

FROM VICTIM TO VICTOR

FOLLOW-ALONG WORKBOOK & JOURNAL

Read • Reflect • Pray • Respond

A companion to From Victim to Victor
A Journey of Healing Through Jesus Christ

“Apart from Me you can do nothing.” • John 15:5

Welcome, Fellow Traveler

This workbook is designed to be used alongside the book. It does not replace the story; it gives you room to slow down, open your Bible, notice what God is showing you, and respond honestly.

Each chapter follows the same gentle rhythm:

READ Return to the same Scriptures used in the corresponding book chapter.

REFLECT Notice what the chapter and Scripture bring to the surface.

PRAY Bring the truth, questions, grief, gratitude, and next steps to Jesus.

RESPOND Write one faithful step you can carry into everyday life.

SHARE Use the conversation prompts with a friend, small group, ministry audience, or online community.

You do not need to rush. Leave space. Return to a page later. Write in the margins. Circle words. Pray over what you write. The goal is not to finish a workbook; the goal is to keep turning toward Jesus.

Workbook Journey

- 01 Who Am I?** • Philippians 1:6
- 02 My Innocence Was Stolen** • Psalm 34:18
- 03 Another Childhood Wound** • Psalm 55:22
- 04 Looking for Love** • 1 John 3:1
- 05 A New Beginning** • Proverbs 16:9
- 06 Another Wound** • Isaiah 43:1-2
- 07 Building a Life Without Jesus** • Proverbs 14:12
- 08 Jesus Found Me** • Romans 5:8
- 09 Learning to Walk** • Philippians 1:6
- 10 The Truth Sets Us Free** • 1 John 1:9
- 11 God Redeems** • Romans 8:28
- 12 The Shepherd Never Left** • Psalm 23:1-4
- 13 Trust Beyond Understanding** • Proverbs 3:5-6
- 14 My Thorn** • 2 Corinthians 12:9
- 15 God Sends People** • Ecclesiastes 4:9-10
- 16 When Others Don't Understand** • Hebrews 4:15
- 17 Comforted to Comfort** • 2 Corinthians 1:3-4
- 18 From Victim to Victor** • Romans 8:37

CHAPTER 1

Who Am I?

THEME SCRIPTURE

Philippians 1:6

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Philippians 1:6
- ☐ Romans 8:28
- ☐ Psalm 23
- ☐ Proverbs 3:5-6

What stood out to me before I began writing:

Reflect • Who Am I?

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What labels have I allowed to define me?

Where do I see evidence that God is still working in my story?

What would change if I viewed my life through what Christ is doing rather than only through what has happened to me?

Truth, Prayer & Conversation

The Lie I Have Believed

What fear, shame message, false identity, or assumption surfaced in this chapter?

The Truth I Want to Remember

Using only the Scriptures from this chapter, write the truth you want to carry with you.

Where I See Jesus

What does this chapter show me about the character, grace, presence, or work of Jesus?

For the Conversation

- ☐ What part of this chapter felt most familiar to you?
- ☐ Which Scripture would you want to talk about with someone else?
- ☐ How can we pray for one another without trying to fix one another?

My Prayer & Next Faithful Step

Jesus, this is what I want to say to You today:

One Faithful Step

I do not have to fix everything today. One step of faith, obedience, honesty, forgiveness, rest, connection, or surrender can be enough.

A truth I want to carry with me:

My Innocence Was Stolen

THEME SCRIPTURE

Psalm 34:18

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Psalm 34:18
- ☐ Psalm 139:1-18
- ☐ Isaiah 43:1-4
- ☐ Matthew 19:13-15

What stood out to me before I began writing:

Reflect • My Innocence Was Stolen

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What wound from my past still feels difficult to name before God?

What does it mean to me that the Lord is near to the brokenhearted?

What would gentleness toward my younger self look like today?

Truth, Prayer & Conversation

The Lie I Have Believed

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A truth I want to carry with me:

Another Childhood Wound

THEME SCRIPTURE

Psalm 55:22

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Psalm 55:22
- ☐ Matthew 11:28-30
- ☐ Matthew 19:13-15
- ☐ 1 Peter 5:7

What stood out to me before I began writing:

Reflect • Another Childhood Wound

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What burden have I carried that was never meant for me to carry?

What am I ready to place into God's hands?

Where do I need His sustaining presence today?

Truth, Prayer & Conversation

The Lie I Have Believed

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A truth I want to carry with me:

Looking for Love

THEME SCRIPTURE

1 John 3:1

Before You Read

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- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ 1 John 3:1
- ☐ Psalm 139:13-18
- ☐ Romans 5:8
- ☐ Ephesians 2:1-10

What stood out to me before I began writing:

Reflect • Looking for Love

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

Where have I looked for love, worth, or belonging outside of God?

What does being called a child of God mean for my identity?

What false belief about my worth needs to be replaced with truth?

Truth, Prayer & Conversation

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A truth I want to carry with me:

A New Beginning

THEME SCRIPTURE

Proverbs 16:9

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Proverbs 16:9
- ☐ Jeremiah 29:11-13
- ☐ Philippians 1:6
- ☐ Isaiah 43:18-19

What stood out to me before I began writing:

Reflect • A New Beginning

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What fresh start have I wanted God to give me?

Where have my plans differed from the path God established?

What step of obedience is in front of me now?

Truth, Prayer & Conversation

The Lie I Have Believed

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A truth I want to carry with me:

Another Wound

THEME SCRIPTURE

Isaiah 43:1-2

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Isaiah 43:1-2
- ☐ Psalm 34:18
- ☐ Romans 8:38-39
- ☐ Hebrews 13:5-6

What stood out to me before I began writing:

Reflect • Another Wound

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What fear rises when I remember painful seasons?

How does God's promise to be present change the way I view the fire or flood?

What would it look like to let God's presence be louder than the wound?

Truth, Prayer & Conversation

The Lie I Have Believed

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For the Conversation

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Jesus, this is what I want to say to You today:

One Faithful Step

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A truth I want to carry with me:

Building a Life Without Jesus

THEME SCRIPTURE

Proverbs 14:12

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Proverbs 14:12
- ☐ Psalm 32
- ☐ Psalm 51
- ☐ Romans 5:8
- ☐ 1 John 1:9

What stood out to me before I began writing:

Reflect • Building a Life Without Jesus

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

Where have I relied on control, achievement, relationships, or appearance instead of Jesus?

What looked right to me but left me spiritually empty?

What area of my life needs surrender rather than better management?

Truth, Prayer & Conversation

The Lie I Have Believed

What fear, shame message, false identity, or assumption surfaced in this chapter?

The Truth I Want to Remember

Using only the Scriptures from this chapter, write the truth you want to carry with you.

Where I See Jesus

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For the Conversation

- ☐ What part of this chapter felt most familiar to you?
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My Prayer & Next Faithful Step

Jesus, this is what I want to say to You today:

One Faithful Step

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A truth I want to carry with me:

CHAPTER 8

Jesus Found Me

THEME SCRIPTURE

Romans 5:8

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Romans 5:8
- ☐ Ephesians 2:8-9
- ☐ Luke 19:10

What stood out to me before I began writing:

Reflect • Jesus Found Me

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

When did knowing about Jesus become personal faith for me?

What does grace mean to me when I remember that Christ loved me while I was still a sinner?

Is there any part of my life I am still trying to clean up before bringing it to Jesus?

Truth, Prayer & Conversation

The Lie I Have Believed

What fear, shame message, false identity, or assumption surfaced in this chapter?

The Truth I Want to Remember

Using only the Scriptures from this chapter, write the truth you want to carry with you.

Where I See Jesus

What does this chapter show me about the character, grace, presence, or work of Jesus?

For the Conversation

- ☐ What part of this chapter felt most familiar to you?
- ☐ Which Scripture would you want to talk about with someone else?
- ☐ How can we pray for one another without trying to fix one another?

My Prayer & Next Faithful Step

Jesus, this is what I want to say to You today:

One Faithful Step

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A truth I want to carry with me:

Learning to Walk

THEME SCRIPTURE

Philippians 1:6

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Philippians 1:6
- ☐ Luke 15:11-32
- ☐ Lamentations 3:22-23
- ☐ Proverbs 3:5-6
- ☐ John 15:1-11

What stood out to me before I began writing:

Reflect • Learning to Walk

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

Where am I frustrated that spiritual growth is taking time?

What evidence of God's ongoing work can I see in myself?

What helps me remain connected to Jesus instead of trying to grow in my own strength?

Truth, Prayer & Conversation

The Lie I Have Believed

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A truth I want to carry with me:

The Truth Sets Us Free

THEME SCRIPTURE

1 John 1:9

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ 1 John 1:5-9
- ☐ James 5:16
- ☐ Psalm 32
- ☐ Psalm 51
- ☐ Romans 8:1

What stood out to me before I began writing:

Reflect • The Truth Sets Us Free

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What secret, shame, or false belief becomes heavier when it stays hidden?

What does confession make possible in my relationship with God and others?

What truth from Scripture do I need to speak over shame?

Truth, Prayer & Conversation

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My Prayer & Next Faithful Step

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A truth I want to carry with me:

God Redeems

THEME SCRIPTURE

Romans 8:28

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Romans 8:28-39
- ☐ Genesis 50:20
- ☐ Psalm 46
- ☐ James 1:2-4

What stood out to me before I began writing:

Reflect • God Redeems

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What part of my story have I struggled to believe God can redeem?

What is the difference between saying something painful was good and believing God can work through it for good?

Where have I already seen God bring purpose from pain?

Truth, Prayer & Conversation

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A truth I want to carry with me:

The Shepherd Never Left

THEME SCRIPTURE

Psalm 23:1-4

Before You Read

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- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Psalm 23
- ☐ John 10:11-18
- ☐ Hebrews 13:5-6
- ☐ Isaiah 41:10

What stood out to me before I began writing:

Reflect • The Shepherd Never Left

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

Which valley has made me most aware of my need for the Shepherd?

Where can I recognize God's presence when I look back?

What would it mean to let Jesus lead rather than demanding to know the whole path?

Truth, Prayer & Conversation

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A truth I want to carry with me:

Trust Beyond Understanding

THEME SCRIPTURE

Proverbs 3:5-6

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Proverbs 3:5-6
- ☐ Isaiah 55:8-9
- ☐ Psalm 37:3-7
- ☐ Philippians 4:6-9

What stood out to me before I began writing:

Reflect • Trust Beyond Understanding

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What question am I still trying to answer before I will trust God?

Where am I leaning most heavily on my own understanding?

What would trusting God with all my heart look like this week?

Truth, Prayer & Conversation

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A truth I want to carry with me:

My Thorn

THEME SCRIPTURE

2 Corinthians 12:9

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ 2 Corinthians 12:7-10
- ☐ Isaiah 40:28-31
- ☐ Matthew 6:25-34
- ☐ James 1:17

What stood out to me before I began writing:

Reflect • My Thorn

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What have I repeatedly asked God to remove?

How might God's grace meet me even if the struggle does not disappear?

Where can weakness become a place of dependence on Christ rather than shame?

Truth, Prayer & Conversation

The Lie I Have Believed

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My Prayer & Next Faithful Step

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One Faithful Step

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A truth I want to carry with me:

God Sends People

THEME SCRIPTURE

Ecclesiastes 4:9-10

Before You Read

- ☐ Pray for an open and teachable heart.
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- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Ecclesiastes 4:9-12
- ☐ Proverbs 27:17
- ☐ Hebrews 10:24-25
- ☐ 1 Corinthians 15:33
- ☐ John 13:34-35

What stood out to me before I began writing:

Reflect • God Sends People

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

Who has God used to strengthen, encourage, or protect me?

Where do I need healthy Christian community instead of isolation?

Whom might God be asking me to encourage?

Truth, Prayer & Conversation

The Lie I Have Believed

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One Faithful Step

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A truth I want to carry with me:

When Others Don't Understand

THEME SCRIPTURE

Hebrews 4:15

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Hebrews 4:14-16
- ☐ Psalm 139:1-18
- ☐ Matthew 11:28-30
- ☐ Romans 8:31-39

What stood out to me before I began writing:

Reflect • When Others Don't Understand

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

Where do I feel unseen or misunderstood?

How does knowing that Jesus understands weakness affect my loneliness?

What do I need from people, and what do I need to receive directly from Christ?

Truth, Prayer & Conversation

The Lie I Have Believed

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One Faithful Step

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A truth I want to carry with me:

Comforted to Comfort

THEME SCRIPTURE

2 Corinthians 1:3-4

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ 2 Corinthians 1:3-7
- ☐ Matthew 28:18-20
- ☐ Psalm 40:1-3
- ☐ 1 Peter 3:15

What stood out to me before I began writing:

Reflect • Comforted to Comfort

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

How has God comforted me in a way I could now offer to someone else?

What part of my testimony could become encouragement rather than something I hide?

Who is one person I can comfort without trying to fix?

Truth, Prayer & Conversation

The Lie I Have Believed

What fear, shame message, false identity, or assumption surfaced in this chapter?

The Truth I Want to Remember

Using only the Scriptures from this chapter, write the truth you want to carry with you.

Where I See Jesus

What does this chapter show me about the character, grace, presence, or work of Jesus?

For the Conversation

- ☐ What part of this chapter felt most familiar to you?
- ☐ Which Scripture would you want to talk about with someone else?
- ☐ How can we pray for one another without trying to fix one another?

My Prayer & Next Faithful Step

Jesus, this is what I want to say to You today:

One Faithful Step

I do not have to fix everything today. One step of faith, obedience, honesty, forgiveness, rest, connection, or surrender can be enough.

A truth I want to carry with me:

From Victim to Victor

THEME SCRIPTURE

Romans 8:37

Before You Read

- ☐ Pray for an open and teachable heart.
- ☐ Read the chapter slowly.
- ☐ Mark a sentence or moment that stays with you.
- ☐ Open your Bible and read the passages below in context.

Read Along

- ☐ Romans 8:31-39
- ☐ John 15:1-17
- ☐ 2 Corinthians 5:17
- ☐ Genesis 50:15-21

What stood out to me before I began writing:

Reflect • From Victim to Victor

Sit with the chapter and the Scripture before trying to solve anything. Write what is true, even if your thoughts feel unfinished.

What is the difference between acknowledging what happened to me and allowing it to define me?

Which old identity am I ready to surrender to Jesus?

What does living as 'more than a conqueror through Him' look like in ordinary life?

Truth, Prayer & Conversation

The Lie I Have Believed

What fear, shame message, false identity, or assumption surfaced in this chapter?

The Truth I Want to Remember

Using only the Scriptures from this chapter, write the truth you want to carry with you.

Where I See Jesus

What does this chapter show me about the character, grace, presence, or work of Jesus?

For the Conversation

- ☐ What part of this chapter felt most familiar to you?
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A truth I want to carry with me:

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Book + Follow-Along Workbook

This index includes Scripture references used in the book and the companion workbook. Workbook references point to the corresponding chapter rather than adding new passages.

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Notes & Prayers