

SOAF Curriculum – Module 1

Title: *Biblical Foundations of Healing*

Format: Faith-Based | Trauma-Informed | Designed for Group or Classroom Use

Learning Objectives

By the end of this session, participants will:

- Understand how Scripture speaks to personal suffering and the process of restoration.
 - Reflect on God’s role as a Healer during trauma and grief.
 - Begin to recognize and name their own experiences of pain through the lens of faith.
-

Opening Scriptures

- *Isaiah 61:1–3* — “To bind up the brokenhearted...”
 - *Luke 4:18–19* — Christ’s declaration of healing and liberty
 - *Psalms 34:18* — “The Lord is near to those with a broken heart...”
-

Reflection Prompt

“What does it mean to be ‘brokenhearted’ in your life—and where have you seen God's healing begin?”

Activity 1: Reflection Journal

Prompt:

“Name a time when the pain made you feel unseen. What helped you begin to heal?”

Guided Prayer:

“Lord, remind me that Your presence does not depend on my strength—but on Your unfailing love.”

Testimony Integration (*from the Book*)

Featured Chapter: Tyler’s childhood trauma and his relationship with his mother.

Discussion Prompts:

- “What happens when the people meant to protect us become the source of pain?”
 - “How can we begin to trust again—through God’s eyes, not the world’s?”
-

Optional Group Activity: “Thread of Testimony”

Instructions:

- Provide paper and markers for each participant.
 - Invite them to *draw or write* a moment of brokenness they’ve experienced.
 - Then, draw a symbolic “thread of hope” that intersects or overlays the image or story.
 - **Optional sharing** in small groups, as participants feel led.
-

Group Discussion Questions

- What does healing look like in your life right now?
 - In what ways does God use brokenness as part of His redemptive story?
 - What fears still keep you from receiving or fully embracing healing?
-

Closing Prayer

Led by the facilitator or offered as an open group invitation:

“God of restoration, open our hearts to believe that pain is not the end of our story. Walk with us. Heal us. Use our lives for Your glory.”

 Materials Provided (in the final guide)

- Printable journal pages
- Scripture-based reflection worksheets
- Optional art templates for creative activities
- Short facilitator notes and trauma-informed tips

 Session Note

This module is designed to be flexible. It may be completed in a 60–90 minute session or expanded into a two-part series for deeper engagement. Always allow room for the Spirit to lead, especially during silence, sharing, or prayer.