

MY HEART CHECK-IN:

A PRE-JOURNEY ASSESSMENT

Date ____ / ____ / ____

"Before you begin, take a deep breath. This is a safe space to be honest with your feelings. There is no judgment here, only an invitation to a journey of healing and growth."

ACKNOWLEDGE & CONFESS

Where is my rejection directed right now? (e.g., from a friend, a job, family, or a romantic relationship)

When I feel rejected, what emotions arise within me? (e.g., worthlessness, sadness, anger, loneliness, shame)

IDENTIFY THE ROOT CAUSE

What part of my identity feels threatened by this rejection?

What fear is hiding beneath my pain of rejection? (e.g., fear of being unlovable, fear of failure, fear of being alone)

ANALYZE THE IMPACT

How has the pain of rejection impacted my relationship with myself, with others, or with God?

SET AN INTENTION

What is one small, tangible step I can take today to begin my journey toward healing and finding peace in His love?

Honestly Acknowledge the Pain

DAY 1

DATE: _____

Prayer Inspired by the Word



Loving God, my heart is so heavy with the pain of rejection right now. I honestly confess this pain to You and ask that You would comfort my wounded heart.

In Jesus' name, I pray. Amen.

Today's Verse

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."

-Psalm 34:18



Write the Verse



Reflection & Self-Awareness

What specific experience of rejection is hurting you the most right now?
Honestly write down the emotions (sadness, anger, shame, etc.) you felt.

My Action Steps

Today, read all of Psalm 34 and pour out all your emotions to God, who knows your broken heart completely.

Today, I am grateful for

Notes

"The Lord who is close to the brokenhearted is with me."