



Free Printable PDF **Workbook**

Dear Reader,

Please enjoy this free, printable workbook. My prayer is that it will help you to find healing through written reflection. The workbook is based on the questions found at the end of each book chapter and provides space for you to journal and think. Thoughtful questions often help us to process our experiences and emotions more effectively. For this reason, I have created an entire companion workbook filled with many more reflective questions, exercises, and guides to help you to work through your own experiences of spiritual hurt and trauma. You can find this on Amazon or at [www.ipibooks.com](http://www.ipibooks.com).

In Christ,



Dr. Sean St. Jean



# Chapter 1

## Do Not Underestimate the Danger of Spiritual Trauma



*“Keep your heart with all vigilance, for from it flow the springs of life”  
~ Proverbs 4:23 (ESV)*

### REFLECTION QUESTIONS

1. How would you define spiritual trauma and abuse?

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2. What lies has Satan tempted you to believe over the years because of what you have experienced in the church?

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2. What have been the consequences of these harms to your spiritual life?

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## Chapter 4

### God Spoke the World into Existence and So Do You



*“By faith we understand that the universe was formed at God’s command...”*  
~ Hebrews 11:3

*“A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of”*  
~ Luke 6:45

#### The Reality Sorting Grid:

What happened?	What did you think?	How did that thought make you feel?	How did you respond?	What was the end result?

#### The Truth Gauntlet

1. Is it definitely true?
2. What happens when you believe the thought to be true?
3. How would things be different if you didn’t believe that thought to be true?





2. What actions (both healthy and unhealthy) do you take to avoid, ignore, or make up for feelings of worthlessness?

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**Chapter 8**  
**Seeking Security:**  
**Fleeing (Toward Jesus)**



*“Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever”*  
~Psalm 73:25-26

**REFLECTION QUESTIONS**

1. Go back to the “taking stock” questions. Write a description of how you feel in your body, how you feel in your mind, and what your environment looks like.

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2. Who or what triggers you when you go to or think about church?



**Chapter 9**  
**Remembrance and Retelling:**  
**Acknowledging and Refining Our Stories of Spiritual Trauma**



*“If you have built castles in the air, your work need not be lost; that is where they should be.  
Now put the foundations under them.”  
~ Henry David Thoreau, Walden*

**REFLECTION QUESTIONS**

1. What good experiences have you had in the church? What was it that made them great?

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2. What are some of the losses that you have had as a result of your involvement in church?



## Chapter 10

### Mourning: God's Plan for Processing What Was Lost



*"Blessed are those who mourn, for they will be comforted"*  
~ Matthew 5:4

#### REFLECTION QUESTIONS

1. Do you normally experience anger or sadness (or something else) when you remember your own experiences of spiritual trauma and abuse? Where do you think this response style comes from?

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2. Is there anything you have done in the church to harm others that you still feel bad about? What steps have you taken to work through these situations? What still needs to be done?

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**Chapter 11**  
**The Art of Reconciliation:**  
**Addressing Sin a Four Levels of Difficulty**

*Then Peter came to Jesus and asked,  
“Lord, how many times shall I forgive my brother or sister  
who sins against me? Up to seven times?”  
Jesus answered, “I tell you, not seven times,  
but seventy-seven times.”  
~ Matthew 18:21–22*

**REFLECTION QUESTIONS**

1. Is there anyone in the church (or elsewhere) whom you know you haven't forgiven?

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2. Is there anyone in the church who you believe you need to set down a safety boundary with? What would that boundary look like?



**Chapter 12**  
**Reconnecting:**  
**Moving Forward in Healthy Relationships**



*Now that you have purified yourselves  
by obeying the truth so that  
you have sincere love for each other,  
love one another deeply, from the heart.  
~ 1 Peter 1:22*

**REFLECTION QUESTIONS**

1. What circles do you naturally get pulled into to an unhealthy degree at church?

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2. What “secondary lies” are you tempted to fall into in light of your spiritual trauma?

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# Chapter 13

## Connecting With God Amid Suffering: The Hurt Is Real, but So Is the Growth



*Consider it pure joy, my brothers,  
when you encounter trials of many kinds,  
because you know that the testing  
of your faith develops perseverance.  
Allow perseverance to finish its work,  
so that you may be mature and complete,  
not lacking anything.  
~ James 1:2-4 BSB*

### REFLECTION QUESTIONS

1. What awful thing has God allowed you to go through in life? Describe what happened.

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3. What faith activities can you pursue that you think would give you a sense of meaning in your life?

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4. How do you seek the Spirit's guidance in determining how you will serve in the future?

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**Chapter 15**  
**The Art of Letting Go:**  
**A Serenade to the Sloggers**



*Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth  
~Psalm 46:10*

The Four Filters of Church Roles and Tasks

1. You're good at it (it is a natural gift)
2. You enjoy doing it (you experience intrinsic joy in the process of doing it)
3. It is relatively un-detrimental to your energy levels, family life, other obligations
4. It's actually helpful (it contributes effectively, or is meaningful to you)

**REFLECTION QUESTIONS**

1. What "outcome" oriented things (if any) have stolen your joy at church? What "process" oriented things do you or could you enjoy as a part of your faith?

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2. What are three things that light you up, spiritually? What is your plan for making those things possible in your life?

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# Looking for **more**?



Pick up the **Spiritual Trauma: Companion Workbook** on Amazon or at [www.ipibooks.com](http://www.ipibooks.com).



Go to [www.seanstjean.com](http://www.seanstjean.com) to find out more about some of the services I offer:

- Counselling
- Church Consulting
- Spiritual Trauma Workshops