

Survivors to Thrivers: A Healing Guide

From Survival to Triumph—Faith, Healing, and Hope

Revived Alive Ministries | Survivors to Thrivers

www.survivorstothrivers.org

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Introduction: A Message of Hope

Welcome to **Survivors to Thrivers**, a guide crafted to inspire hope and transformation for those on the journey of healing. No matter where you've been or what you've endured, know this—restoration and renewal are possible. Through practical steps, heartfelt stories, and faith-driven encouragement, this guide will walk with you as you move from merely surviving to thriving.

The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18)

'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 hope and a future.' (Jeremiah 29:11)

Declare this over yourself:

"I am loved. I am chosen. I am not forgotten. God is restoring my life and my story will bring Him glory."

Step 1: Embracing the Healing Journey

Practical Steps:

- Allow yourself to feel and process emotions.
- Seek a safe and supportive community.
- Journal your thoughts and prayers for clarity and release.
- Strengthen your faith through prayer and Scripture.
- Surround yourself with people who uplift and encourage your healing journey.
- Take time for self-care and rest.

Reflection Questions:

1. What area of my life do I need to invite God into for healing?
2. What safe person or community can I lean on in this season?

Faith Declaration:

"I am healed and whole in Christ. By His stripes, I am restored." (Isaiah 53:5)

A Testimony of Hope:

Sarah, a survivor of childhood trauma, found healing through faith and community. "For years, I carried the weight of my past. It wasn't until I allowed God to enter those broken places that true healing began."

Step 2: Breaking Free from the Past

The past may have shaped you, but it does not define you. Releasing past hurts is vital to stepping into your future. Faith provides the courage needed to let go and trust that God's plan is greater than your pain.

Mini Teaching: The Power of Forgiveness

Forgiveness is not excusing what was done to you—it is setting yourself free from the chains of bitterness. When you forgive, you release the weight of anger and invite God's healing love to flow through you.

Practical Steps:

- Identify lingering pain points and pray over them.
- Forgive—both yourself and others—as a step toward freedom.
- Replace lies with God's truth about your worth and identity.
- Trust in God's promises for healing and restoration.
- Engage in counseling or mentorship for guidance in your healing.
- Establish healthy boundaries with people who may hinder your progress.

Prayer Activation:

"Lord, I choose to forgive those who have hurt me. I release them into Your hands and ask You to heal the broken places in my heart. Help me to walk in freedom and see myself the way You see me. In Jesus' name, Amen."

Worksheet Space:

People or areas I need to release to God: _____

Feelings I am surrendering today: _____

A Story of Freedom:

James struggled with feelings of rejection from an absent father. Through inner healing and speaking Scripture over his life, he discovered the Father's unwavering love and acceptance.

Step 3: Renewing the Mind

Our thoughts shape our reality. By aligning our minds with truth, we cultivate a thriving mindset. Faith strengthens this renewal, as meditating on God's word provides clarity and transformation.

Replacing Lies with God's Truth:

Lie: "I am not worthy." | Truth: "I am fearfully and wonderfully made."
(Psalm 139:14)

Lie: "I am alone." | Truth: "God will never leave me nor forsake me."
(Hebrews 13:5)

Lie: "I will never change." | Truth: "I am a new creation in Christ." (2
Corinthians 5:17)

Daily Affirmations:

- I am loved.
- I am chosen.
- I am redeemed.
- I am filled with peace and joy.

Practical Steps:

- Meditate on God's promises daily.
- Replace negative self-talk with affirmations of faith.
- Surround yourself with uplifting influences.
- Pray for wisdom and discernment in your thought life.
- Engage in continuous learning and personal growth.
- Remove toxic distractions and influences that deter progress.

A Transformation Story:

Maria, once plagued by self-doubt, made a habit of declaring victory over her life. Over time, her mindset shifted, and doors of opportunity opened that she never imagined.

Step 4: Walking in Purpose

As you heal, your testimony becomes a beacon of light for others. Your pain has a purpose, and your journey holds power. Faith fuels your steps, guiding you toward the destiny God has prepared for you.

Mini Teaching: Your Testimony is a Weapon

Revelation 12:11 says, “They triumphed over him by the blood of the Lamb and by the word of their testimony.” Your story has the power to bring hope and defeat the enemy’s lies in others’ lives.

Purpose Discovery Prompts:

1. What gifts or talents has God given me?
2. Who can I encourage with my story this week?
3. How can I serve in my church or community?

Practical Steps:

- Discover your gifts and how you can serve others.
- **Step out in faith, even when uncertain.**
- Trust that God can use every part of your story for good.
- Seek God’s direction through prayer and fasting.
- Serve in a ministry or outreach that aligns with your testimony.
- Encourage others who are on their own healing journey.

A Story of Redemption:

David, once lost in addiction, now leads a support group for those struggling with similar battles. “If my story can bring hope to even one person, then it was all worth it.”

Additional Stories of Transformation

- ****Lena:**** After years of abusive relationships, Lena discovered her worth in Christ. Today, she mentors young women escaping toxic situations.
- ****Carlos:**** Battling depression, Carlos found hope in community support groups. His joy is now contagious to everyone he meets.
- ****Anita:**** Once crippled by fear, Anita stepped into public speaking, sharing her testimony with hundreds, bringing many to faith.

Conclusion: Thriving in Wholeness

Healing is ongoing, but every step taken is a victory. Surround yourself with faith, love, and truth, and never stop believing in the fullness of life God has for you. You are not just a survivor—you are a thriver!

Final Faith Declaration:

“I am no longer a victim of my past—I am a victor in Christ. My story will bring hope to others. I am thriving in wholeness, filled with peace, joy, and purpose.

“Resources & Next Steps

- ****Recommended Scriptures:**** Psalm 34:18, Isaiah 61:1, 2 Corinthians 5:17, Philippians 4:6-7
- ****Ministry Contact:**** Survivors to Thrivers | www.survivorstothrivers.org
- ****Prayer Hotline:**** (insert number)
- ****Community Groups:**** Join a local support or faith group for ongoing encouragement.
- ****Journaling Resource:**** Keep a gratitude and prayer journal daily.

For more information visit our website:

www.SurvivorsToThrivers.org

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