Heart to Table

A HEAL JOURNEY SELF-GUIDE

Before your first table

Heart to Table · Heal Journey

Bring Your Tired Heart

HEAL · Release. Restore. Rebuild.

WHERE YOU'RE STARTING FROM

You didn't open this by accident.

Something in you is tired. Maybe it's grief you've been carrying quietly. Maybe it's a version of yourself you've been performing for so long you forgot who you were underneath it. Maybe you don't even have the words yet — just a heaviness you're ready to set down.

Wherever you're starting from, this guide is here to walk with you. Not to fix you. Not to rush you. Just to walk with you.

You don't need to be healed to begin. You just need to be honest.

WHAT HEAL ACTUALLY IS

Heal is about release, restoration, and rebuilding — for grief, forgiveness, and the slow, unglamorous work of emotional healing.

It's not about arriving somewhere polished. It's about learning to feel what you feel without running from it, and discovering that you're still safe on the other side of that feeling.

"YOU ARE SAFE TO FEEL HERE."

Let that be true of this page, wherever you're reading it. Your bedroom floor. A quiet corner. The back of a matatu. Wherever you are right now — you're safe to feel here.

HOW TO USE THIS GUIDE

There's no timeline. No right way to move through this.

Some days you'll read a page and feel nothing shift. Other days, one sentence will undo you completely — in the good way. Both are fine. Healing rarely moves in a straight line.

Come back to this as often as you need to. Write in the margins. Skip what doesn't apply yet. Sit with what does.

HEALING RARELY MOVES IN A STRAIGHT LINE.

"Come to me, all who labor and are heavy laden, and I will give you rest."

MATTHEW 11:28

HEAL · 04

SITTING WITH YOURSELF

You don’t need to answer these perfectly, or even fully. Just let them sit with you for a while — a day, a week, however long it takes.

What am I still carrying that I haven’t put down?

Who or what do I need to forgive — including myself?

When did I last feel truly safe enough to be honest, even with myself?

What would it look like to feel even slightly lighter than I do today?

Healing rarely announces itself with fanfare. It usually just asks you to slow down enough to notice it happening.

HEAL · 05

A WORD FOR TODAY

> *“Come to me, all who labor and are heavy laden, and I will give you rest.”*
>
> **MATTHEW 11:28**

That invitation is old, but it hasn’t expired. It’s still open. It’s still for you.

You are not behind. You are not too far gone. You are not the only one who feels this way.

Bring your tired heart to this page today. That’s the only thing you actually need to bring.

BRING IT HERE

You are safe to feel here.

Heart to Table

Heart
to Table

THIS IS THE FIRST PAGE OF YOUR HEAL JOURNEY

BRING YOUR TIRED HEART.

Come back to it whenever you need to remember where you started.

You are safe to feel here.