



HEARTWORK GUIDE

Your Action Guide to Healing a Broken Heart

Step 2 Review: You Finished the Second Bold Step! 😊

Before moving on to Step 3, take a moment to recognize how far you've come.

In Step 2, you discovered that healing was never meant to be a journey you carry by yourself. You acknowledged your pain, recognized the limits of your own strength, and opened your heart to receiving support. You took an important step toward freedom by admitting you don't have to do this alone.

Now ask yourself:

- Have I become more honest about where I need help?
- Who have I allowed to support me in my healing?
- Am I still trying to carry this burden by myself?
- What has changed in my heart since beginning this journey?

Remember, asking for help is not a sign of weakness, it is an act of courage. Every time you choose connection over isolation, you create space for healing to grow.

Now you're ready for the next step.



Welcome to Step 3: 'Place Your Healing in God's Hands'

In **Step 3**, you'll discover that while people can encourage you, only God can carry the deepest burdens of your heart. It's time to move from depending on your own strength to placing your healing completely in His hands.

Objectives

By completing Step 3 of the **HeartWork** Guide, you will:

1. Recognize the burdens you have been trying to carry on your own.
2. Practice releasing your fears, worries, and unanswered questions to God.
3. Learn to choose trust over control in your daily life.
4. Develop practical habits that strengthen your faith and deepen your surrender.
5. Take your next step toward becoming emotionally and spiritually whole.



How to Place Your Healing in God's Hands

1. Tell God the Truth

God already knows what you're feeling, but He wants you to bring it to Him anyway. Healing begins when you stop pretending you're okay.

2. Give Him What You Keep Picking Back Up

- Every time you replay the breakup...
- Every time you obsess over what they are doing...
- Every time you feel tempted to carry the weight again...

Pause. Release it back to God and pray.

3. Choose Obedience Over Emotion.

Your emotions will often lead you back into pain. God's direction will always lead you toward healing. Obedience is not punishment. It's protection.

4. Trust God's Process

Healing rarely happens overnight. God often heals us one layer at a time. Some days you will feel strong. Some days you will cry again. That doesn't mean you are failing. It means God is faithfully doing deeper work inside your heart than you can see.



HeartWork Journal

Step 3 Journal Prompt: 'Place Your Healing in God's Hands'

♥ Write Honestly ♥

1. What part of your healing have you been trying to control on your own?

2. What fears make it difficult for you to fully trust God with your broken heart?



HeartWork Journal

Step 3 Journal Prompt: 'Place Your Healing in God's Hands'

♥ Write Honestly ♥

3. Is there someone you still need to forgive, release, or stop trying to change?

4. What burden are you ready to place in God's hands today?



HeartWork Activities

Activity #1: 'Open Hands Prayer'

Purpose: To experience what it feels like to release your burdens into God's hands.

Instructions: Find a quiet place where you won't be interrupted. Sit comfortably in a chair with both feet flat on the floor.

1. Close your eyes and **clasp your hands tightly together**, as if you're holding onto something you don't want to let go of. Interlock your fingers and gently squeeze for a few moments.

As you do, think about the burdens you've been carrying. Your heartbreak, fear, unanswered questions, anger, or pain. Notice how your hands feel when they're tightly closed.

2. Now take a slow, deep breath. As you exhale, **slowly unclasp your hands and turn your palms upward**, resting them open on your lap. Imagine placing every burden you've been carrying into God's hands.

Quietly pray: ***"God, I release what I cannot carry. I trust You with what I cannot control."***

Sit quietly for one minute and simply rest in His presence. When you're finished, write one word that describes how you feel.

I feel:



Activity #2: 'From Burden to Blessing'

Purpose: To surrender the burdens, you've been carrying and embrace the blessings God wants to give you in return.

Instructions: Heartbreak often leaves us carrying burdens God never intended us to carry like fear, guilt, shame, anger, loneliness, and worry. Today, imagine placing those burdens into God's hands.

In the "**I Give God**" column, write the burden you are ready to surrender. In the "**I Receive**" column, write the blessing you believe God wants to replace it with.

Use the examples below to get started, then add your own.

I Give God:	I Receive:		I Give God...	I Receive...
Fear	Peace	→		
Worry	Trust			
Loneliness	His Presence	→		
Anger	Forgiveness			

1. Which burden has been the hardest for you to surrender?

2. Which blessing do you need God to fill your heart with today?



Activity #3: 'A Letter to God'

Purpose: To release your thoughts, emotions, and unanswered questions by placing them into God's hands.

Instructions: Sometimes the hardest part of healing is carrying everything inside. The questions. The regrets. The hurt. The anger. The "what ifs."

In this activity, you're going to write God a personal letter. This letter is just between you and Him. Be completely honest. Tell Him exactly how you feel.

You might write about:

- What still hurts.
- What you're afraid of.
- The questions you still have.
- The things you're struggling to let go of.
- What you're asking God to help you heal.

1. How did it feel to tell God everything you were carrying?

2. What is one thing you are choosing to leave in His hands today?

Place your letter inside your Bible, journal, or another safe place. Each time you feel tempted to carry those same burdens again, remember that you've already placed them in God's hands. Let your letter be a reminder that surrender is a choice you can make again and again.



Activity #4: 'God's Hands, Not Mine

Purpose: To identify the things, you've been trying to control and intentionally place them into God's hands.

Instructions: Sometimes we carry burdens because we believe it's our responsibility to fix them. The truth is that some things were never meant to be carried by you.

Read each statement below. Place a ✓ next to the ones you've been struggling to release.

☐ My past

☐ My future

☐ Financial worries

☐ My healing timeline

☐ Fear of being alone



☐ Someone choosing me

☐ The need for answers

☐

☐

☐

1. Out of all the ones you checked, which burden feels the heaviest today?

2. Today, I choose to place into God's hands.

3. What is one small step you can take this week to show that trust?



Action Steps

Choose one action to complete each day this week.

- ☐ Begin every morning with a simple surrender prayer.
- ☐ When anxious thoughts appear, pause and say:
"God, I'm giving this back to You."
- ☐ Spend at least 10 minutes reading Scripture before reaching for your phone.
- ☐ Write down one situation each day where you choose trust over control.
- ☐ End each evening by thanking God for one way He cared for you that day.



Prayer

Heavenly Father,

Today I admit that I've been carrying burdens You never intended me to carry alone. I've tried to fix my pain, control my future, and hold everything together



with my own strength.

Today, I choose something different. I place my broken heart, my unanswered questions, my fears, and my future into Your hands.

Teach me to trust You when I don't understand what You're doing. Help me surrender again whenever I pick my burdens back up. Fill me with Your peace, strengthen my faith, and remind me every day that You are healing me, even when I can't see it yet.

Thank You for never leaving me and for lovingly walking beside me through this journey.

In Jesus' name,

Amen.



Affirmations

Affirmation 1: I don't have to carry my healing alone because God is carrying me.

Affirmation 2: Every day I choose to surrender; my heart becomes lighter and stronger.

Affirmation 3: I surrender my need to have all the answers because God already knows the way.

Affirmation 4: God's peace fills my heart as I place my healing in His hands.

Affirmation 5: I trust that God is working behind the scenes, even when I cannot see it.

Affirmation 6: Every day I release a little more and trust God a little deeper.



Congratulations!

You've completed Step 3: 'Place Your Healing in God's Hands'



Before you begin step 4, remember, placing your healing in God's hands is a daily choice; not just something you do once. Every burden you place in God's hands strengthens your trust and creates more room for His peace to grow.

Keep surrendering, keep trusting, and keep moving forward. God is healing you one step at a time.

Go to Step 4

For additional support:

- Join [She Healn' Circle](#) - a faith-based community for women healing heartbreak, loss, and rejection.
- Visit: [The Heartbreak Tour](#), my personal story of going through the stages of grief.
- Explore the [Soul Healn' Series](#): 5 basic soul wounds that shape how you relate to the world around you.



HeartWork Notes