

# Faith & Grit

Rebuild Your Life in Christ

A Free Christian Starter Kit for Healing & Strength

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# Scripture Pack

## **Matthew 11:28-29**

Come to me, all you who are weary and burdened, and I will give you rest... my yoke is easy and my burden is light.

Jesus invites the weary to rest and recover, offering gentle leadership and strength for those rebuilding their lives after addiction or trauma

## **Psalm 147:3**

He heals the brokenhearted and binds up their wounds.

God is close to the brokenhearted; He heals those wounded by trauma and addiction. Use this promise when healing from pain and rebuilding your life

## **Jeremiah 17:14**

Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.

Cry out for healing and salvation. God hears and responds, offering true restoration to those seeking recovery

## **Romans 5:3-5**

We glory in tribulations, knowing that suffering produces perseverance; perseverance, character; and character, hope.

Trials refine us; endurance and character lead to hope that does not disappoint. Your struggles can build a resilient faith

### **1 Corinthians 10:13**

No temptation has overtaken you except what is common to mankind. God is faithful; he will not let you be tempted beyond what you can bear... he will also provide a way out so that you can endure it.

God provides strength and an escape route during temptation. When facing addiction triggers, turn to Him for a way out

### **1 Corinthians 6:12**

'All things are lawful for me,' but not all things are beneficial... I will not be dominated by anything.

We are free, yet we must choose what is beneficial. This verse challenges you to reject habits or relationships that would control you

### **James 5:15-16**

The prayer of faith will save the sick... confess your sins to one another and pray for one another, that you may be healed.

There is power in confession and prayer. Seek community and accountability for healing

### **2 Corinthians 5:17**

If anyone is in Christ, he is a new creation; the old has gone, the new has come!

In Jesus you have a clean slate and a fresh start. You are not defined by your past; rebuild your life with hope



### **Proverbs 24:16**

Though the righteous fall seven times, they rise again.

Righteous people stumble but get back up. Persevere; God will help you rise after every setback

### **Micah 7:18**

Who is a God like you, pardoning iniquity... You delight in showing mercy.

God delights to show mercy. When you feel unworthy, remember His loving forgiveness and second chances

### **Ephesians 4:28**

Anyone who has been stealing must steal no longer, but must work... doing something useful with their own hands, that they may have something to share with those in need.

This calls you to honest work and generosity. When rebuilding your life after prison, engage in meaningful work and help others

# Journal Prompts

- Reflect on a time when God’s strength carried you through a difficult trial. What did you learn about His character?

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- Write about a moment you experienced forgiveness—from God or someone else. How did it feel, and what changed in you?

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- Describe the biggest obstacle you face in overcoming addiction, trauma, or your past. How can your faith help you?

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- List the gifts and skills God has given you. How can you use them to rebuild your life and serve others?

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- Think of a person who needs grace. Write a prayer for them and ask God to soften your heart toward them.

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- Describe your vision for life after prison or addiction. What habits and relationships will support your new beginning?

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- What triggers or environments tempt you to fall back into old patterns? What boundaries can you set to avoid them?

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- Write about a time you felt God's presence during prayer or worship. How can you seek that connection daily?

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- Consider your finances and daily routines. Where might you need discipline? How will good stewardship honor God?

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- Who are the mentors or friends who encourage your faith and grit? How can you build a stronger community?

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- Define your purpose in Christ. What new opportunities do you sense God inviting you into?

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# Spiritual Habit Tracker

Habit	Week 1	Week 2	Week 3	Week 4
Prayer				
Scripture reading				
Gratitude journal				
Forgiveness & reconciliation				
Church/community involvement				

# Practical Habit Tracker

Habit	Week 1	Week 2	Week 3	Week 4
Exercise & health				
Budgeting & savings				
Sobriety milestones				
Job training/education				
Service & giving				

# Self-Assessment

Rate each area 1-5 (1 = struggling, 5 = thriving) and jot notes below.

Area	1	2	3	4	5	Notes
Identifying triggers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>
Support network	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>
Forgiveness & bitterness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>
Sobriety & temptation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>
Financial stability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>
Healthy relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>
Purpose & calling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>
Seeking help & resources	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div></div> <div></div> <div></div>