

PURPOSE-LED DISCIPLESHIP

RESTORED

A Gentle Afternoon of Truth, Healing, and Hope

A Sunday Afternoon Retreat • Participant Workbook

Restoration is not erasing what happened. It is allowing Christ to decide what happens next.

A companion to Restored: Experience God's Healing

Kristal Walden

Purpose-Led Discipleship

Welcome

This workbook belongs to you. You may write as much or as little as you choose. You will never be required to show anyone what you have written.

You do not need to tell your entire story today. You do not need to force forgiveness, produce an emotional response, or prove that you are healing. You may pass during conversation, step away for a moment, or ask for support.

Restored can stand on its own. You do not need to have attended another retreat or read another book. We will begin with plain Christian truth and move gently, one step at a time.

THE PURPOSE OF THIS AFTERNOON

Name one burden. Let truth enter one part of the story. Release what is not yours to carry. Receive one faithful next step from Christ.

Before We Begin

Confidentiality helps create trust, but safety matters too. Please do not repeat another person's story outside the group. Leaders may need to seek additional help when someone may be in danger or when a safety concern cannot remain private.

Forgiveness, reconciliation, trust, and access are not the same thing. You will not be asked to return to an unsafe situation, accept unwanted touch, or make a public disclosure. Pastoral support, counseling, medical care, advocacy, and emergency help can all be faithful parts of healing.

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Scripture quotations marked KJV are from the King James Version, which is in the public domain.

Sunday Afternoon Schedule

TIME	EXPERIENCE
12:45–1:00 PM	Arrival, refreshments, and seating
1:00–1:20 PM	Welcome, retreat foundation, and opening prayer
1:20–2:00 PM	Movement One: Name What You Are Carrying
2:00–2:10 PM	Short break
2:10–2:55 PM	Movement Two: Let Truth Correct the Story
2:55–3:05 PM	Short break
3:05–3:40 PM	Movement Three: Release What Is Not Yours to Carry
3:40–3:55 PM	The gospel and a quiet response
3:55–4:00 PM	Blessing and release

A Simple Rhythm

1. Arrive without needing to perform.
2. Listen to Scripture and teaching.
3. Notice what Christ is bringing to your attention.
4. Respond with one honest and faithful step.
5. Release the outcome and return to ordinary life.

Where Restoration Begins

Psalm 34:18 (KJV)

“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”

Restoration does not begin when we finally stop hurting. It begins when we bring the truth of what hurts into the presence of Christ.

God is not frightened by grief, confused by fear, or disappointed by the fact that healing takes time. He does not ask us to call harm good. He does not require us to pretend a loss did not matter. He does not ask us to become our own savior.

Restoration is not returning to the exact person we were before the wound. It is allowing Christ to meet us where we are, separate our identity from what happened, renew what pain has distorted, and lead what happens next.

Some things need forgiveness. Some need grieving. Some need repentance. Some need a boundary. Some need support. Some need surrender. We do not all need the same response, but we can all begin with honesty.

Settling In

What do I hope God might help me notice today?

PERMISSION TO BE GENTLE

You do not have to choose the most painful part of your story. Begin with the place you can bring honestly to God today.

Movement One

Name What You Are Carrying

Psalm 55:22 (KJV)

“Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.”

1 Peter 5:7 (KJV)

“Casting all your care upon him; for he careth for you.”

Read Along

Heavy can begin feeling normal.

We can carry grief, fear, guilt, shame, responsibility, regret, or the need to control an outcome for so long that we stop recognizing the weight. We may call it strength. We may call it love. We may call it being the responsible one. We may simply assume this is who we are now.

But a burden is not the same as an identity.

Pain can leave more than a memory. It can leave a meaning. Something happens, and somewhere inside us a sentence begins forming: “I am not safe.” “I am too much.” “I am not enough.” “I have to keep everyone together.” “If I stop carrying this, everything will fall apart.”

The event may be over while the meaning keeps working. It shapes what we expect, what we fear, what we tolerate, how quickly we react, and how hard we work to control what comes next.

This is why naming the burden matters. We cannot bring the right thing to God if we keep calling every weight by the same name.

- Sin may need confession, repentance, and restitution.
- Loss may need grieving and permission to miss what mattered.
- Harm may need truth, safety, boundaries, and support.
- Responsibility may need one obedient next step.

- Control may need surrender of an outcome that belongs to God.
- Shame may need the mercy and identity Christ gives.
- Ongoing distress may need pastoral and professional care.

Responsibility is not the same as control. Responsibility asks, “What is mine to do?” Control asks, “How can I make everything turn out the way I need?” You may be responsible to tell the truth, apologize, keep a boundary, ask for help, or take one practical step. You are not responsible for another adult’s choices, feelings, repentance, healing, or final response.

You do not have to carry the entire outcome in order to be faithful.

What Am I Carrying?

Name one burden in a few words:

What happened or what is happening? Write one or two factual sentences. You do not need to explain the whole story.

What did I begin believing about myself, others, God, or the future?

What might this burden need? Check any that fit.

- Grieving
- Repentance
- Forgiveness
- Truth
- A boundary
- Support
- Surrender

- Time

What is one faithful responsibility that belongs to me?

What part of the outcome does not belong to me?

A Simple Prayer

“Lord Jesus, You see what I carry and why I learned to carry it. Give me courage to name the burden without letting it name me. Show me what belongs in Your hands, what faithful action belongs in mine, and what support I need. Sustain me as I learn to release the weight. Amen.”

Movement Two

Let Truth Correct the Story

John 8:32 (KJV)

“And ye shall know the truth, and the truth shall make you free.”

Romans 12:2 (KJV)

“And be not conformed to this world: but be ye transformed by the renewing of your mind...”

Read Along

Pain remembers. Fear predicts. Christ leads.

Pain looks backward and says, “This happened.” Fear looks forward and says, “It will happen again.” Both can contain important information, but neither can see the whole story. Jesus can lead us in the present without asking us to deny the past or pretend the future holds no risk.

Emotions give us information, but they do not have to give us direction. Fear may tell us that something feels unsafe. That deserves attention. It does not automatically prove what another person means, what tomorrow holds, or whether God has abandoned us. Anger may reveal that something important has been crossed. Sadness may reveal a loss. Shame may accuse us of being permanently unworthy.

We do not have to shame the feeling. We can listen, ask what it is showing us, and then let truth decide the next step.

Acceptance is not approval. You can accept that something happened without calling it good. You can stop arguing with reality without agreeing with the wrong.

Forgiveness is not the same as reconciliation, trust, or access. Forgiveness releases vengeance to God. Reconciliation requires truth from more than one person. Trust grows through consistent fruit over time. Access can be limited when wisdom and safety require it.

Repentance is not shame. Conviction says, “This needs to change; come back to Christ.” Shame says, “This is all you will ever be; hide.” One leads toward mercy and transformation. The other keeps the wound in charge.

The truth about God matters most. He is near. He sees. He can correct you without humiliating you. He can lead you to forgive without demanding unsafe closeness. He can restore your identity without erasing your memory.

The Lens and the Light

What do I know happened or is happening?

What is pain, fear, or shame telling me this means?

What truth about God, myself, others, or the future needs to enter the story?

What would a wise next response look like if truth, not fear, led me?

TRUTH DOES NOT IGNORE DANGER

If the known facts point to harm, coercion, abuse, or credible risk, a truthful response may include distance, help, reporting, or a firm boundary.

Truth I Can Carry

- I can accept reality without approving harm.
- I can grieve without losing faith.
- I can repent without living under shame.
- I can forgive without restoring trust or access before there is truth and fruit.
- I can set a boundary without hatred.
- I can receive help without calling myself a failure.
- I do not need the whole future before taking the next faithful step.

The truth I most need today is:

Prayer

“Father, renew my mind with truth. Show me where pain has rewritten my identity, where fear has predicted a future You have not declared, and where shame has told me to hide. Give me discernment that is honest about risk and still led by Christ. Teach me to see clearly and respond faithfully. In Jesus’ name, amen.”

Movement Three

Release What Is Not Yours to Carry

Matthew 11:28–30 (KJV)

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me... For my yoke is easy, and my burden is light.”

2 Corinthians 5:17 (KJV)

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

Read Along

Healing is not erasing the story.

You may still remember. You may still grieve. A boundary may still be necessary. A relationship may be changed. A difficult consequence may remain. Restoration does not require you to pretend none of that is true.

Restoration means the wound is no longer allowed to decide every response, relationship, and expectation. Christ is becoming more authoritative than what happened.

Sometimes we need to release the demand that another person finally understand. Sometimes we need to release self-punishment after genuine repentance. Sometimes we need to release the role of rescuer. Sometimes we need to stop carrying responsibility for another adult's choices. Sometimes we need to forgive again. Sometimes we need permission to grieve without fixing anything today.

A boundary is not the same as a wall. A boundary names what is needed for truth, safety, and responsible love. A wall refuses all vulnerability because hurt must never be possible again. The goal is not to become untouchable. It is to become truthful, wise, and free enough to love without abandoning what God has asked you to guard.

You do not have to become anyone else's savior. You can pray, love, tell the truth, offer appropriate help, and obey God. You cannot repent for another person, force their healing, control their choices, or guarantee the outcome.

Your job is faithfulness. God remains God.

One Burden, One Truth, One Step

Release: What burden, outcome, debt, role, or accusation am I placing into God's hands?

Receive: What truth, mercy, permission, or promise is Christ giving me?

Respond: What is one faithful step for the next seven days?

Who is one safe person I can ask to walk with me?

Open Hands Prayer

“Lord Jesus, this is what I have been carrying. You know what happened, what it cost, and what I still do not understand. Show me what belongs in Your hands. Show me what faithful action belongs in mine. I release the outcome I cannot control. I receive Your mercy, truth, wisdom, and presence. Lead me in the next step. I do not have to finish healing today. I only need to keep walking with You. Amen.”

Closing Response

The Gospel and Your Response

Everything we have explored rests on one Person: Jesus Christ. God created us to know Him, but every person has sinned, and sin separates us from God. We cannot repair that separation by becoming better, becoming religious, or healing ourselves.

Because God loves us, He sent Jesus Christ, His only Son. Jesus lived a blameless life without sin, died on the cross for all our sins, and rose again. On the cross, He stood in our place and bore what our sin deserved. He bridged the gap we could never cross and provided the only way for us to come to the Father.

John 14:6 (KJV)

“Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.”

Salvation is God’s gift, received through faith rather than earned by works. To receive Christ is to acknowledge your sin, turn from sin and self rule, believe that Jesus died and rose again, and trust Him alone as Savior and Lord. This is more than having a meaningful experience. It is the beginning of a real relationship with the living Christ.

Romans 10:9–10 (KJV)

“That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.”

If You Are Ready to Receive Christ

Prayer is a conversation with God. It is the response of faith in which you acknowledge your sin and need for God, confess Jesus as Lord, believe God raised Him from the dead, accept His gift of salvation, and receive Christ as your Savior and Lord. Prayer does not earn salvation; Jesus saves. Speak to Him honestly in your own words or use this prayer:

PRAYER

Lord Jesus, I believe You are God's only Son. You lived without sin, died on the cross for all my sins, and rose again. I know I have sinned and cannot make my own way to God. I turn from my sin and trust You alone. Forgive me. I accept Your gift of salvation and receive You as my Savior and Lord. Come into my life and help me follow, serve, and love You. Thank You for giving Yourself for me, standing in my place, and making the way for me to know the Father. In Jesus' name, amen.

Be Secure in What Christ Has Done

If you turned from sin and placed your trust in Jesus Christ, your confidence does not rest in a feeling or in whether you prayed every word perfectly. It rests in Jesus, in what He accomplished, and in His promise.

John 6:37 (KJV)

"All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out."

You have not merely had an experience. You have begun a relationship with Christ.

Tell Someone and Begin Well

Following Christ is personal, but it is not meant to be hidden or walked alone. Tell a retreat leader or another mature Christian that you trusted Christ. Let them celebrate with you, answer questions, pray with you, and help you begin with Scripture, honest prayer, baptism, and connection to a healthy, Bible-believing church.

I trusted Christ today: ☐ Yes ☐ I want to talk with someone ☐ I am still considering

The person I will tell or ask to walk with me:

If You Already Belong to Christ

Return to the response you wrote: one burden to release, one truth to receive, and one faithful step to take. You do not need to promise that you will never struggle again. Bring the struggle back to Christ as often as you need to.

My prayer for the way home:

A Gentle Practice for the Next Seven Days

Healing is usually carried into ordinary life through small, repeated returns to truth. Use this simple practice once each day. It should take only a few minutes.

1. **Name:** What am I carrying today?
2. **Notice:** What is pain, fear, guilt, or shame telling me?
3. **Receive:** What is true about God and who I am in Christ?
4. **Respond:** What is one faithful action for today?
5. **Release:** What outcome belongs in God's hands?

A STEADY REMINDER

You may pick the burden back up. That does not mean you failed. Notice it, tell the truth, and place it into God's hands again. Restoration is not a performance. Keep returning to Christ.

Support I May Need

- Prayer with a trusted Christian
- A conversation with a pastor or ministry leader
- A counselor, doctor, advocate, or support group
- A safety plan or a clearer boundary
- Rest, grief, or time before making a major decision
- A practical act of repentance or repair

The support I will contact:

When I will contact them:

Notes

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