



14-DAY HEALING READING PLAN

SCRIPTURE, REFLECTION, AND PRAYER

A companion resource from

WE PRAY YOU HEAL

BASED ON THEMES FROM THE BOOK

I Pray You Heal from the Things You Don't Talk About

BEFORE YOU BEGIN

The 14-Day Healing Reading Plan was created as a companion resource to the book, *I Pray You Heal from the Things You Don't Talk About*. Whether you've already read the book or are just beginning your healing journey, this guide is designed to help you slow down, spend time in Scripture, and take practical steps toward healing, restoration, and hope through Jesus Christ.

PURPOSE

Each day focuses on a theme many people quietly carry: shame, grief, betrayal, trust, hidden wounds, loneliness, and hope. The goal is not to rush healing, but to create space for God to meet you in it. Healing rarely happens all at once. This reading plan was created to help you slow down, spend time with God, and take small steps toward healing, restoration, and hope through Jesus Christ. Take your time. Be honest. Healing is a process, not a race.

ABOUT THE BOOK

I Pray You Heal from the Things You Don't Talk About by Joe Lucio draws from personal pain and years of hidden wounds. It shares stories of addiction, shame, grief, betrayal, silence, and healing, showing what happens when we bring our deepest hurts to Jesus. Each chapter blends honest reflection, Scripture, and practical steps for healing. This plan supports revisiting these themes through daily Scripture, prayer, reflection, and action. Whether new or familiar with the book, our prayer is you know you're not alone, healing is real, and your story continues.



Some days may feel encouraging. Others may uncover wounds you have carried for years. That's okay. Don't rush. Take one day at a time and trust that God is able to meet you exactly where you are. **Healing is possible. Your story is not over.**

Unless otherwise noted, Scripture quotations are taken from the Holy Bible, New Living Translation (NLT).

EACH DAY INCLUDES



SCRIPTURE

Each day includes a key verse from a larger passage. Read the full passage and ask God what He wants to show you.



REFLECTION

Read the devotional thought and let it prepare your heart for prayer and honest conversation with God.



PRAYER

This prayer is a guide, not a script. Read it, adapt it, or pray in your own words. There are no perfect words.



TODAY'S STEP

Take one practical action that moves you toward healing, trust, forgiveness, or growth.



TAKE IT DEEPER

These prompts are designed to help you reveal your heart, receive God's truth, and respond in faith. Be honest, listen, and let Him lead you one step at a time.



NOTES

Write down prayers, thoughts, observations, or anything you want to remember.

DAY
01

YOU DON'T HAVE TO
CARRY IT ALONE



SCRIPTURE

Matthew 11:28 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."



REFLECTION

Some burdens are easy to see. Others are carried quietly for years. Pain, shame, regret, grief, fear, and disappointment can become so familiar that we stop noticing how heavy they are. We learn to carry them alone because we don't know who to tell, or whether anyone will understand.

Jesus offers a different invitation. He doesn't tell us to fix ourselves first or carry the weight a little longer. He simply says, "Come to me." Healing often begins when we stop pretending we're okay and bring our burdens honestly before Him. You were never meant to carry everything by yourself.



PRAYER

Jesus, I'm tired of carrying things on my own. Today I bring You the burdens I've been holding onto, even the ones I rarely talk about. Help me trust You with what feels too heavy for me. Teach me to find rest in Your presence. Amen.



TODAY'S STEP

Take a 10-minute walk without distractions. As you walk, think about one burden you've been carrying alone and consciously place it in God's hands through prayer.



TAKE IT DEEPER

1. What has been keeping you from bringing your burdens to Jesus?
2. What is one small way you can walk in greater freedom this week?
3. What is one burden you can release to him before you turn the page?



NOTES

DAY
02

THE WEIGHT OF
HIDDEN WOUNDS



SCRIPTURE

Psalm 34:18 (NLT)

The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.



REFLECTION

Not every wound is visible. Some are carried quietly behind a smile, hidden beneath busy schedules, or buried under years of trying to move on. The pain may come from betrayal, abandonment, grief, abuse, disappointment, or something few people know about. Hidden wounds often grow heavier when we carry them alone.

The good news is that God is not distant from your pain. Psalm 34 reminds us that He is close to the brokenhearted. He sees what others cannot see. He knows the wounds you rarely talk about and the burdens you struggle to explain. Healing begins when we stop hiding those wounds from God and bring them honestly into His presence. We were never meant to carry them alone.



PRAYER

Father, You see every wound, even the ones I have hidden from others. Thank You for staying close when my heart feels heavy. Help me trust that You care about what I'm carrying and that healing is possible through You. Amen.



TODAY'S STEP

Place your hand over your heart and slowly read today's Scripture three times. After each reading, pause and reflect on the words: "The Lord is close."



TAKE IT DEEPER

1. Where in your life do you most need the reminder that God is near?

2. How does it change your perspective to know that God is close to the brokenhearted?

3. What hidden wounds can you begin entrusting to Him today?



NOTES

DAY
03

GOD HEARS WHAT YOU
NEVER SAY OUT LOUD



SCRIPTURE

Psalm 56:8 (NLT)

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.



REFLECTION

Not every wound comes out in words. Sometimes the deepest pain stays buried beneath the surface. You may have learned to keep moving, stay busy, or act like everything is fine. Maybe you’ve cried before. Maybe you haven’t. Either way, God has not missed what you’ve carried.

Psalm 56 reminds us that God sees every sorrow and notices every tear, even the ones nobody else knows about. Nothing you’ve experienced has been ignored or forgotten by Him. The pain may be real, but so is His attention. You do not have to prove your hurt for God to care. He already sees you, and He has been with you every step of the way.



PRAYER

Jesus, thank You for seeing what others cannot see. Thank You for knowing my sorrows and caring about the things I carry. Help me trust that I am not forgotten and that You are near, even when I struggle to put my feelings into words. Amen.



TODAY’S STEP

Find a quiet spot and sit for five minutes without distractions. No phone, music, or plans. Just remind yourself: God sees, knows, and is near. If distracted, return to these words.



TAKE IT DEEPER

1. What have you been carrying that you need to stop carrying in silence?
2. What part of your life do you need to remember God already sees and understands?
3. What would change if you truly believed God has seen every tear and has never left your side?



NOTES

DAY
04

WHEN JESUS STEPS
INTO THE PAIN



SCRIPTURE

Luke 24:13-15 (NLT)

¹³That same day two of Jesus' followers were walking to the village of Emmaus, seven miles from Jerusalem. ¹⁴As they walked along they were talking about everything that had happened. ¹⁵As they talked and discussed these things, Jesus himself suddenly came and began walking with them.



REFLECTION

The two disciples on the road to Emmaus were carrying disappointment, confusion, and grief. Everything they had hoped for seemed lost. As they walked, they talked about their pain, trying to make sense of what had happened. What they didn't realize was that Jesus was already drawing near.

Sometimes we assume God is absent when life hurts. We wonder where He is and why He hasn't stepped in. Yet the Emmaus story reminds us that Jesus often meets us in the middle of our pain before we recognize His presence. He is not waiting for you to have all the answers. He is willing to walk with you, one step at a time, even in seasons that feel uncertain.



PRAYER

Jesus, thank You for meeting me in the middle of my struggles. When I feel discouraged, confused, or alone, help me remember that You are near. Open my eyes to Your presence and teach me to trust that You are walking with me, even when I cannot see the whole picture. Amen.



TODAY'S STEP

Reflect on last week. Was there a kind word, peace, or moment that showed Jesus was near? Write one down and thank Him for being with you, even if unnoticed then.



TAKE IT DEEPER

- 1. Where have you thought Jesus was absent, but He walked with you unnoticed?
- 2. How does today's passage change the way you picture Jesus walking with you?
- 3. What would it look like to let Jesus join you in the pain instead of waiting until you feel healed to come near Him?



NOTES

DAY
05

LEARNING TO
TRUST AGAIN



SCRIPTURE

John 20:27 (NLT)

Then he said to Thomas, “Put your finger here, and look at my hands. Put your hand into the wound in my side. Don’t be faithless any longer. Believe!”



REFLECTION

It’s hard to trust again when you’ve been hurt, let down, or betrayed. Thomas knew that struggle. He had seen Jesus with his own eyes, followed Him, and believed. But when Jesus was gone, doubt crept in. He needed proof to believe again. Jesus didn’t shame him. He met him in his doubt.

Maybe you’re here today. You want to trust, but your past keeps getting in the way. The good news is Jesus is patient with you. He invites you to bring your doubts to Him, not carry them alone. Trust isn’t pretending everything is fine. It’s choosing to open your heart again, one step at a time, with Jesus right beside you.



PRAYER

Jesus, I want to trust you again, but it’s hard. You see my doubts and my fears. Thank you for meeting me right where I am. Help me take one small step today to trust You with what I’ve been holding on to. Amen.



TODAY’S STEP

Write down one area where it’s hard for you to trust right now. Bring it to Jesus in prayer and ask Him to help you take one step of trust today.



TAKE IT DEEPER

- 1. What do you admire most about the way Jesus responded to Thomas?
- 2. Where is Jesus inviting you to trust Him one step at a time?
- 3. How would your life look different if you believed Jesus was patient with your doubts?



NOTES

DAY
06

WHEN THE PEOPLE YOU
TRUSTED HURT YOU



SCRIPTURE

Psalm 55:12-14 (NLT)

It is not an enemy who taunts me—I could bear that. It is not my foes who so arrogantly insult me—I could have hidden from them. Instead, it is you—my equal, my companion and close friend. What good fellowship we once enjoyed as we walked together to the house of God.



REFLECTION

Some wounds cut deeper because of who caused them. We expect hurt from enemies, critics, or strangers. What we don't expect is betrayal from someone we trusted. A close friend. A family member. A spouse. A mentor. A pastor. The people who are supposed to protect us sometimes become the source of our pain.

David understood that kind of heartbreak. He wasn't grieving the actions of an enemy. He was grieving the betrayal of someone close. Scripture reminds us that God is not indifferent to this kind of pain. He sees the hurt, the disappointment, and even the questions you've been afraid to say out loud. While betrayal can damage trust, it does not have to define your future. God can heal wounds that others created.



PRAYER

Father, You know the pain of broken trust. Thank You for seeing the hurt that others may never fully understand. Help me bring this wound to You instead of carrying it alone. Begin healing the places where disappointment, anger, or grief still remain. Amen.



TODAY'S STEP

Spend a few quiet moments praying for the area where trust was broken. You don't have to have the right words or know what comes next. Simply tell God honestly where it still hurts and invite Him into that place.



TAKE IT DEEPER

1. What part of this hurt do you sense God asking you to place in His hands today?
2. What truth from today's reading do you need to remember when the wound feels heavy?
3. What would healing look like if God had the final word instead of this hurt?



NOTES

DAY
07

THE LIES
WOUNDS TEACH



SCRIPTURE

Numbers 23:19 (NLT)

God is not a man, so he does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through?



REFLECTION

Wounds have a way of teaching lessons. Some are true. Many are not. After enough disappointment, betrayal, rejection, or loss, we can begin believing things that were never meant to define us. Maybe the wound taught you that nobody can be trusted. Maybe it convinced you that you are unworthy of love, that healing is impossible, or that God has forgotten you.

The problem is that pain can make a lie feel true. The longer we carry it, the more convincing it becomes. Numbers 23 reminds us that God is not like the people who have hurt us. He does not lie. He does not change His mind. His promises remain true even when our experiences try to tell us otherwise. Healing begins when we stop letting our wounds define reality and start allowing God’s truth to speak louder.



PRAYER

Father, some of the things I believe about myself, my future, or even about You may have been shaped by my wounds. Help me recognize the lies I have accepted as truth. Give me the courage to replace them with what You say. Teach me to trust Your Word above my fears and past experiences. Amen.



TODAY’S STEP

Think about one lie you have been tempted to believe because of a past wound. Then write down one truth from today’s Scripture that challenges that lie. Keep that truth somewhere you can see it throughout the day.



TAKE IT DEEPER

- 1. How has God’s truth changed the way you see your situation today?
- 2. How would your life be different if you believed God’s truth instead of the lie?
- 3. What truth from God’s Word do you want to carry with you moving forward?



NOTES

DAY
08

REPLACING LIES
WITH TRUTH



SCRIPTURE

Romans 12:2 (NLT)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.



REFLECTION

Once we've recognized the lies our wounds have taught us, we face a choice. We can keep repeating them until they shape our future, or we can begin replacing them with God's truth. Healing doesn't happen when we ignore the pain. It happens when we stop allowing the pain to have the loudest voice.

God never asks us to pretend our wounds didn't happen. Instead, He invites us to renew our minds with what is true. As His truth takes root, fear begins to lose its grip, shame starts to loosen, and hope quietly grows. Transformation rarely happens overnight, but every time you choose God's truth over a lie, you're taking another step toward freedom.



PRAYER

Father, thank You that Your truth is stronger than the lies I have believed. Help me recognize when my thoughts don't agree with what You say about me. Renew my mind, strengthen my faith, and teach me to walk in the freedom You desire for my life. Amen.



TODAY'S STEP

Pick a truth from today's Scripture or a verse you read this week. Write it on a note or phone and place it where you'll see it often. Each time, pause and thank God for shaping your heart.



TAKE IT DEEPER

1. What truth do you sense God inviting you to believe today?

2. If God is renewing your mind, what old way of thinking might He be asking you to leave behind?

3. What truth do you want to begin repeating to yourself this week until it becomes part of the way you think?



NOTES

DAY
09

WHEN YOUR HEART
GOES NUMB



SCRIPTURE

Psalms 147:3 (NLT)

He heals the brokenhearted and bandages their wounds.



REFLECTION

Sometimes the deepest pain doesn't come out in tears. Sometimes it goes quiet. After enough disappointment, loss, rejection, or heartache, our hearts can begin to shut down. We keep showing up, going to work, smiling when we're expected to, yet inside we feel disconnected from ourselves, from others, and sometimes even from God.

Numbness isn't proof that you don't care. Often it's the heart's way of trying to survive when the pain feels too heavy to carry. But God never intended survival to be the end of your story. He sees the wounds hidden beneath the silence, and He gently begins healing what we've learned to ignore. Even if you don't feel much today, He has not stopped working in your heart.



PRAYER

Father, You know the places in my heart that have grown quiet. Thank You for seeing what I struggle to explain. Help me trust that numbness is not the end of my story. Begin healing the places I've hidden, and teach my heart to receive Your love again. Amen.



TODAY'S STEP

Listen to a worship song that has inspired you before or reminds you of God's faithfulness. Don't worry if you don't feel anything immediately. Just listen, be present, and invite God to meet you. If a lyric stands out, write it down.



TAKE IT DEEPER

1. What part of your heart have you learned to protect because it felt safer than feeling the pain?

2. How does today's Scripture remind you that God isn't afraid of the places you've shut down?

3. What is one way you can make room for God to gently soften your heart this week?



NOTES

DAY
10

HOPE BEGINS
TO RETURN



SCRIPTURE

Ezekiel 37:5 (NLT)

This is what the Sovereign Lord says: Look! I am going to put breath into you and make you live again!



REFLECTION

Grief doesn't always come with tears. Sometimes it leaves behind silence, exhaustion, and a heart that struggles to feel much of anything. You may keep moving through each day, smiling when you need to, while quietly wondering if you'll ever feel joy again. Numbness can make you believe that nothing will ever change.

When God showed Ezekiel a valley of dry bones, He wasn't showing him something beyond hope. He was revealing that even what seems lifeless is not beyond His power. The same God who breathed life into dry bones is able to breathe hope into weary hearts. If you feel emotionally empty today, remember this: God is still bringing life where you can only see loss.



PRAYER

Father, some days I don't know what I feel, and other days I don't feel much at all. Thank You that You are not discouraged by my numbness. Breathe new life into the places that have grown weary and quiet. Help me trust that You are still working, even when I cannot feel it. Amen.



TODAY'S STEP

Take five deep breaths. With each, thank God for life and ask Him to renew hope in your heart. Don't force feelings; just welcome His presence.



TAKE IT DEEPER

1. Where have you stopped expecting God to move because the pain has lasted so long?
2. How does God's promise to breathe life into dry bones change the way you see that part of your story?
3. What is one area of your life where you're ready to invite God to breathe fresh hope again?



NOTES

DAY
11

LIFTED FROM
THE PIT



SCRIPTURE

Psalm 40:2a (NLT)

He lifted me out of the pit of despair, out of the mud and the mire.



REFLECTION

Sometimes healing doesn't feel dramatic. You may still remember the pain, wrestle with old thoughts, or wonder if you've really made any progress at all. But healing isn't measured by whether you remember the pit. It's measured by where you're standing today.

God never promised that the mud would disappear from your memory. He promised that it would no longer be your home. Through Jesus, you are not defined by the place where you were wounded, the mistakes you've made, or the lies you've believed. He reaches into the pit, takes hold of your life, and leads you onto a different path. You may still have difficult days, but you don't have to live as though you're still trapped. The pit was part of your story. It is not where your story ends.



PRAYER

Father, thank You for not leaving me where You found me. When I begin to believe I'm still trapped by my past, remind me of the work You have already begun in my life. Help me walk in the freedom You've given me, trusting that You are leading me one step at a time. Amen.



TODAY'S STEP

Take a moment to note one way your life has changed in the past year. It doesn't have to be big. Thank God for His faithfulness and that small steps still move you forward.



TAKE IT DEEPER

1. Where do you still feel stuck in the pit, even though God is leading you out?
2. How does today's Scripture remind you that your past is part of your story but not your identity?
3. What step today shows God is guiding you forward, not back?



NOTES

DAY
12

PLANTED ON
SOLID GROUND



SCRIPTURE

Psalm 40:2b (NLT)

He set my feet on solid ground and steadied me as I walked along.



REFLECTION

Healing doesn't mean you'll never struggle again. There will still be days when old fears whisper, painful memories resurface, or your footing feels uncertain. But those moments don't mean you're back where you started. A shaky step doesn't change the ground beneath your feet.

When you place your trust in Christ, He doesn't simply rescue you from the pit, He sets your feet on solid ground and begins establishing your life on something stronger than your feelings, your past, or your circumstances. Little by little, your roots grow deeper into His truth. You may not always feel strong, but you can stand with confidence because your foundation is not built on your strength. It's built on His faithfulness.



PRAYER

Father, thank You for giving me a foundation that doesn't move. When I feel weak or uncertain, remind me that my security is found in You, not in my emotions or my circumstances. Help my roots grow deeper into Your truth each day, and teach me to trust the ground You've placed beneath my feet. Amen.



TODAY'S STEP

Go outside, stand barefoot on the ground, and feel its firmness. Thank God His faithfulness is more reliable than the ground. Ask Him to help your life grow deeper roots in Him.



TAKE IT DEEPER

1. What have you been relying on to feel secure that has proven unable to hold you?
2. How does today's Scripture change the way you think about what it means to be truly grounded?
3. What is one habit that could help your roots grow deeper in Christ this week?



NOTES

DAY
13

HEALING IS
POSSIBLE



SCRIPTURE

Isaiah 41:10 (NLT)

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you to help you. I will hold you up with my victorious right hand.



REFLECTION

Healing is discovering that God's faithfulness is greater than your weakness. There will still be moments when old wounds ache or fear tries to return, but those moments no longer define who you are or where you're headed.

God never promised a life without difficulties, but He did promise His presence. The same hand that lifted you from the pit and set your feet on solid ground is the hand that continues to strengthen you, steady you, and hold you when you feel weak. Whatever you're carrying today, remember this: God's grip on you is stronger than your grip on Him.



PRAYER

Father, thank You for never letting go of me. When I feel weak, remind me that Your strength is enough. When I stumble, help me remember that Your hand is still holding mine. Teach me to trust Your faithfulness more than my feelings, and help me keep walking with confidence, knowing You are always with me. Amen.



TODAY'S STEP

Think back over the last few weeks and write down one moment where you saw God's faithfulness, even if it seemed small at the time. Thank Him for staying with you, and ask Him to help you recognize His hand in your life more often.



TAKE IT DEEPER

1. Where do you still trust your strength over God's faithfulness?
2. How does today's Scripture reshape your view of God's presence during healing?
3. What fear or burden can you give to God today, trusting He can carry it?



NOTES

DAY
14

YOUR STORY
IS NOT OVER



SCRIPTURE

Philippians 1:6 (NLT)

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.



REFLECTION

Healing doesn't mean you'll never struggle again. It means your struggles no longer have the final word. The same Jesus who met you in your deepest pain is still with you today. He hasn't left you, and He isn't finished with what He started.

Your confidence isn't found in never stumbling again. It's found in the faithfulness of the One who keeps holding you, strengthening you, and leading you forward. Your story is still being written, and Jesus is still walking with you every step of the way.



PRAYER

Father, thank You for meeting me throughout this journey. Thank You for reminding me that my wounds do not have the final word. Continue the work You've begun in me, and help me keep walking with You one day at a time. When I grow discouraged, remind me that You are still writing my story. I trust You with every chapter that is still to come. Amen.



TODAY'S STEP

Review your notes from these fourteen days. Thank God for what He revealed, healed, and taught. Write one sentence beginning with: *"Because of Jesus, I believe..."* and keep it where you'll see it often.



TAKE IT DEEPER

1. Reflecting on these fourteen days, what truth changed your heart most?
2. How does today's Scripture assure you God is working in unfinished parts of your story?
3. What next step is Jesus inviting you to take in your healing journey?



NOTES

CONTINUE THE JOURNEY

Healing takes time, and you don't have to walk through it alone. We are here to encourage you, pray with you, and provide resources to help you grow closer to Jesus every day.



WEBSITE

WePrayYouHeal.com

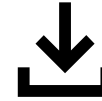
Visit our website for more resources, encouragement, and to submit a prayer request.



THE BOOK

*I Pray You Heal from the
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MORE RESOURCES

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never know who God will use your
obedience to reach.



**WE PRAY
YOU HEAL**

HEALING IS POSSIBLE. YOUR STORY IS NOT OVER.

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