

Introduction

All my years as a pastor, I have had the honor to walk with scores of people through some of the best and some of the worst times of their lives. Rejoicing with many, weeping with others. **Romans 12:15** “*rejoice with those that rejoice and weep with those that weep.*”

I’ve wept with so many people that have suffered trauma and abuse in their lives. I’ve seen children with scars from cigarette burns, heard countless stories of some being thrown across the room by their hair, vile words being spoken, and unwanted sexual encounters that are hard to even talk about. The list goes on. If you are reading this, you know. You have your own story, or you love someone that has their own story.

It’s been said that **“Trauma isn’t the thing that happened to you, it’s not having the space to talk about what happened to you.”** This causes revictimization over and over – for many people years of suffering.

That is why ***It’s A New Day*** was born. To be a vehicle that God would use to give space, safe, Godly space, to process all that happened.

I believe with all my heart that God has a path to healing for us all. **Psalm 34:18** **“The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.”** It is my honor to walk with them, just as Jesus would if He were here in the flesh. Can you trust that simple truth today?

Think with me for just a moment about Lazarus and Jesus raising him from the dead. So many people were very angry with Jesus, disappointed because He took so long to get there. They felt that had He come when He got word of Lazarus condition, that Jesus would have healed Lazarus before he died. Where WAS Jesus????? When Jesus arrived, He felt their pain and wept **with** them. He had not forgotten them. After Jesus raised Lazarus from the dead, and he emerged out of that tomb, he was raised to life. He wasn’t dead anymore. But he couldn’t walk very well, he was wrapped up in grave clothes. From the top of his head to the soles of his feet.

They wrapped people in two or three sections of grave clothes back then. Around their top, around the middle and around the legs and feet. So, though Lazarus was miraculously raised from the dead, he still couldn’t walk free.

John 11:43-44 **Jesus called in a loud voice, “Lazarus, come out!”** ⁴⁴ **The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, “Take off the grave clothes and let him go.”**

The same voice that raised him from the dead, surely could have caused those grave clothes to fall off. But He did not. He turned to the people and told them “take off the grave clothes and let him go.”

There are so many people today with trauma and abuse in their lives that come to Christ, they are saved, their lives redeemed, yet they can’t walk free because the grave clothes of their past are still on them.

That might be you. Or that may very well be someone you love.

When we have trauma and abuse in our past, it affects the way we live. There are residual effects that influence our choices, relationships, and the ways that we think. We might just very well still have some grave clothes that need to be removed so you experience the freedom that your relationship with Christ has for you.

Like some of you, many others have sat in offices like mine, or other pastors and leaders and shared some of the issues in their lives. They come in with a problem to solve. As we continue to talk, we see problems with behaviors, decisions, relationships, and other issues that continue to occur and they can't figure out why. What is wrong with them or everyone around them. As conversations continued, I was able to ask these dear people if there was abuse in their lives. Shockingly, the answer is often, "how did you know."

So much brokenness, in Christians, pre-Christians, young people, old people, men and women alike. One thing I have learned from abuse victims is that they are survivors. It might be a bit upside down now and then, but they have learned how to survive. Jesus wants so much more for us than to just survive. He would tell us today that He has healing and restoration for us. That we would **THRIVE not just survive.**

He says in Isaiah 43:18 NLT "But forget all that—(the old broken things) it is nothing compared to what I am going to do. ¹⁹ For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.

He has plans for you friend, that include hope and future. **Jeremiah 29:11-14 NLT**
¹¹ For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. ¹² In those days when you pray, I will listen. ¹³ If you look for me wholeheartedly, you will find me. ¹⁴ I will be found by you," says the Lord. "I will end your captivity and restore your fortunes.

When we come to Him, He literally flips the script in our lives. Take what was already written, and makes it all new. What I was, I am being made new. **IT'S A NEW DAY!!!!** The residual effects of past abuse begin to fade when we find healing and restoration in Jesus. **IT TRULY IS A NEW DAY!!!**

That's what this curriculum is about. A path to healing. A path to restoring what has been stolen from you over a few, or many years of your life.

Survivors of trauma and abuse have come to believe so many things about themselves that are simply not true. God is saying to you today, "come to me. When you come to Me, you will find me and I will end your captivity. Freedom from those things that held you captive and broken for so many years - I will restore you."

He would assure you that He is God. He loves you. And He IS good!

As hard as it might be to begin, I assure you there is a hope and a future. Some chapters will be harder than others, but with as much assurance, I let you know that healing is freeing and **nothing feels as good as free feels.** But it doesn't happen until you start. Will you start now? Will you join us??



Letter from the Laurie

This workbook is simply a path for healing in the lives of those that have suffered abuse. **Your study tools are: This study guide, your Bible, a pen or pencil, a highlighter and a journal.**

- We ask that you use your book well. Don't be afraid to write in it. It's yours.
- Make sure it is kept someplace safe when you leave class.
- You will only feel free to be transparent in your book or journal if you keep it in a safe place. It's not meant for anyone else eyes.

We will NEVER ASK details of your abuse. So, as you journal, only write the things that you are comfortable with, and things that will not cause you repeated trauma. Too many details may cause additional trauma. So, stick to the basics. Who, what, where, when..... We will get to the whys later.

Please know there are people praying for you every week as you are in this class. They **DO NOT** know who you are, but they understand what it's like to go through this class, and they promise to pray for you, week to week.

They know that some chapters will be harder than others, and will pray and fast for you during those times. Jesus is walking this path with you, and His plans are good. You will experience health and wholeness on this journey.

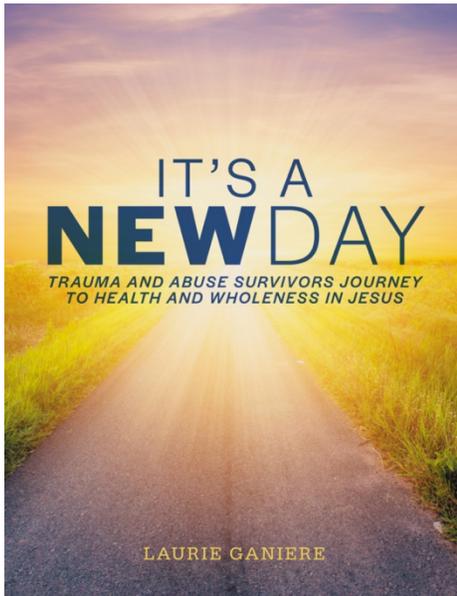
Be encouraged – God loves you – as you read at the very beginning, ***it's a new day.*** Every day I want you to be reminded that ***It's a New Day.*** If you forget that today or tomorrow, remind yourself ***"It's a New Day."*** Let the title remind you EVERY day. When it feels just too hard, God will remind you that the old has past and the new has come. He is walking with you. **IT'S A NEW DAY!!!**

**What you give to God, He takes
What He takes, He heals and restores
What He heals and restores
Brings Glory to His Name. *Author unknown.....***

One day at a time. Every day is a new day.

God loves you. He really, really does. I love you!!!

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Website coming soon



The BOOK begins with defining trauma, abuse and the cycles, that keep people trapped. Then goes into what God's Word has to say about it. From there, it takes them into a 12- step journey toward healing and understanding truth of what our relationship with Jesus brings and the freedom that God has for them in every area of their lives. It is filled with help, hope, life and freedom. All at a pace that survivors are comfortable with.

This is difficult curriculum for a survivor to walk through alone. Therefore, I suggest either a Pastor or facilitator that you would choose to walk this journey with them. I have used similar materials in classroom settings for almost 20 years, and highly recommend it.

I do facilitator training and/or shadowing to best help our churches learn to walk this journey to break the chains of brokenness and flawed beliefs to wholeness in Christ. The training is free, and books for survivors are sold following training of facilitators.

The 12 Steps:

1. Answering the whys
2. Lies, Deceptions and Distortions
3. What I see and what God sees
4. Forgiveness – what it is and what it is not
5. Renewing my Mind
6. Emotional Roller Coaster – Part 1 – Anger and Guilt
7. Emotional Roller Coaster – Part 2 – Shame and Fear
8. Knowing God as Father
9. Keeping the Right Focus
10. Trusting Again
11. No More Looking Back
12. It truly is a NEW DAY

Contact me for curriculum or facilitator training. I will also have a booth at **Summit**, and have copies of the book there and would love to talk to you.

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God bless you richly as you and your leaders “remove grave clothes” and see God's peoples walk free.