GLORY & GRIT • SEASON 2 COMPANION PAGE

When Beginning Again Doesn't Mean You're Finished Healing

A conversation with Michelle Briggs

DEFINING QUESTION

When an old wound appears in a new season,
can I receive deeper healing without calling my beginning a failure?

TRUTH TO CARRY

Finding another layer of healing does not erase the courage it took to begin again.

PRAYER PROMPT

Tell God where unfinished healing has made you question your progress. Ask Him to show you what needs truth, support, or a healthy boundary in this season - and for the courage to receive care without shame.

REFLECTION

- What new beginning am I discounting because some pain came with me?
- What old belief about my worth becomes loud when I feel rejected or unseen?
- What support or boundary would help me keep healing without hardening my heart?

ONE SMALL GRIT PRACTICE • NAME WHAT CAME WITH YOU

1. Name one brave beginning you made.
2. Name one wound, fear, or reaction that still asks for care.
3. Choose one prayer, support, or boundary step to take within 48 hours.

CLOSING REMINDER

You are not back at the beginning.

You are meeting a deeper place with more truth and more support.

If this page brings someone to mind, gently share the episode with them.