to relationship.

Global healing is proof that no wound is too deep and no heart too scattered for the love of God to gather, heal, and make whole again

“So, we, being many, are one body in Christ, and every one members one of another.” Romans 12:5 KJV

Healed, not hidden.
Freed, not forgotten.

This is the sound of deliverance.

What you see here and what you feel stirring in these pages is unfolding in hearts all around the world.
Women and men, once bound by silent wounds, are rising with glowing hearts and lifted hands.

You are not alone.
Your story matters.
Your healing has begun.

Church Hurt: A Message to the Wounded and the Watchers is more than a book; it's a movement.

A cry for healing.

A call for accountability.

A wave of restoration is sweeping through the Body of Christ.

May this message reach the wounded in every nation.

May they rise, unwrapped, and worship.

This is not the end; it is the beginning.

The beginning of a global movement of deliverance and restoration.

Global Healing Has Begun.

A Prayer for Commissioning

Father God,

I thank You for every heart that has journeyed through these pages, every wounded soul, every weary servant, and every faithful watchman. I thank You for the healing already begun, the freedom declared, and the restoration You are bringing to Your Body.

Today, Lord, I lift up this reader before Your throne of grace. I ask that You anoint them afresh with courage, clarity, and a spirit of excellence. May every chain of shame, bitterness, or regret fall powerless to the ground. May the oil of joy replace every tear. May the beauty of Your presence flood every place where pain once reigned.

I commission them now in the name of Jesus Christ
To rise and walk in wholeness.
To serve with boldness.
To forgive with supernatural grace.
To minister from a place of humility and strength.
To walk in the authority of their calling, unshaken by the voices of the past.

Holy Spirit, fill them with fresh fire.
Let Your gifts flow freely through them.
Let their lives be a living testimony that **church hurt does not have the final word; Jesus does.**
Wherever they go, let them carry the fragrance of Christ.
Let their love heal.
Let their hands restore.
Let their voices awaken hope in others' hearts.

Father, I declare that no weapon formed against them will prosper. Every tongue that rises against them will be silenced. And every plan of the enemy will be overturned in Jesus' name.

Bless them, keep them, and cause Your face to shine upon them. Surround them with Your angels.
Empower them to finish their race with joy and to hear, "Well done, good and faithful servant."

In Jesus' mighty name,
Amen

