

Bonded by Grace

A Ministry of Mr. AlMajor

Restoring After Hurt

A Christ-centered path to heal, rebuild, and hope again

Core Scriptures

- Psalm 34:18 — The Lord is close to the brokenhearted.
- Isaiah 61:1–3 — Beauty for ashes, healing for the crushed.
- Matthew 11:28–30 — Rest for the weary in Jesus.
- Romans 8:37–39 — More than conquerors; nothing separates us from His love.

First Steps Toward Healing

- Name the wound before God; journal the truth of what happened.
- Invite safe support: pastor, counselor, trusted mentor.
- Remove triggers that reopen the wound (messages, keepsakes, feeds).
- Sleep, hydrate, move—your body is part of your recovery.

Forgiveness & Boundaries

- Forgiveness releases you; boundaries protect you (both can coexist).
- Forgive in layers; process with Scripture and support.
- Set clear limits on contact, topics, and expectations.
- Let God handle justice; you choose freedom.

A Gentle Healing Plan

- Daily: 10 minutes in Psalms; breathe + pray Philippians 4:6–7.
- Weekly: Counseling or pastoral care; celebrate small wins.
- Monthly: Retreat afternoon with God; review progress + adjust.
- Re-entry: Serve again at a sustainable pace; rebuild joy.