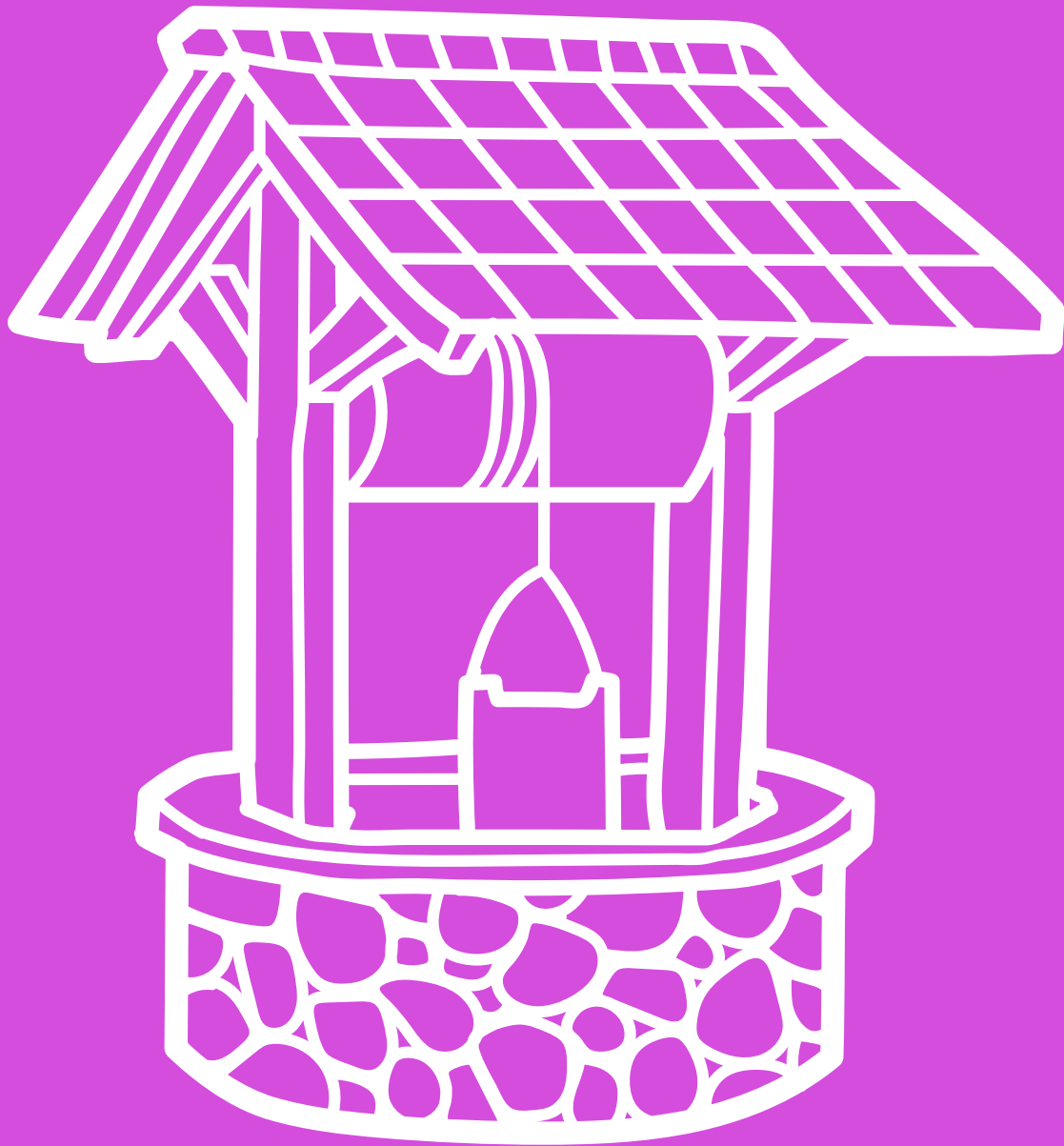


Draw From the Well Exercise

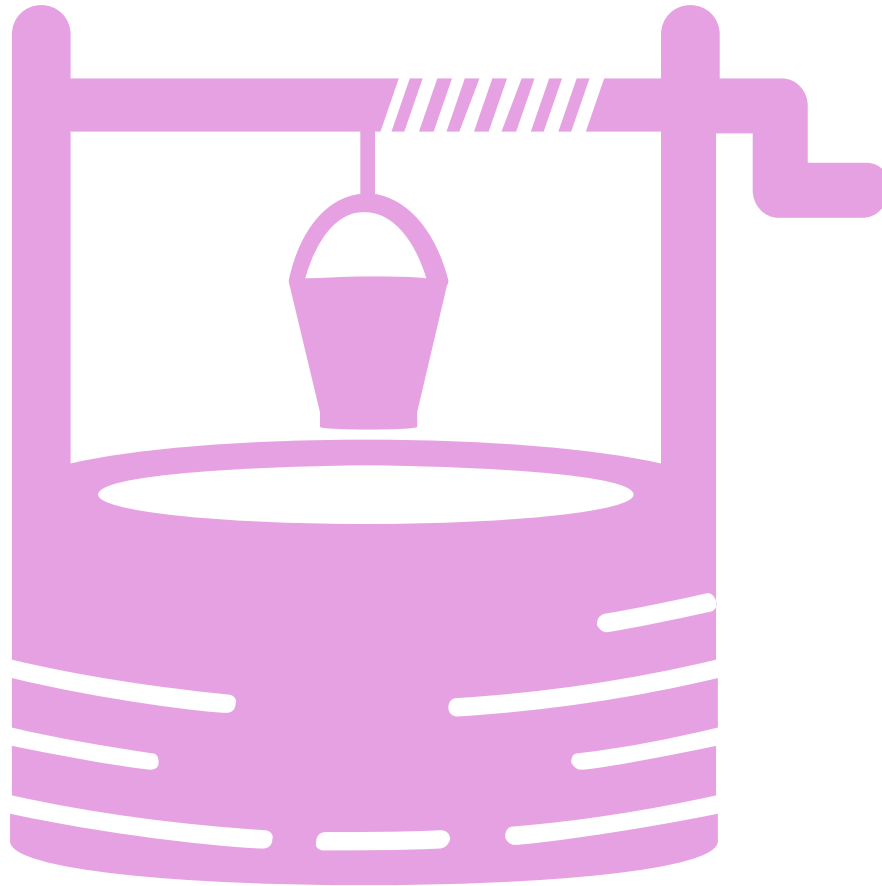


Reclaiming Redemption Series

WWW.TRAUMATOTESTIMONY.ORG

Current Storage Well

Take some time to reflect on what you have been storing up (your past, traumas, pain, relationships, etc.



List all of what is stored up below.

Now for part 2 of this exercise, go into prayer time with the Lord. Turn on your favorite worship playlist, get in a comfortable space, light a candle, etc. Do what you have to set the mood of reflection with the Lord.

This is space for you to pour out to God about what you have been storing up in a prayer of release.

The Pour Out

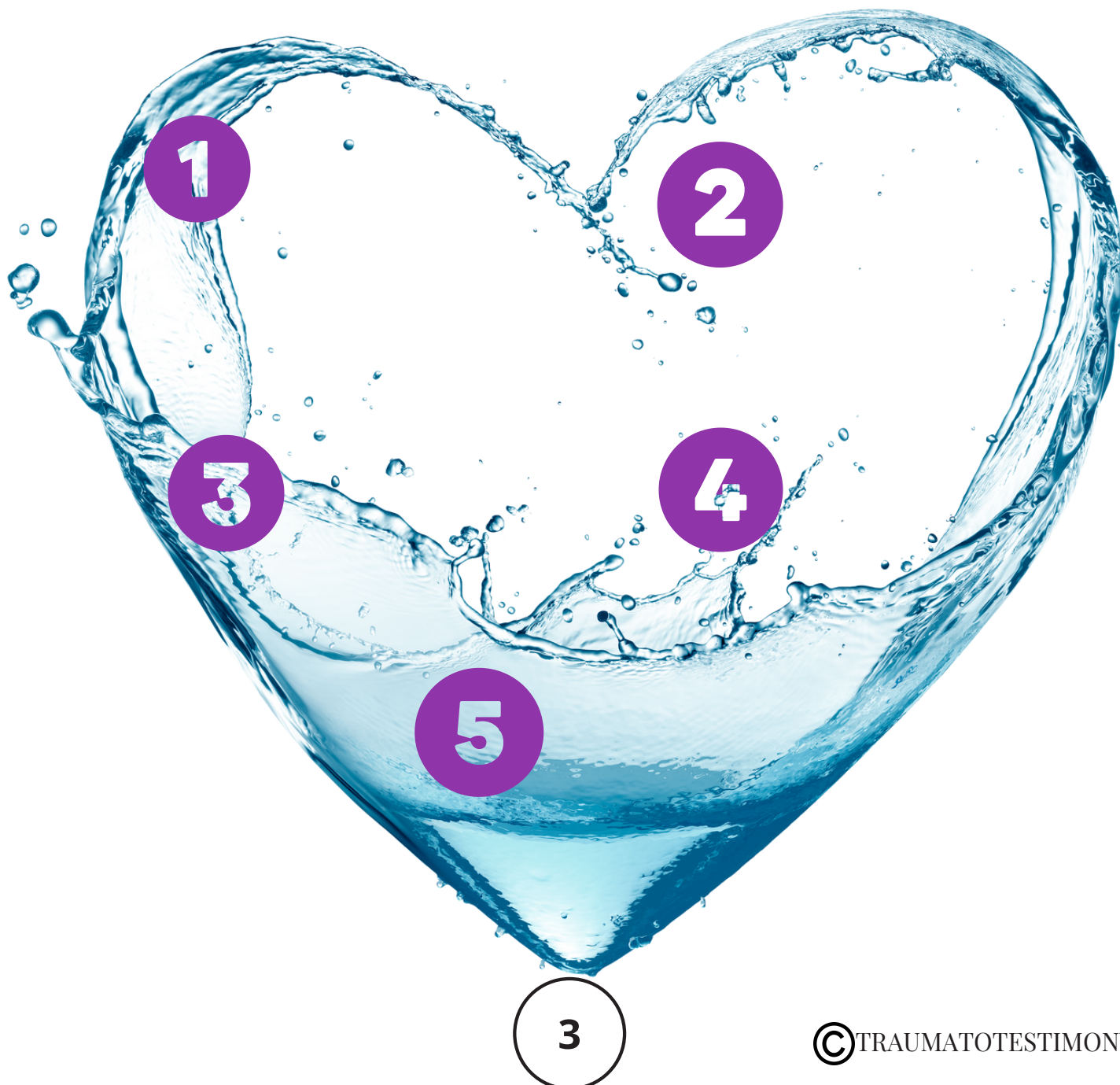


Dear Heavenly Father, today I release the following to you:

That water is now being transformed into living water. Jesus is taking the life situations and circumstances, traumas, triggers, pain, and suffering that have you thirsty and trading it in for living water that never runs out. Through encounters with Jesus, you become whole and new. These encounters are experiences that you hold in your heart that are a testimony of the work Jesus is doing inside of you. They will help you to push through and will be what you anchor to in hard seasons.

What are those encounters that you can recall to store up in your heart (well of worship)?

Items that you can list: Testimonies | Miracles | Healing | Revelations



The Promises of Living Water

Instructions: The way we continue to make it through is sticking to God's promises and that is to His Word and what He said. Read, pray and meditate over these verses and add your own promises of living water verses!

**'Never again will they hunger;
never again will they thirst.
The sun will not beat down on them,
nor any scorching heat.
For the Lamb at the center of the throne
will be their shepherd;
'he will lead them to springs of living water.
'And God will wipe away every tear from
their eyes.**

Revelations 7:16-17

**On the last and greatest day of the
festival, Jesus stood and said in a
loud voice, "Let anyone who is thirsty
come to me and drink. Whoever
believes in me, as Scripture has said,
rivers of living water will flow from
within them."
John 7:37-38**

Add your own bible verse about
living water here:

Add your own bible verse about
living water here:

**but whoever drinks of the
water that I will give him shall
never thirst; but the water that
I will give him will become in
him a well of water springing
up to eternal life." John 4:14**

Add your own bible verse about
living water here:

**Then he showed me a river of the water
of life, clear as crystal, coming from the
throne of God and of the Lamb, in the
middle of its street. On either side of the
river was the tree of life, bearing twelve
kinds of fruit, yielding its fruit every
month; and the leaves of the tree were
for the healing of the nations.**

Revelations 22:1-2



When doubts and fears arise, stand firm in the knowledge that God's love is greater than any challenge or obstacle you may face. He is with you every step of the way, guiding you, strengthening you, and empowering you to live a life that reflects His glory. Let His love wash over you, transforming your heart and mind.



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Coming August 1, 2023

Ready, Set, Heal- Let's Heal Together Bestie!

Toni Simmons-Husband is a wife, mother, minister, coach, podcast host, and founder of Trauma to Testimony. With a background in trauma and resilience building, Toni is passionate about educating and serving women and disadvantaged youth, helping them find healing after trauma and achieve optimal wellness.

Through her ministry, Trauma to Testimony, Toni provides resources and programs for caretakers and support systems of trauma survivors. She believes in the power of sharing truth and narratives, particularly those of Christian women who have bravely endured trauma. By sharing their testimonies, they inspire others on their healing journeys.



Trauma to Testimony offers a comprehensive platform, equipping trauma survivors to elevate their faith and resilience. With podcasts, online materials, coaching, mentorship, events, and programs, Toni aims to provide tailored support specific to each individual's healing and faith journey.

Toni's mission is to be a guiding light, helping believers process their trauma while building a relationship with God. She envisions Trauma to Testimony as a one-stop shop for trauma survivors, offering the assistance they need to heal and grow. With her expertise, compassion, and dedication, Toni is making a profound impact, leading others towards redemption and purpose.

For inquiries, please contact Toni at traumatotestimonybrand@gmail.com. Visit the website at www.traumatotestimony.org