



**HEART
TO TABLE**

A SELF-GUIDE JOURNAL

**Look within. Be kind to yourself.
Run to the One who heals.**

Heart to Table · HEAL

A 100-Page Journal Restored.

Healing doesn't happen in isolation.

BEFORE YOU BEGIN

HOW TO HOLD THIS JOURNAL

Not a workbook to finish. A place to return to whenever you need somewhere honest to put what you're carrying.

EVERY PAGE ASKS YOU TO

Look within	Ask the honest question. You can't heal what you refuse to see.
Be kind	Answer without punishing yourself. Healing is not a courtroom.
Run to Him	Hand what you uncover to God. He meets you exactly here.

THE SHAPE OF THE JOURNEY • PAGES

Arriving	01–10	Letting go	51–60
Looking within	11–20	Roots of identity	61–70
Tenderness toward self	21–30	Trusting the Healer	71–80
The body remembers	31–40	Rebuilding	81–90
People & relationships	41–50	Rising whole	91–100

This journal belongs to _____

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in isolation.

[illegible]

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ISAIAH 41:10

This image shows a single sheet of cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.


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Whose voice do you hear most often when you fail at something? Notice if that voice is kind or cruel. Ask God to replace it with His own.

"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning." **LAMENTATIONS 3:22-23**


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What question have you been avoiding asking yourself? Ask it now, gently, with room to not have the full answer yet. Bring the not-knowing to God too.

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever." **PSALM 73:26**

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EPHESIANS 4:32


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JOHN 14:27

What is one way you have been hard on yourself today, even in small ways? Notice it without adding more harshness on top. Ask God to soften what you have hardened toward yourself.

"I lift up my eyes to the mountains, where does my help come from? My help comes from the Lord."

PSALM 121:1-2


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JEREMIAH 29:11


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PSALM 40:1-2


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What is one thing you are ready to stop carrying today, even if you cannot fully explain why? Name it and set it down, at least on this page. Ask God to keep it so you do not have to pick it back up.

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What do you believe makes you valuable, and does it hold up under pressure? Examine it honestly. Ask God to root your worth in something that cannot be shaken.

"Search me, God, and know my heart. Lead me in the way everlasting." **PSALM 139:23-24**

DEUTERONOMY 31:8


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What is one small, doable step toward the life you actually want? Name it specifically, not vaguely. Ask God for courage to take just that one step.

"The Lord is my light and my salvation, whom shall I fear?" PSALM 27:1

What have you rebuilt before that you thought was permanently broken? Remember that process in detail. Let it be proof that rebuilding is possible again.

"Not by might nor by power, but by my Spirit, says the Lord Almighty." **ZECHARIAH 4:6**


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What does hope actually feel like in your body right now, even a flicker of it? Notice it without dismissing it as too small. Thank God for that flicker.

"Before they call I will answer; while they are still speaking I will hear." ISAIAH 65:24


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What are you building now that your past self would be proud of? Let yourself feel that pride without minimizing it. Thank God for the distance you have already come.

"Though outwardly we are wasting away, yet inwardly we are being renewed day by day." 2

CORINTHIANS 4:16

What is one boundary, habit, or truth you are committed to protecting from here on? Name it clearly. Ask God for the discipline to actually protect it.

"I have set the Lord always before me. Because He is at my right hand, I will not be shaken." **PSALM 16:8**

Who do you want to become in the next season, and what is the first honest step toward her? Name both. Ask God to walk every step of that becoming with you.

"For I am the Lord your God who takes hold of your right hand and says, do not fear; I will help you."

ISAIAH 41:13

What would you tell someone just beginning this journey that you wish you had known at the start? Write it as if speaking directly to them. Let it also remind you how far you have come.

"When anxiety was great within me, your consolation brought me joy." **PSALM 94:19**


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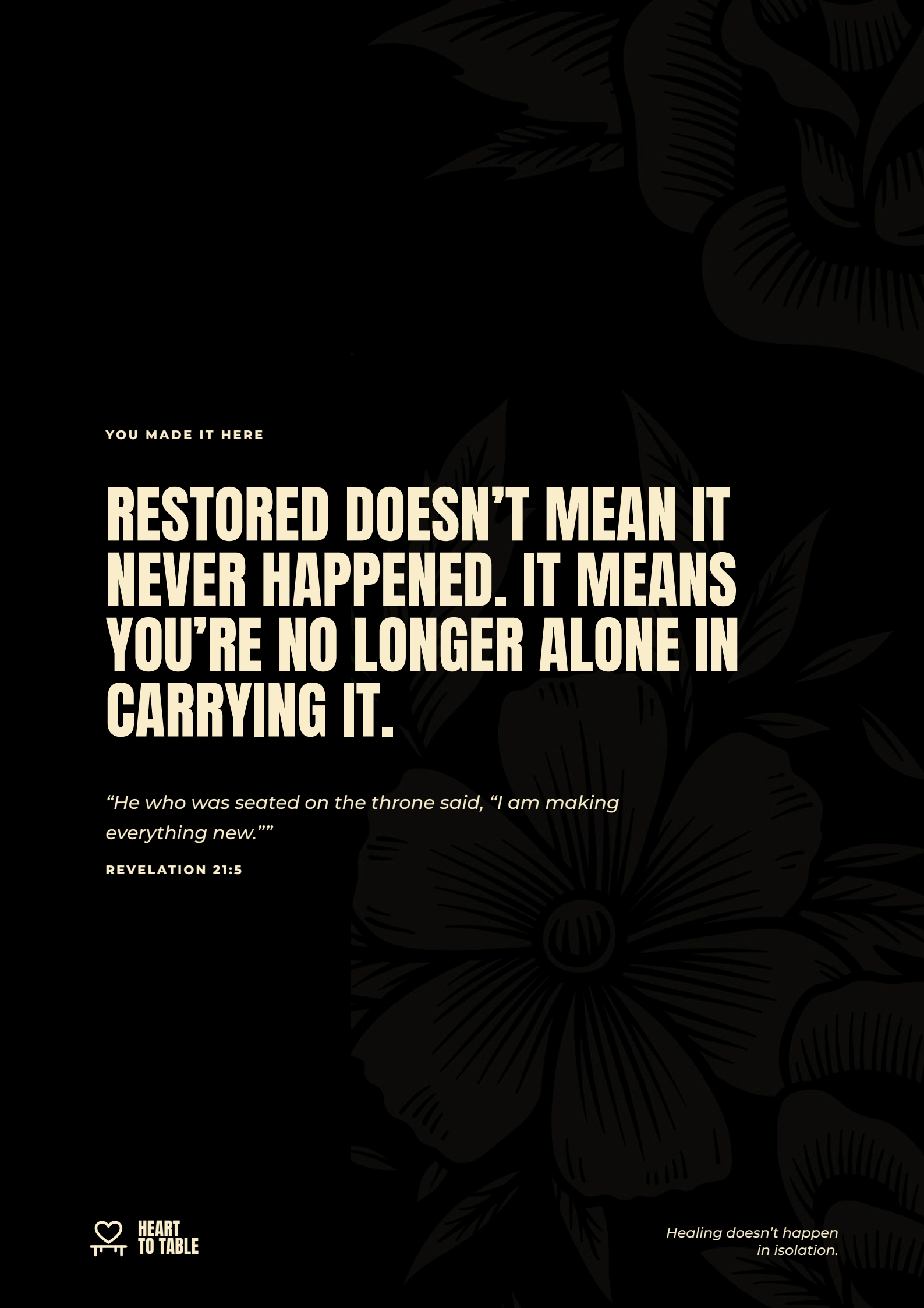
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What would you say to the version of you who started this journal on page one? Speak to her with the compassion she needed then. Thank God for walking every page between then and now.

"Come to me, all you who are weary and burdened, and I will give you rest." **MATTHEW 11:28**

As you close this journal, what do you want to carry forward, and what are you finally ready to leave behind? Name both clearly. Ask God to help you walk forward whole, one day at a time.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." PSALM 34:18



YOU MADE IT HERE

**RESTORED DOESN'T MEAN IT
NEVER HAPPENED. IT MEANS
YOU'RE NO LONGER ALONE IN
CARRYING IT.**

*"He who was seated on the throne said, "I am making
everything new.""*

REVELATION 21:5