FROM BROKEN TO EMPOWERED

A JOURNEY TO HEALING & FREEDOM COVER BY: MASON J JACOBS

FROM BROKEN TO EMPOWERED

This book is for anyone who has experienced trauma. It's a reminder that no matter what you've been through, God's love is always with you, and His grace will lead you to peace and healing. From Broken to Empowered is a journey toward finding strength, comfort, and restoration through faith.

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COVER DESIGN & ILLUSTRATIONS

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LETTER TO READERS

Dear Beloved,

It is with love and care that we share this book, "From Broken to Empowered: a Journey to Healing & Freedom." We understand that the journey to healing can sometimes feel long and lonely, but we want you to know-you are not alone. This book was created just for you. Every word, every prayer, and every scripture is meant to remind you of the unshakeable love that God has for you.

If you've ever felt lost in your pain, questioned your worth, or carried guilt that was never yours to bear, know this book is here to help you remember that God sees you. He is with you, every step of the way.

as you read through these pages, we hope you'll find the courage to release the burdens you've been carrying, to forgive yourself, and to embrace the truth that you are deeply loved. The scriptures within these pages are not just promises—they're declarations of God's love, spoken over your life.

This isn't just a book; it's a companion for those of us navigating the complexities of trauma, healing, and spiritual renewal. We are here for you, and Sub Rosa Trace Inc. is honored to walk beside you on this journey toward healing and empowerment.

with the prayers included in this book, we trust that God will bring comfort, strength, and peace to your heart. Let Him lift the weight from your shoulders and fill you with His love.

with love and prayers,

Sub Rosa Trace INC. Date: 9/05/2024

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INTRODUCTION

If you're reading this, we want to begin by saying one simple but powerful truth: what happened to you is not your fault. Whether you've faced abuse, violence, betrayal, or any form of trauma, the pain you've experienced does not define your worth.

IN this book, we'll talk about why trawna survivors often carry feelings of guilt or blame, how God sees you in your pain, and how faith and psychology can come together to guide you toward healing. Clong the way, you'll learn how to embrace God's unconditional love for you and let go of the burdens that were never meant to be yours.

God sees you. He knows your heart and hears your cries. He has been with you in every painful moment, and now He is inviting you to walk toward healing and restoration. Through His word, through prayer, and by understanding the complexities of trauma, you'll begin to find comfort in His grace and peace.

UNDERSTANDING TRAUMA & SELF-BLAME

CHAPTER 1:

when something traumatic happens, it's natural to wonder if you could have changed the outcome. Self-blame is often an attempt to regain a sense of control, but this is where the enemy tries to deceive you. It's not your fault.

HEALING THE WOUNDS OF SELF-BLAME

Imagine carrying a heavy backpack filled with stones. Each stone represents a moment of self-blame. The weight is unbearable, but you keep walking, telling yourself you deserve to carry it. God wants to remove that backpack. He wants you to hand Him every stone and allow His grace to take the weight from your shoulders.

God says in Matthew 11:28-30 (NKJV): "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

THE WEIGHT OF TRAUMA

when trauma strikes, it shatters our sense of safety and can leave us feeling powerless, broken, and confused. Trauma is an event or series of events that deeply wounds the heart and mind, shaking our understanding of the world around us. It doesn't just impact us physically or mentally—it also reaches into our spirits, distorting the way we see ourselves and others.

One of the most common Responses to trauma is self-blame. Victims of abuse, violence, betrayal, or other traumatic experiences often wonder, "what could I have done differently?" or "why didn't I stop it?" These questions stem from a psychological need to make sense of the pain and regain some sense of control. But the reality is that trauma is never your fault.



THE FALSE SENSE OF CONTROL

Psychologists have long studied the human tendency to blame oneself after trauma. This is often referred to as internalized blame or survivor guilt. It arises when we believe that, in some way, we could have changed the outcome or prevented the trauma. This is an instinctive response to a world that suddenly feels chaotic and unpredictable. We blame ourselves because it gives us a false sense of control over a situation where we felt powerless.

But this self-blame is a lie. Trauma is not caused by the actions or inactions of the survivor-it is the result of someone else's choices. The responsibility lies with the person who caused the harm, not the person who experienced it.

IN JEREMIAN 17:9 (NKJV), the Bible WARNS US About our hearts: "The heart is deceitful above all things, and desperately wicked; who can know it?"

Our hearts, when overwhelmed by trauma, can deceive us into believing that we are somehow to blame for what happened. But God Knows the truth, and He does not hold us responsible for the sins of others.

HOW TRAUMA DISTORTS OUR VIEW OF OURSELVES

TRauma doesn't just leave physical and emotional scars; it can also distort the way we see ourselves. It can make us feel broken, dirty, or unworthy. These feelings are compounded when we carry the burden of self-blame. We start to believe that we are somehow deserving of what happened or that we are less valuable because of the trauma we've endured.

But the truth is this: Your value in God's eyes has never changed. No matter what has happened to you, no matter what lies the enemy tries to tell you, God sees you as His precious child. Isaiah 43:4 (NKJV) says: "Since you were precious in My sight, you have been honored, and I have loved you."

God loves you with a love that is unshakable and unconditional. Nothing that has happened to you can diminish your worth in His eyes. The pain you've endured does not define you-God's love defines you.

THE IMPACT OF TRAUMA ON THE BRAIN

TRawna can change how our brains function. When we experience trawna, the limbic system, which is Responsible for processing emotions, often goes into overdrive. This is the part of the brain that triggers the fight, flight, or freeze response. In the aftermath of trawna, the brain can become stuck in survival mode, causing us to relive the event through flashbacks, nightmares, or overwhelming feelings of anxiety.

The amygdala, a small part of the brain that processes fear, becomes hypersensitive after trauma. It can cause us to feel constantly on edge or to blame ourselves for not reacting "better" during the traumatic event. But this is not a reflection of your character or your strength—it's a natural, biological response to trauma. The way your brain reacts under stress is not something you control, and it is not something you should feel guilt over.

God understands our human limitations and frailties. Psalm 103:14 (NKJV) says: "For He Knows our frame; He remembers that we are dust." God knows the trauma you've endured, and He understands the deep impact it has had on your mind and heart. He does not judge you for the ways your body and brain have responded to trauma. Instead, He offers you healing and restoration.

GOD'S RESPONSE TO TRAUMA

God's heart breaks for those who have been wounded. He is not distant from your pain—He is right there with you, holding you close and offering you His strength and healing.

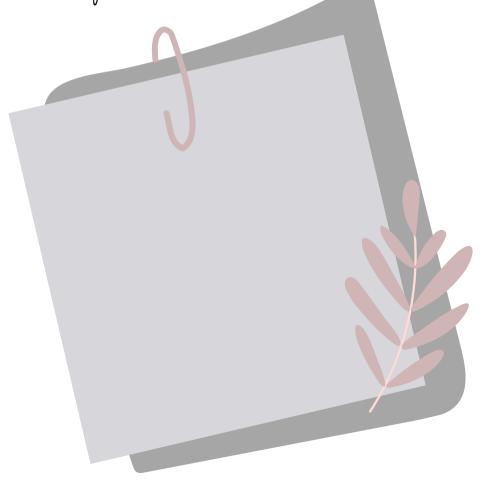
N Psalm 34:18 (NKJV), the Bible says: "The Lord is Near to those who have a broken heart, and saves such as have a contrite spirit."

God is Not far from you in your pain. He knows the depth of your suffering, and He stands beside you, offering His comfort. He does not hold you responsible for the evil actions of others—He sees you as His beloved child, and He grieves with you.

LOVE NOTE

""BELOVED CHILD, YOU ARE NOT AT FAULT FOR WHAT HAS HAPPENED. HE SEES THE BURDENS YOU CARRY, AND HE ASKS YOU TO GIVE THEM TO HIM. HE WILL CARRY THEM FOR YOU."

when trauma has left you feeling broken and shattered, God steps in as your healer. He does not expect you to heal yourself or carry the weight of the trauma alone. He carries it for you.



HOW GOD HEALS TRAUMA

Isaiah UI:3 (NKJV) promises: "To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness...."

God doesn't just want to remove your pain—He wants to turn it into something beautiful. He wants to take your trauma and create something that reflects His love, grace, and power.

How beautiful is it, that He can take what was meant for evil and use it for good, for your good.

LOVE NOTE

"BELOVED, YOU ARE NOT RESPONSIBLE FOR THE ACTIONS OF OTHERS. HE SEES YOUR PAIN, AND HE KNOWS THE LIES THE ENEMY HAS TOLD YOU. HE IS YOUR DEFENDER, YOUR PROTECTOR, AND YOUR HEALER. HE LOVES YOU WITH AN EVERLASTING LOVE, AND HE WILL NEVER LEAVE YOU.."

RELEASING SELF-BLAME

Releasing self-blame is a process, but it starts with understanding the truth: You are not to blame for what happened to you. The guilt you feel does not come from God -it comes from the enemy. Satan is the accuser, but God is the defender.

Revelation 12:10 (NKJV) calls Satan the "...accuser of our brethren...," but God silences the accuser with His truth.

IN ROMANS 8:1 (NKJV), the Bible Reminds us: "There is therefore now no condemnation to those who are in Christ Jesus...."

God does not condemn you. He does not place blame on you. You are free from guilt because you are in Christ.

The labor of self-blame wears on your soul, but God invites you into His rest. You are not responsible for the actions of others.

NOTE TO SELF:

GOD'S PROMISE FOR YOUR HEALING

Psalm 34:18-19 (NKJV) says: "The Lord is Near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all."

Your heart may feel shattered, but God is Near. He is holding you through this, waiting for you to give Him each piece so He can make something beautiful out of the brokenness. God's promise is not only to be with you in your brokenness but to deliver you.

LOVE NOTE

BELOVED, HE HAS SEEN YOUR TEARS. EVERY TEAR YOU'VE CRIED HAS BEEN PRECIOUS TO HIM. HE IS GATHERING THEM AND USING THEM TO WATER THE SEEDS OF RESTORATION THAT ARE GROWING IN YOUR LIFE. YOU ARE NOT DEFINED BY THIS PAIN, BUT BY HIS LOVE FOR YOU.

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GOD'S UNCONDITIONAL LOVE AND HEALING CHAPTER 2:

God's love for you is not conditional on what has happened to you, nor on how you perceive yourself. You are loved because He created you, and nothing can change that.

GOD'S LOVE TRANSFORMS PAIN

Trauma can make us feel unworthy of love, but...

Romans 8:38-39 (NKJV) says: "For I am persuaded that Neither death Nor life, Nor angels Nor principalities Nor powers, Nor things present Nor things to come, Nor height Nor depth, Nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."

God's love transcends your pain. Even when you don't feel lovable, God's love surrounds you and invites you into healing. His love is not something that can be taken away by circumstances, actions of others, or even your own feelings of unworthiness.

THE JOURNEY OF HEALING

Healing from trauma is a journey. Just as a wound takes time to close and form new skin, your heart needs time to heal. But God promises in Isaiah 41:3 (NKJV): "To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified."

God will Replace every piece of sorrow with joy, every wound with beauty. He takes the ashes of our lives and brings something beautiful out of them. This transformation is not immediate, but God is with you through every step.

BIBLICAL STORIES OF GOD'S LOVE IN SUFFERING

Job's Story: Job lost everything-his family, his health, his livelihood-but through his suffering, he never let go of his fJob 42:10 (NKJV) shows God's faithfulness: "Ound the Lord restored Job's losses when he prayed for his friends. Indeed the Lord gave Job twice as much as he had before."

God's love for Job Never Wavered, and in the end, He restored everything Job had lost and more.

Hannah's Prayer: Hannah wept before God for a child, feeling the weight of her suffering. But in her vulnerability, God heard her cry and blessed her with a son, Samuel.

Samuel 1:27 (NKJV) says: "For this child I prayed, and the Lord has granted me my petition which I asked of Him."

These stories remind us that God sees us in our lowest moments, and His love is unchanging. His heart breaks with ours, and He promises that suffering is never the end of the story.



LOVE NOTE

"YOU ARE HIS MASTERPIECE. IN YOUR PAIN, YOU MAY NOT SEE WHAT HE SEES. BUT HE SEES A FUTURE FILLED WITH HOPE, RESTORATION, AND BEAUTY. YOU ARE NOT BROKEN BEYOND REPAIR. YOU ARE BEING TRANSFORMED BY HIS LOVE."

THE PSYCHOLOGY OF GUILT AND FORGIVENESS

CHAPTER 3:

Guilt tells us that we could have changed something, that we should have done more. But guilt is a thief. It steals your peace, joy, and the ability to move forward. Forgiveness isn't about forgetting what happened—it's about freeing yourself from the burden of guilt and letting God heal you.

PSYCHOLOGY OF GUILT

Guilt often stems from a desire to understand the trauma and control it. We believe that if we could just pinpoint the exact moment where something went wrong-where we should have done something differently-then maybe we could make sense of the pain. This is the mind's way of attempting to regain control after trauma has stripped it away. Guilt provides a false sense of control, making us believe that somehow, we had the power to change what happened. But this is not the truth.

THE PSYCHOLOGY OF GUILT AND FORGIVENESS CHAPTER 3:

TRAUMA happens because of someone else's actions, circumstances beyond your control, or forces greater than you. You did not cause it, and you are not responsible for it.

The belief that you should have done more, known better, or prevented the trauma is rooted in a need for order in a chaotic and unjust world.

It's a natural human response to attempt to bring meaning to pain, but guilt distorts this process. Instead of providing clarity, it traps you in a cycle of self-blame that denies the reality: you were not at fault.

THE ILLUSION OF CONTROL

At the heart of guilt is the illusion of control. When we experience trauma, especially at the hands of others, it's common to ask, "Why did this happen to me?" or "What could I have done to stop it?" This stems from our deepseated need to believe that the world operates fairly, that bad things only happen when we make mistakes or fall short.

By taking on guilt, we convince ourselves that we had control over the situation-because admitting we didn't can be terrifying. It's frightening to accept that sometimes, no matter what we do, harm can come our way through no fault of our own.

But true healing begins when we acknowledge the limits of our control and recognize that trauma often has nothing to do with our actions. The choices others make, the external forces at play, and the brokenness of the world are all beyond our ability to manage. Guilt keeps us tethered to the past, but understanding and acceptance set us free.

NOTE TO SELF:

THE EMOTIONAL WEIGHT OF GUILT

The emotional burden of guilt can be overwhelming. It can lead to feelings of unworthiness, shame, and self-doubt. Guilt becomes a lens through which you view yourself, coloring every action and decision with the question, "Oun I doing enough? Oun I good enough?" These constant selfinterrogations wear down your spirit, preventing you from experiencing the fullness of life and the joy that God intends for you.

This weight can manifest physically, leading to exhaustion, tension, or even chronic pain. Mentally, it creates a state of hyper-vigilance, where you're constantly on guard, expecting the worst or assuming responsibility for every negative outcome. Spiritually, guilt isolates you from the love and grace of God because it convinces you that you are not deserving of His healing touch. But this guilt is not yours to carry. It's important to recognize that guilt, when left unchecked, is not a motivator for change—it's a barrier to growth and healing.



RELEASING THE GUILT

To release the hold of guilt, we must first confront the lies that guilt whispers. The lie that you were supposed to control everything. The lie that you should have been stronger or more prepared. The lie that the trauma was somehow your fault.

These are the lies that guilt uses to trap you. But God calls you to a different truth: the truth that you are loved, that you were not responsible for the harm that was done to you, and that you are worthy of healing. This is the truth that allows you to release the guilt and place it where it belongs—not on yourself, but in the hands of God.

GOD'S VIEW OF FORGIVENESS

Forgiveness is a tool God gives us to free our hearts. IN Ephesians 4:32 (NKJV), we are reminded: "And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."

God doesn't want you to live in the chains of guilt. His word is clear. in Romans 8:1 (NKJV): "There is therefore now no condemnation to those who are in Christ Jesus." If God doesn't condemn you, why should you condemn yourself?

REPLACING GUILT WITH GRACE

Releasing guilt is not just about letting go of what you couldn't control; it's about replacing that guilt with something greater: grace. God's grace is the ultimate antidote to guilt. It says, "You are enough. You are loved. You are forgiven." Grace acknowledges that while you may have faced pain and trauma, you don't need to carry the responsibility for it any longer. Grace lifts the burden that guilt imposes and invites you into a space of healing and restoration. Guilt tells you that you should have done more. Grace tells you that you are already enough. Guilt keeps you looking backward at what could have been.

Grace invites you to look forward to what can be. By accepting God's grace, you step into a life free from the weight of self-blame and filled with the hope of healing and renewal.

GOD'S VIEW OF FORGIVENESS

Forgiveness is a divine gift—a tool God gives us to free our hearts and heal our souls. When God commands us to forgive, He's not asking us to ignore the pain or pretend the hurt never happened. Rather, He's offering us a pathway to freedom. In Ephesians 4:32 This verse invites us to model our lives after Christ's example. Christ, who bore the weight of the world's sin, extended forgiveness to those who betrayed Him, and He did so not for their sake alone, but to restore their relationship with God.

Forgiveness is not just for others—it's also for ourselves. God has already forgiven you, even for the things you blame yourself for. The mistakes, the regrets, the "what ifs" that haunt your thoughts—God has wiped them away with His grace. His forgiveness is complete and absolute. But He doesn't stop there. He invites you to take that same grace and apply it to yourself, to forgive yourself as He has forgiven you.

THE POWER OF SELF-FORGIVENESS

Self-forgiveness can often be the hardest part of healing. While we may intellectually understand that God has forgiven us, emotionally, we may struggle to release the guilt we carry. We hold onto past mistakes, believing that we deserve to be punished. But God's forgiveness is not conditional on our self-punishment. He does not ask for selfcondemnation as penance. Instead, He asks for a humble heart, willing to receive His grace.

Forgiving yourself is a powerful act of obedience. It's an act of trust in God's character, believing that His grace is greater than your guilt. When you forgive yourself, you are accepting the gift of freedom that God offers. You are choosing to believe that God's love for you is stronger than your worst mistakes, that His grace is bigger than your deepest regrets.

when we forgive ourselves, we release the weight that holds us back from healing. Self-forgiveness is not about excusing our own behavior or minimizing our pain; it's about releasing ourselves from the endless cycle of blame and allowing God's love to enter into our brokenness.

THE POWER OF SELF-FORGIVENESS THE INVITATION TO HEAL

God's forgiveness is a doorway to healing. When we choose to forgive-whether it's others or ourselves-we open the door to a deeper relationship with Him. Forgiveness clears the path for God's love to flow freely into the wounded places of our hearts. It creates space for healing, for peace, and for restoration.

It's important to remember that forgiveness is not excusing the harm done to you, nor is it a dismissal of your pain. Forgiveness doesn't mean that what happened was okay or that the wrongs inflicted upon you don't matter. Rather, forgiveness is about releasing the hold that pain and bitterness have over your heart. It's about saying, "I will no longer allow this to define me or dictate my future." Forgiveness breaks the chains that keep you bound to the past, freeing you to step into the future God has for you.

LOVE NOTE

"HIS LOVE IS STRONGER THAN THE LIES YOU'VE TOLD YOURSELF. YOU ARE FREE."

GOD'S MODEL OF FORGIVENESS

when God forgives, He doesn't do so half-heartedly or with conditions. IN Psalm 103:12 (NKJV), we are reminded: "Ous far as the east is from the west, so far has He removed our transgressions from us." His forgiveness is complete. It's an act of grace that is given freely, without any requirement for us to earn it. Ound this is the model of forgiveness He asks us to follow-not just toward others, but toward ourselves.

God's forgiveness is rooted in His deep, abiding love for us. His desire is not just to forgive us but to restore us. He wants to remove the burden of guilt and shame from your heart so that you can experience the fullness of life He has planned for you. When we forgive, we are participating in that restoration process. We are letting go of the things that weigh us down, trusting that God is working all things for our good.

FORGIVENESS AS FREEDOM

Forgiveness is an act of freedom. It's choosing to no longer be held captive by anger, resentment, or guilt. It's allowing God to break the chains that have kept you bound to past hurts and mistakes. When you forgive, you release the power that those negative emotions have over your life. Forgiveness allows you to take back control. It gives you the power to move forward, unburdened by the weight of the past. It opens the door to healing, to joy, and to peace. By forgiving yourself and others, you're not only freeing your heart from pain, but you're also making room for God's blessings to flow into your life.

FORGIVENESS AS TRUST IN GOD

At its core, forgiveness is an act of trust. It's trusting that God's justice is greater than our need for revenge. It's trusting that His love is greater than our pain. It's trusting that His grace is sufficient to cover every wrong, every mistake, and every regret.

when you forgive, you are placing your trust in God's ability to heal and restore. You're saying, "I believe that God's grace is enough for me. I believe that He will take care of the hurt that has been done to me. I trust that He will make things right, in His time and in His way."

Forgiveness is not a one-time act. It's a daily choice to trust God with your heart, to release the pain, and to allow Him to bring healing. and as you continue to forgive, you will find that God's peace begins to replace the pain, and His joy begins to fill the places where bitterness once lived.

WHY IT'S NOT YOUR FAULT

CHAPTER 4:

The eveny tries to convince you that you should have done something to prevent what happened. But that is a lie. It was never your fault.

One of the enemy's most powerful weapons is the lie that whispers, "You should have done something to stop this."

This lie grows louder in moments of pain, reinforcing a false narrative that you are somehow responsible for the trauma or harm inflicted upon you. But that is a lie, and it is time to expose it for what it is: an attempt to keep you chained to guilt, fear, and shame.

IT WAS NEVER YOUR FAULT.

You did not cause the pain, and you were never meant to carry the burden of what others have done. God's truth is greater than the enemy's lies, and His truth declares your innocence and worth.

THE ENEMY'S TACTICS

The enemy uses guilt to Rob you of peace and distort your perception of Reality. He tries to convince you that if you had only said something different, acted faster, or been stronger, the trauma could have been avoided. This is an insidious tactic designed to keep you trapped in self-blame, preventing you from experiencing the freedom and healing God wants for you.

But here's the truth: you are not responsible for the actions of others. You cannot control the choices they made, and it was never within your power to prevent what happened. It's essential to understand that people make their own decisions, and those decisions are often influenced by brokenness, sin, and their own struggles. You are not to blame for their actions.

NOTE TO SELF:

BREAKING FREE FROM THE LIE

When you carry the weight of trauma as if it were your responsibility, you are carrying a burden that was never yours to bear. IN Matthew 11:28-30 (NKJV), Jesus says: "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." God invites you to exchange the heavy burden of self-blame for the light and gentle yoke of His grace.

The enemy wants to keep you in a state of mental and spiritual exhaustion, weighed down by guilt and shame. But God's desire is for you to live in freedom. By releasing the guilt and recognizing that it was never your fault, you are stepping into the life of healing that God has prepared for you. You are not defined by the actions of others; you are defined by God's love and grace.

YOU ARE NOT TO BLAME

1 Peter 5:7 (NKJV) Reminds us: "Casting all your care upon Him, for He cares for you." God wants you to cast every care, every piece of guilt, and every ounce of shame onto Him. He will carry it because you were never meant to. God is reminding you today that you are not responsible for the actions of others. Their choices were theirs alone, and God's care for you is unshakable.

Think of the weight you've been carrying—the self-blame, the regret, the endless questions of "what if?" God's hands are open, ready to take that burden from you. He doesn't ask you to fix what happened, and He doesn't blame you for the wrongs committed by others. He asks you to come to Him as you are, with all your pain, and let Him carry the load you were never meant to bear.

GOD'S UNSHAKABLE CARE

God's love for you is not dependent on your ability to prevent harm or avoid trauma. His care for you is constant and unshakable. Even when the world feels out of control and you are tempted to believe the lie that you should have done more, God's truth stands firm. He is your refuge and strength, and He promises to carry your burdens. Psalm 40:1 (NKJV) tells us: "God is our refuge and strength, a very present help in trouble." He is present with you in every moment of pain, and He offers Himself as a place of safety. His arms are open to catch you when the weight of guilt feels too heavy. He wants you to rest in the knowledge that you are loved, protected, and cared for.

RELEASING THE BURDEN

Letting go of guilt doesn't happen all at once. It's a process of learning to trust that God's grace is enough and that His love is greater than your pain. Releasing the burden starts with a decision: a decision to believe that God's word is true and that the enemy's accusations are lies.

You are not responsible for the choices others made. You are not to blame for the trauma you experienced. You are not meant to carry the guilt of actions that were outside your control. Instead, you are called to release those burdens into God's hands, where they belong.

Each time you feel the weight of guilt creeping back in, remind yourself of God's promise: "For I know the plans I have for you," says the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremian 29:11, NKJV). God's plans for you are filled with hope, healing, and a future that is not defined by your past.

GOD'S INVITATION TO FREEDOM

God's invitation to you today is an invitation to freedom. Freedom from the lie that you were responsible for what happened. Freedom from the shame that tries to cling to your soul. Freedom to walk in the truth that you are His beloved child, and nothing—nothing—can separate you from His love.

Romans 8:38-39 (NKJV) declares: "For I am persuaded that Neither death Nor life, Nor angels Nor principalities Nor powers, Nor things present Nor things to come, Nor height Nor depth, Nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."

This is your truth. God's love for you is stronger than any guilt or shame. It's stronger than any lie the enemy has told you. It's stronger than any trauma you have faced. God's love is the anchor that holds you steady, even when the storms of guilt and blame rage around you.

EMBRACING GRACE

God's grace is more than enough for every mistake, every moment of doubt, and every feeling of guilt. His grace covers you completely. When you choose to embrace that grace, you are choosing to release the lies that have kept you bound and step into the freedom that only He can provide.

It's not your fault. It never was. God's grace is waiting to wash over you, to heal the wounds left by guilt, and to set you free from the weight of self-blame. All you need to do is surrender that burden to Him, trusting that His love is big enough to carry it all.

LET GO OF THE GUILT

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TAKE HOLD OF THE GRACE.

God wants you to cast every care, every piece of guilt, and every onnce of shame onto Him. He will carry it because you were never meant to. God is reminding you today that you are not responsible for the actions of others. Their choices were theirs alone. God's care for you is unshakable, and He offers you relief from the burdens you were never meant to carry.

LOVE NOTE

"HE IS CARRYING YOU THROUGH THIS. HIS LOVE FOR YOU IS BIGGER THAN THIS TRAUMA, AND HE WILL RESTORE EVERYTHING THAT WAS STOLEN FROM YOU. YOU ARE NOT TO BLAME. YOU ARE HIS BELOVED."

PRACTICAL STEPS TO RELEASE SELF-BLAME AND HEAL THROUGH FAITH

CHAPTER 5:

Healing is an active process that requires participation. God walks with you, but He also invites you to take practical steps to release guilt and begin healing. Here are some steps to guide you:

Offirm the Truth Daily: Speak God's truth over your life every day. Say out loud: "It was not my fault." Repeat it as often as needed.

Lean on God's Strength: IN moments of weakness, turn to Philippians 4:13 (NKJV): "I can do all things through Christ who strengthens me." You do not have to walk this journey alone or in your own strength. God will carry you through.

Forgive Yourself: You may not feel ready, but start small. Ask God to help you forgive yourself for carrying guilt that wasn't yours. He will help you release it. Prayer: Here's a prayer you can use, let God guide you:

"Dear God, I release the guilt I have carried for so long. I KNOW NOW that I am Not to blame, and I ask. You to help me walk in that truth daily. Owner."

LOVE NOTE FROM GOD

"HE KNOWS THE STEPS ARE HARD, BUT HE IS WITH YOU IN EACH ONE. HE WILL NOT LET YOU FALL. YOU ARE WALKING INTO FREEDOM, AND HE IS GUIDING EVERY STEP. TRUST HIM

PRAYERS FOR HEALING AND RENEWAL CHAPTER 6:

PRAYER FOR ANXIETY AND FEAR

Lord, when fear overwhelms me, remind me that You are my peace. Calm my anxious heart and help me trust in Your love and protection. In moments when I doubt, remind me that You are near.

IN JESUS' NAME, AMEN.

PRAYER FOR FORGIVENESS

Lord, I ask for Your strength to forgive-both myself and others. I know that holding onto guilt and anger keeps me from fully experiencing Your peace. You have shown me that forgiveness is a gift You have already given me. Ephesians 4:32 Help me to release these burdens and trust in Your plan for healing. Teach me to walk in forgiveness, knowing it brings freedom. IN JESUS' NAME, AMEN.

PRAYER FOR HEALING

Dear Heavenly Father,

I come to You with a heart burdened by pain and confusion. I ask for Your healing touch, knowing that You are my protector. Psalm 147:3 (NKJV) reminds me that "He heals the brokenhearted and binds up their wounds." Please bring peace to my heart, mend what is broken, and help me release the guilt, shame, and blame I've been carrying. Surround me with Your love and restore me in Your grace.

IN JEŠUS' NAME, AMEN.

PRAYER FOR STRENGTH AND COURAGE

Lord, I ask for Your strength in moments when I feel weak or overwhelmed. I know that I can do all things through Christ who strengthens me, as Philippians 4:13 (NKJV) says: "I can do all things through Christ who strengthens me." Help me stand firm in Your truth, facing each new day with confidence, knowing You are with me in every battle. Grant me the courage to continue this journey of healing, even when it feels hard. I know You are my source of strength and endurance. IN TESUS' NAME, AMEN.

PRAYER FOR PEACE

Father, I need Your peace.

The world feels overwhelming, and my heart is restless. But Your word promises peace that transcends understanding. Philippians 4:7 (NKJV) says: "Ound the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." I ask for that peace to cover me, calm my thoughts, and settle my spirit. Help me trust that You are in control, and let Your peace guide me through every storm. IN JESUS' NAME, AMEN.

PRAYER FOR OVERWHELMING EMOTIONS

Dear Lord, when my heart is overwhelmed, lead me to the rock that is higher than 1. I feel the weight of my emotions and the chaos they bring, but I trust that You are my calm in the storm. Psalm u:2 (NKJV) says: "From the end of the earth I will cry to You, when my heart is overwhelmed; lead me to the rock that is higher than 1." Help me release this burden, surrendering every worry, fear, and doubt to You. Guide me to Your peace and let Your love be my anchor.

IN JESUS' NAME, AMEN.

PRAYER FOR HOPE AND RESTORATION

Father, I pray for hope and restoration in my life. I trust that You are working all things together for my good, as Your word promises. Romans 15:13 (NKJV) says: "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit." I ask that You renew my hope, lift my spirit, and fill me with the joy that comes from knowing You are restoring every part of my life. IN JESUS' NAME, AMEN.

PRAYER FOR TRUST IN GOD'S PLAN

Lord, I KNOW that Your plans for me are good, even when I don't see the full picture. Jeremiah 29:11 (NKJV) says: "For I KNOW the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a future and a hope." I trust in Your perfect plan for my life. Guide my steps and help me surrender fully to Your will, Knowing that You are leading me to a place of healing, peace, and fulfillment.

IN JESUS' NAME, AMEN.

CONCLUSION: EMBRACING GOD'S GRACE

as you move forward, remember this: You are not defined by your trauma. You are God's beloved, and in His eyes, you are whole, beautifully restored, and deeply cherished. His grace is more than enough to sustain you, and His love is greater than any pain or hardship you have endured.

God's word promises in Romans 5:5 (NKJV): "Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."

Let this truth sink deeply into your heart: God's love never fails, never falters, and never gives up on you. His love is your constant source of strength, hope, and renewal. Even when life feels overwhelming, His grace is there to carry you, transforming your pain into healing and your brokenness into wholeness. In His love, you will find the strength to rise again, fully restored and unshakably loved.

WHO WE ARE AND WHAT WE FIGHT FOR

At Sub Rosa Trace, we are warriors for justice, driven by faith and a relentless commitment to bring light into the darkest places of this world. Our mission is to fight for those who cannot fight for themselves—survivors of trafficking, exploitation, and abuse—restoring hope and dignity where it has been lost. Through our unique combination of investigative expertise and unwavering faith in God, we confront the realities of brokenness and pain, knowing that through Him, we can shatter even the deepest darkness.

You've walked the path of healing with It's Not Your Fault, and now it's time to take the next step. The Warrior Edition is your invitation to move from healing into action. We believe that every person has the power to rise, to fight, and to reclaim their future. Our calling at Sub Rosa Trace is to stand on the front lines of this battle-not just exposing the truth, but empowering others to find their voice, break their chains, and walk in victory.



This is more than a mission—it's a movement. Now that you've embraced healing, we invite you to join us as a warrior. Together, we will fight with strength, courage, and purpose—bringing hope to the hopeless and change to the world.

we invite you to now Embrace the next book "It's not your fault, warriors Edition"

This is your call to arms. Will you answer it?



REFERENCES AND CITATIONS

CHAPTER 1: UNDERSTANDING TRAUMA AND SELF-BLAME

when something traumatic happens, it's natural to wonder if you could have changed the outcome. Self-blame often feels like a way to regain control, but it is not your fault. Trauma is never caused by the actions or inactions of the survivor. This psychological response is often referred to as "survivor guilt" or "internalized blame".

Citation: (Omerican Psychological Ossociation, Trauma and Self-Blame)

THE IMPACT OF TRAUMA ON THE BRAIN

"TRauma changes how the brain functions. It causes the limbic system to go into overdrive, triggering survival responses such as fight, flight, or freeze. The amygdala, responsible for processing fear, becomes hypersensitive after trauma, causing a constant state of alert. This biological reaction is not your fault, nor does it reflect weakness."

Citation: (Smith, J. 2020, Understanding Trauma: Psychological and Spiritual Perspectives)

CHAPTER 3: THE PSYCHOLOGY OF GUILT AND FORGIVENESS

"Guilt tells us that we could have changed something, but this is not the truth. According to trauma studies, guilt can stem from the belief that we had control over the situation, even though the traumatic event was caused by someone else."

Citation: (Omerican Psychological Ossociation, Trauma and Self-Blame)

CHAPTER 5: PRACTICAL STEPS TO RELEASE SELF-BLAME

Offirm the Truth Daily

"Psychological studies have shown that Repeating affirmations can help restructure negative thought patterns and promote healing from trauma. When you speak God's truth over your life, it reinforces a positive narrative that counters the lies trauma often instills."

Citation: (Smith, J. 2020, Understanding Trauma: Psychological and Spiritual Perspectives)

REFERENCES AND CITATIONS

TALK TO A TRUSTED FRIEND OR COUNSELOR

"Psychological Research supports the importance of seeking support from trusted individuals, especially in the aftermath of trauma. Building a support system through friends or professional counselors is a key step in processing emotional pain and fostering healing."

Citation: (Omerican Psychological Ossociation, Trauma and Self-Blame)

CHAPTER 6: PRAYERS FOR HEALING AND RENEWAL

"The power of prayer and meditation has been recognized in various psychological studies for its calming effects and ability to provide emotional relief. Engaging in these practices helps in managing trauma and fostering a deeper connection with one's inner self and faith."

Citation: (Smith, J. 2020, Understanding Trauma: Psychological and Spiritual Perspectives)

• AMERICAN PSYCHOLOGICAL ASSOCIATION

- · Omerican Psychological Ossociation. (N.d.). Trauma and Self-Blame.
- Citation: (Cunerican Psychological Classociation, Trauma and Self-Blame)

• SMITH, J. (2020)

- Smith, J. (2020). Understanding Trauma: Psychological and Spiritual Perspectives.
- Citation: (Smith, J. 2020, Understanding Trauma: Psychological and Spiritual Perspectives)

SCRIPTURES USED IN THIS BOOK

MATTHEW 11:28-30 (NKJV)

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (New King James Version, Matthew 11:28-30)

ROMANS 8:38-39 (NKJV)

"For I am persuaded that Neither death Nor life, Nor angels Nor principalities Nor powers, Nor things present Nor things to come, Nor height Nor depth, Nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord." (New King James Version, Romans 8:38-39)

PSALM 147:3 (NKJV)

"He heals the brokenhearted and binds up their wounds." (New King James Version, Psalm 147:3)

PHILIPPIANS 4:13 (NKJV)

"I can do all things through Christ who strengthens me." (New King James Version, Philippians 4:13)

1 PETER 5:7 (NKJV)

"Casting all your care upon Him, for He cares for you." (New King James Version, 1 Peter 5:7)

PSALM 103:14 (NKJV)

"For He KNOWS OUR FRAME; He Remembers that we are dust." (New King James Version, Psalm 103:14)

ISAIAH 61:3 (NKJV)

"To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; That they may be called trees of righteousness, the planting of the Lord, that He may be glorified." (New King James Version, Isaiah U:3)

JEREMIAH 29:11 (NKJV)

"For I KNOW the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." (New King James Version, Jeremian 29:11)

EPHESIANS 4:32 (NKJV)

"Ound be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you." (New King James Version, Ephesians 4:32)

ROMANS 5:5 (NKJV)

"Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." (New King James Version, Romans 5:5)

PSALM 34:18-19 (NKJV)

"The Lord is Near to those who have a broken heart, and saves such as have a contrite spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all."

(New King James Version, Psalm 34:18-19)

REVELATION 12:10 (NKJV)

"Then I heard a loud voice saying in heaven, 'Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down."

(New King James Version, Revelation 12:10)

ROMANS 8:1 (NKJV)

"There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit." (New King James Version, Romans 8:1)

HEALING AND REFLECTION GUIDE: A JOURNEY TO WHOLENESS

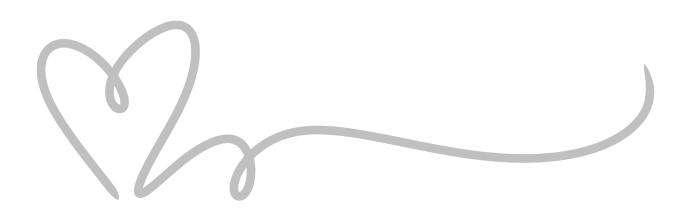
Welcome to this space of healing and Reflection, designed to help you process your journey with God's grace. Through prayer, journaling, and reflection, may you find the peace that surpasses all understanding, and the freedom that comes with Knowing you are loved beyond measure. God's love heals every wound, and this guide will walk alongside you as you embrace His grace.



PERSONAL_REFLECTIONS_ON_HEALING

My journey was filled with moments of doubt, but in those moments, God's love became the light that guided me. Healing doesn't happen all at once—it is a journey that God walks with us. You are not alone, and as you reflect, know that God is holding you every step of the way. This guide is your invitation to lean into His presence, to release the burdens that weigh you down, and to find peace in His embrace.

Begin Yours:



REFLECTIVE_EXERCISES_FOR_EACH_CHAPTER

CHAPTER 1: UNDERSTANDING TRAUMA AND SELF-BLAME

- Question: what burdens of self-blame have you been carrying?
- Oction: Write a prayer asking God to help you release that self-blame. Hand it to Him in faith, knowing He will lift that weight from your heart.

JOURNAL PROMPT FOR CHAPTER 1:

what burdens have you held onto that were never yours to carry? How do you feel God calling you to release them? Write your prayer for release and let Him carry your burden.



CHAPTER_1_JOURNAL_PAGE

"God's grace is greater than your guilt. His love is a refuge where you can lay your burdens down."



CHAPTER_1_JOURNAL_PAGE

"God's grace is greater than your guilt. His love is a refuge where you can lay your burdens down."



REFLECTIVE_EXERCISES_FOR_EACH_CHAPTER

CHAPTER 2: GOD'S UNCONDITIONAL LOVE AND HEALING

- Question: How does knowing that God's love is unconditional change the way you see yourself?
- Oction: Spend a few quiet moments in prayer, asking God to show you where you've been holding onto guilt or shame.
 Write down the places in your heart where you need His love to enter and heal.

JOURNAL PROMPT FOR CHAPTER 2:

Reflect on a moment when you experienced God's love despite feeling unworthy. How did His love impact you? Write about that moment and how it changed your understanding of who you are in Christ.

CHAPTER_2_JOURNAL_PAGE

"God's love KNOWS NO bOUNDS. There is Nothing that can separate you from His grace."



CHAPTER_2_JOURNAL_PAGE

"God's love knows no bounds. There is nothing that can separate you from His grace."



REFLECTIVE_EXERCISES_FOR_EACH_CHAPTER

CHAPTER 3: THE PSYCHOLOGY OF GUILT & FORGIVENESS

- Steps to Forgiveness:
- Ocknowledge the Pain: Name the hurt you've experienced. It's okay to feel the pain, but it's not okay to carry it forever.
- Give it to God: Surrender the pain at the foot of the cross. Pray that God's grace will replace the bitterness, and trust that He will help you forgive.
- Choose to Forgive: Even when the pain resurfaces, choose daily to forgive. Forgiveness is not a one-time act, but a daily surrender to God's healing.

JOURNAL PROMPT FOR CHAPTER 3:

what is one hurt you've been holding onto? Write a letter to God, asking Him to help you release that pain. Include the name of the person you need to forgive (even if that person is yourself) and invite God into the process of healing.

CHAPTER_3_JOURNAL_PAGE

"Forgiveness doesn't make the pain disappear, but it sets your heart free to heal in God's grace."



CHAPTER_3_JOURNAL_PAGE

"Forgiveness doesn't make the pain disappear, but it sets your heart free to heal in God's grace."



REFLECTIVE_EXERCISES_FOR_EACH_CHAPTER

CHAPTER 4: WHY IT'S NOT YOUR FAULT

- Reflection on 1 Peter 5:7: "Casting all your care upon Him, for He cares for you."
- Question: How has blaming yourself for things beyond your control affected you? what does it feel like to know that God cares for you and wants you to be free of that blame?

JOURNAL PROMPT FOR CHAPTER 4:

Write down an area of your life where you've been carrying guilt. Imagine God standing before you, inviting you to release it. Write how it feels to let go and cast that care onto Him.

CHAPTER_4_JOURNAL_PAGE

"You are not defined by your trauma. You are defined by God's love."



CHAPTER_4_JOURNAL_PAGE

"You are not defined by your trauma. You are defined by God's love."



REFLECTIVE_EXERCISES_FOR_EACH_CHAPTER

CHAPTER 5: PRACTICAL STEPS TO RELEASE SELF-BLAME

• Offirm the Truth Daily: Write out a daily affirmation that declares God's truth over your life. Speak it out loud in the morning and throughout the day.

JOURNAL PROMPT FOR CHAPTER 5:

what are the truths God is speaking over you? Write down affirmations based on God's word that you can declare daily. Let them replace the lies of self-blame and guilt.



CHAPTER_5_JOUNRAL_PAGE

"The truth of God's word is the light that illuminates your path to healing."



CHAPTER_5_JOUNRAL_PAGE

"The truth of God's word is the light that illuminates your path to healing."

REFLECTIVE_EXERCISES_FOR_EACH_CHAPTER

CHAPTER 6: PRAYERS FOR HEALING AND RENEWAL

• PRayer for Healing: "Lord, I surrender my pain and brokenness to You. Heal my heart, restore my soul, and help me release the guilt that has weighed me down. I trust in Your healing grace."

JOURNAL PROMPT FOR CHAPTER 6:

what specific area of your life needs healing? Write a prayer asking God to meet you there, and trust in His timing and grace to bring about restoration.

CHAPTER_6_JOURNAL_PAGE

"IN every moment of brokenness, God's hands are ready to heal and restore."

CHAPTER_6_JOURNAL_PAGE

"IN every moment of brokenness, God's hands are ready to heal and restore."



REFLECTIVE_EXERCISES_FOR_EACH_CHAPTER

Prayers for Healing and Renewal

PRayer is a powerful tool for healing. It connects our hearts to God's love and opens us up to the transformation only He can bring. Let these prayers be a starting point for your own conversations with God as you invite Him to heal and restore you.

PRAYER FOR FORGIVENESS:

"Father, I come before You with a heart that has been broken. I know You are calling me to forgive, but the pain sometimes feels too deep. Please give me the grace to release the hurt and the courage to forgive others and myself. Heal the places where bitterness has taken root, and fill me with Your peace."

PRAYER FOR HEALING:

"Lord, You are the great Healer. I come to You with all my wounds, both seen and unseen. Heal my heart from the pain I've endured and give me the strength to trust in Your love. Help me to release the guilt I've been holding onto and to walk in the freedom You've promised."

LOVE_NOTES_

The love notes throughout this book are gentle reminders of the way God thinks about you, let these reminders speak directly to your heart. Let them wash over you as you reflect on His never-ending love and grace.

- ""Beloved child, you are not at fault for what has happened. I see the burdens you carry, and I ask you to give them to Me. I will carry them for you."
- "Beloved, you are not responsible for the actions of others. He seez your pain, and He knows the lies the enemy has told you. he is your defender, your protector, and your healer. he loves you with an everlasting love, and he will never leave you..."
- "You are His masterpiece. IN your pain, you may not see what He sees. But He sees a future filled with hope, restoration, and beauty. You are not broken beyond repair. You are being transformed by His love."
- "His love is stronger than the lies you've told yourself. You are free."
- "He is carrying you through this. His love for you is bigger than this trauma, and He will restore everything that was stolen from you. You are not to blame. You are His beloved."
- "He has seen your tears. Every tear you've cried has been precious to Him. He is gathering them and using them to water the seeds of restoration that are growing in your life. You are not defined by this pain, but by His love for you."

FINAL WORDS: WALKING IN GOD'S GRACE

as you continue on this journey, remember: you are not alone.

are destined for greatness. You are stronger than the storms you've endured, and no wound can diminish the purpose God has placed within you. His love is a force that breaks every chain, lifts every burden, and sets you free to walk in the fullness of who you are. You are not bound by your past, but empowered by His grace to step into a future overflowing with promise.

God's love for you is relentless-purshing you through every valley, lifting you higher than you ever thought possible. In His Freedom, you are unshackled from guilt, fear, and shame. You are called to walk boldly, clothed in His strength, radiating His light. Hope anchors your soul, reminding you that your story is still unfolding, and the best chapters are yet to come.

You are a vessel of divine love, destined for a life of purpose, impact, and beauty. Embrace the freedom God has given you, walk in the power of His love, and never forget that you are chosen, cherished, and destined for more than you can imagine.





IN THE DEPTHS OF PAIN AND TRAUMA, GOD'S LOVE REMAINS STEADFAST. THIS BOOK IS AN INVITATION TO STEP INTO THE FREEDOM HE OFFERS, A JOURNEY FROM GUILT AND SELF-BLAME INTO THE HEALING EMBRACE OF GRACE. THROUGH HIS LOVE, YOU ARE RESTORED, AND THROUGH HIS STRENGTH, YOU ARE SET FREE. EVERY MOMENT OF YOUR STORY IS HELD IN HIS HANDS, AND EVERY BROKEN PIECE IS BEING MADE WHOLE.

LOVE. FREEDOM. HEALING.



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