

8 STEPS TO TRUE
FREEDOM, PEACE,
AND CONFIDENCE

in Christ



Introduction



Hello!

"Are you ready to break free from the pain of your past and step into the peace, freedom, and confidence you deserve in Christ? Hi, I'm Lisa Joy, a Bible teacher, author, and Journal mentor passionate about helping women heal from trauma and embrace their God-given identity. In this mini-ebook, you'll discover practical tips and biblical inspiration to guide your journey of healing and growth. Let's walk this path together!"

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About the Process

Part One:

"This book begins by meeting you where you are—acknowledging the weight of past trauma and the unanswered questions that linger in your heart. You'll identify the lies that have shaped your view of yourself and your worth, addressing feelings of fear, guilt, and unworthiness. Through biblical truths and reflection, you'll uncover how these barriers have held you back from experiencing the peace and confidence you desire. The first steps in this process are understanding your pain and inviting God into your healing journey, giving Him the space to begin restoring what's been broken."

YOUR THOUGHTS:

About the Process

Part Two:

"From there, the book guides you toward transformation. You'll learn how to replace false beliefs with God's promises, build daily habits of spiritual growth, and embrace the freedom Christ offers. You'll find practical strategies for forgiveness, tools to rebuild trust in God's plan, and encouragement to reclaim your God-given identity. By the end, you'll feel equipped to walk in confidence and share your testimony with others, inspiring them with your breakthrough. This journey isn't just about healing—it's about stepping into the life of purpose and joy that God has for you."

YOUR THOUGHTS:

Mindset Quiz: Where Are You on Your Healing Journey?

1. How do you currently view your past trauma?

- ☐ A. I try to ignore it and avoid thinking about it.
- ☐ B. I feel overwhelmed and unsure of how to address it.
- ☐ C. I recognize its impact but don't know where to start with healing.
- ☐ D. I've begun to understand it but still feel stuck.
- ☐ E. I've started inviting God into my healing process.
- ☐ F. I've found peace with my past and am actively walking in healing.

2. What do you believe about your self-worth?

- ☐ A. I often feel unworthy or not good enough.
- ☐ B. My worth feels tied to how others see me.
- ☐ C. I know I'm valuable, but I struggle to feel it deep down.
- ☐ D. I'm learning to see myself through God's eyes, but it's hard.
- ☐ E. I know my worth comes from God, but I still have doubts sometimes.
- ☐ F. I fully embrace my God-given worth and identity.

Mindset Quiz: Where Are You on Your Healing Journey?

3. How do you typically respond to difficult emotions (fear, guilt, shame)?

- ☐ A. I bury or avoid them.
- ☐ B. I feel trapped by them and don't know how to move forward.
- ☐ C. I'm starting to identify where these emotions come from.
- ☐ D. I'm learning to bring them to God but still feel weighed down.
- ☐ E. I'm beginning to find freedom in giving them to God.
- ☐ F. I can face these emotions confidently, knowing God gives me strength.

4. How do you engage with God in your healing process?

- ☐ A. I struggle to believe He cares about my pain.
- ☐ B. I want to trust Him, but I feel distant or unsure how to connect.
- ☐ C. I pray occasionally but don't know how to invite Him fully into my pain.
- ☐ D. I've started seeking Him for comfort and clarity.
- ☐ E. I'm actively leaning on His Word and promises for healing.
- ☐ F. I feel connected to God and trust Him as my guide in every step.

Old Way vs New Way

Scoring Your Responses:

- Mostly A: You may feel stuck or overwhelmed by your pain. This book will help you begin identifying and processing your trauma while inviting God into your healing.
- Mostly B: You're aware of your pain but unsure how to address it. This book offers practical steps to guide you toward clarity and peace.
- Mostly C: You're starting to see patterns in your struggles and recognize areas for healing. The biblical truths and reflections here will deepen your understanding and help you take the next step.
- Mostly D: You're actively seeking healing and trusting God to guide you. This book will strengthen your journey and provide tools to overcome lingering barriers.
- Mostly E: You've begun to experience breakthroughs but want to solidify your freedom. This book will help you replace any remaining doubts with God's promises.
- Mostly F: You're walking in healing and confidence! This book will encourage you to continue growing and share your testimony with others to inspire their journey.

Old Way vs New Way

This guide will now present specific examples of how old ways of thinking—like holding on to pain, fear, and doubt—can be transformed into new, healthier patterns rooted in God’s truth, leading to peace, freedom, and lasting breakthrough.

THEN

Feeling stuck, avoiding emotions, and doubting God’s care.

Overwhelmed by pain, unsure where to start, and distant from God.

Recognizing struggles but unsure how to break free or move forward.

Seeking healing but feeling weighed down by lingering doubts and barriers.

Experiencing breakthroughs, but still holding onto some lingering doubts.

Walking in healing, but unsure how to inspire or help others.

VS

NOW

Facing pain, inviting God in, and finding hope in His promises.

Gaining clarity, taking small steps, and trusting God’s guidance.

Replacing old patterns with faith-filled actions and embracing God’s healing.

Trusting God’s plan, overcoming obstacles, and stepping confidently into freedom.

Fully embracing God’s promises, walking in confidence, and preparing for future growth.

Confident in your journey, sharing your testimony, and leading others to breakthrough.

8 steps Checklist

The 8 steps in this guide will walk you through acknowledging your pain, forgiving the past, and replacing lies with God's truth. As you rebuild trust, embrace your worth, and step into your purpose, each step provides practical tools and spiritual insights to shift you from brokenness to healing, from fear to faith, and from isolation to empowered community.

- ☐ Acknowledge Your Pain and Invite God In
- ☐ Forgiveness: The Key to Unlocking Freedom
- ☐ Break Free from False Beliefs
- ☐ Build Trust in God's Plan
- ☐ Invest in Your Spiritual Growth
- ☐ Surround Yourself with Supportive Community
- ☐ Reclaim Confidence Through Christ
- ☐ Share Your Breakthrough to Inspire Others



"Which of these steps do you feel most drawn to right now, and how can you take the first step toward embracing healing and freedom?"



Action Steps

1

Take time each day to reflect and invite God into your healing. My resources, like devotionals, can guide you through this process.

2

Read a Bible verse or devotional daily to replace old beliefs with God's truth. My Bible studies are a helpful tool for deepening your faith.

3

Surround yourself with people who encourage your growth. My resources can help you build the connections you need for lasting support.

These steps, combined with the right resources, will help you move from where you are to where God wants you to be. You're not alone on this journey, and I'm here to walk alongside you, offering tools that are designed to bring peace, freedom, and healing in Christ.



1. Acknowledge Your Pain and Invite God In

PAIN POINT:

Many women feel stuck in their trauma, unsure how to move forward.

PRACTICAL ADVICE

Healing starts when you stop ignoring the hurt and bring it to God. Spend time in prayer, journaling, or meditating on scriptures like Psalm 34:18: "The Lord is close to the brokenhearted and saves those who are crushed in spirit."



"It's okay to feel. God is with you in your pain."



2. Forgiveness: The Key to Unlocking Freedom

PAIN POINT:

Forgiveness can feel impossible, especially when the wounds are deep.

PRACTICAL ADVICE

Forgiveness doesn't mean excusing what happened—it's releasing yourself from the grip of bitterness. Reflect on Colossians 3:13: "Forgive as the Lord forgave you."



"Forgiveness sets you free, not the other person."



3. Break Free from False Beliefs

PAIN POINT:

Childhood wounds often leave behind lies about your worth, identity, and purpose.

PRACTICAL ADVICE

Identify and replace those lies with the truth of God's Word. Declare affirmations like, "I am fearfully and wonderfully made" (Psalm 139:14).



"You are who God says you are."



4. Build Trust in God's Plan

PAIN POINT:

Many struggle with fear and control, unable to trust God fully.

PRACTICAL ADVICE

Surrender your plans to God and trust that He knows what's best for you. Jeremiah 29:11 reminds us, "For I know the plans I have for you, declares the Lord..."



"God's plan for you is greater than your past."



5. Invest in Your Spiritual Growth

PAIN POINT:

It's hard to stay consistent with prayer, Bible study, or spiritual habits.

PRACTICAL ADVICE

Commit to even small daily practices like reading scripture, praying, or writing out your thoughts. Over time, these habits create lasting transformation.



"Every step of growth is a step closer to peace."



6. Surround Yourself with Supportive Community

PAIN POINT:

Healing feels impossible when you're isolated or surrounded by negativity.

PRACTICAL ADVICE

Find a group of like-minded women who encourage and uplift you in faith. Proverbs 27:17 says, "As iron sharpens iron, so one person sharpens another."



"You are not alone on this journey."



7. Reclaim Confidence Through Christ

PAIN POINT:

Trauma often leaves women feeling unworthy and insecure.

PRACTICAL ADVICE

Shift your focus from your past to God's promises. Reflect on Ephesians 2:10: "For we are God's handiwork, created in Christ Jesus to do good works..."



"Confidence is found in Christ, not perfection."



8. Share Your Breakthrough to Inspire Others

PAIN POINT:

Women often feel their story isn't significant enough to share.

PRACTICAL ADVICE

Your testimony has the power to encourage others and point them to Christ. Revelation 12:11 reminds us of the power of sharing: "They triumphed over him by the blood of the Lamb and by the word of their testimony."



"Your story is powerful—share it with faith."

What I do as a Journal Coach

As your Journal Coach, I'm here to walk with you through each step of your spiritual journey with compassion and care. My Bible studies provide journaling prompts and devotionals that will help guide your reflections, offering structure and clarity in this transformative process. When you face the difficult task of forgiveness, my studies include guided prayers and scriptures to help you take that courageous step of releasing what holds you back. The Faith Confessions in my resources will empower you with powerful scriptural declarations to renew your mind and strengthen your faith.

If you're struggling to let go and trust in God's timing, my devotionals offer practical steps to help you dive deeper into this journey and let go of control. Designed for busy women, my Bible studies offer manageable steps for spiritual growth that fit into your everyday life. They're also perfect for small groups, so you can grow in faith together, sharing and supporting one another.

In addition, my resources provide practical tools to help you step boldly into your God-given identity and purpose, encouraging you to embrace who you truly are. And through the "My Special Moments" sections in each study, you'll have space to reflect on your personal journey and celebrate the breakthroughs God has brought you through—whether that's with family, friends, or your small group. I'm here to support you, and together, we'll embrace each step with grace and confidence.

Resources

Healing is possible, and peace is within reach. Start your journey today by exploring my Bible studies and devotionals on Amazon. Together, let's break free from the chains of the past and step into the life of freedom and confidence God has for you.



PARENTING WITH PURPOSE:

For studies that focus on guiding and equipping parents.



WIVES OF STRENGTH:

For a study tailored to supporting wives in difficult marriages and personal growth.



WOMEN OF FAITH:

For studies designed for women's personal spiritual growth and community.

For more resources check out our website [Lisa Joy's Resources link](#)



"Every moment holds the
potential for
transformation through a
shift in perspective."

My testimony

Where do I begin? I was raised in church, but my relationship with Christ didn't truly start to grow until my young adult years. Most of my prayer life revolved around asking God for help when I faced challenges too big for me to handle, or in moments of deep pain—like the time I got on my knees and screamed, "I hate You!" to God after losing my mom when I was just 11. I had just begun my menstrual cycle and felt I had so much to share with her, yet she was suddenly gone. Despite attending church every Sunday, I had no understanding of who I was to God, what my worth was, or who God truly wanted to be for me.



Now, after 26 years of marriage, with two beautiful daughters and a granddaughter, I can honestly say that marriage has been both a joy and a trial. The challenges in my marriage pushed me to pursue God wholeheartedly and grow in my relationship with Christ. I was desperate to know peace and freedom—whether or not God moved in my husband's life.

Raising my children has been a mix of joy and pain, but I am proud of the women my daughters are becoming. I'm deeply grateful for the sacrifices I've made because I know they've left an eternal impact on their lives. Over the past 25 years, as an educator, I've witnessed many family dynamics—the good, the bad, and the ugly.

Through it all, I've used my teaching gifts in the church, and I've taken the pain of my own struggles and my journey of freedom in Christ to help others walk through their own. I'm asking you to do the same—to share your story, to walk toward freedom, and to find peace too. I have personally walked through these 8 steps, and I assure you that in Christ, I've found true peace, freedom, and confidence. And you can too.

Lisa Joy Davis
Journal Coach

Your dream life is calling



As you take these steps toward healing, freedom, and peace, remember that your dream life is not just a far-off fantasy—it's within your reach, right now. The journey may not always be easy, but with each step, you are moving closer to the woman God has created you to be.

"START YOUR
JOURNEY TODAY"

Your dreams, your purpose, and your freedom are waiting for you to embrace them. I believe in your ability to rise, to walk boldly in faith, and to experience the fullness of the life God has planned for you. Keep moving forward, trusting in His guidance, and know that your dream life is calling you to step into it, one day at a time.



I'm so excited to continue working with you!

Today is the beginning of the rest of your life.

Lisa Joy Davis
Journal Coach

For more resources check out our website [Lisa Joy's Resources link](#)