

# SCAR RELEASE

**BREAKING FREE OF  
YESTERDAY'S TROUBLES**

**STUDY GUIDE**



## Chapter One - Meeting Chaos

During this chapter I express my thoughts as I was awakened to unexpected chaos. My world was drastically changed in an instant. I lay in the burn unit with my thoughts running wild. Just as I was stopped at a red light in my vehicle, my life as I knew it, stopped too. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

Through this chapter, we discover how chaos comes unexpectedly.

Have you ever encountered an unexpected tragedy?

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If so, were you frightened? How did it make you feel?

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How have these experiences affected you in your daily living?

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Do you find yourself permanently marked (scarred) by these traumatic events?

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## Chapter Two - Understanding The Scar

As I shared in this chapter, there is an importance to understanding the scar. There are two main types of scars. Whether physical or emotional, both leave a permanent mark on our lives. Catching the first glimpse of my scars, both physical and emotional, wasn't a cheerful moment but one of sadness, as I realized how much my life had been affected by this trauma. Even though this process can be challenging, it plays an important role in our moving on in life. Once a scar occurs, learning to move on with it is the challenge. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

Were your scars hard to grasp when you first noticed them?

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Do you find that your scarring moments have taken away your ability to walk toward your goals in life?

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Are you afraid that your scars will destroy your identity as a person?

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Do you need a scar release?

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## Chapter Three - Wrestling With Faith

My faith in God was tested during this life-altering event. As I grew up in church, yes I understood bad things happened in our world, yet even knowing these things I still never imagined it would happen to me. As a Christian I had to re-examine myself and search the Bible to get a proper understanding of God's plan and purpose for me. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

Have you ever wrestled with the idea of there being a higher power?

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Do you recognize that you have a purpose?

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Do you see your life with the glass half empty or half full?

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## Chapter Four - Recognizing Why It Happened

The one question that many ponder upon is “why?” Why do bad things happen in our world today? Why did I have to suffer because of this driver's poor choice? Why do I have to live with these scars? These questions are ones I needed to find the answers to. As my faith in God is extremely important to me, I needed a better understanding of why this happened to me. I had to discover the truth of God’s Word by searching deeper to resolve these difficult questions. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

Have you ever wondered why trouble occurs in this world?

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Throughout your life have you ever said, “WHY ME?”

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Do you find yourself relating to my search for answers?

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What scars has God trusted you with?

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Have you ever felt alone in your circumstance?

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## Chapter Five - Take Control Of The Problem

While it's easy to sit in self-pity and remain stuck in the difficulty of life, there is a choice one must make. Do I allow these scars to make me a victim or victorious? It's a question only ourselves can answer. I had to come to the conclusion that I can't change what happened to me but I can change my tomorrow. Something powerful happens when we take back our life and pursue recovery and our goals. This process is not an easy fix but one that requires patience and endurance as it involves taking steps that may not be pleasant. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

Do you see the importance of taking control?

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What is the root of your problem? And how can you take control of it?

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Do you need to forgive someone? If so, who?

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Are you reliving tragic memories?

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What are some moments in your life that could be producing negative ripple effects?

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## Chapter Six - Gain A Fresh Perspective

When trying to break free of yesterday's troubles, the mind must be conditioned correctly. The mind is the vehicle that steers our lives. In my experience, I've found it important to gain a fresh perspective. Appreciating what I do have and what I can do. I may not be able to juggle like before, but I am going to rock what I can do. The same applies to other areas of my life. When I am thinking correctly, I can move correctly into the fulfillment of my purpose. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

Has your perspective on life been negative? If so, how are you going to change that?

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Do you often find media creating your perspective for you?

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Name some things or people you can appreciate today.

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What's holding you back from a better tomorrow?

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What does thriving look like to you? How can you thrive today?

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## Chapter Seven - Begin Therapy

After surgery I wanted my results to be instant, however it doesn't happen that way. I'm assigned to receive therapy. The same must take place for the emotional scarring as well. One of the best ways to receive therapy is by helping others in their pain. This gives us the opportunity to implement the steps of taking control and gaining a fresh perspective. Doing therapy, although it involves getting out of our comfort zone, is sometimes the best way to speed up your recovery. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

The greatest therapy is helping others. Who can you help today?

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Do you have any role models in your life? If so, who?

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## Chapter Eight - Embrace Your Story

As I spoke at my hometown church, I began to sense how much my story was encouraging and uplifting people. For the first time, I experienced the celebration of who I am as a person. I survived a horrific car crash. This means I am not weak, but I'm someone who has encountered hardship and knows how to get up after being knocked down. After this revelation, I began to embrace my story. Once I embraced my story, I began the process of using it to help others. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

How can you embrace your story today?

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What are some ways you can consider your scars as an upgrade in life?

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How do you define success?

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In what ways could your scars assist you in achieving success?

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## Chapter Nine - Live Abundantly

As mentioned in this chapter, living a life of abundance involves you using your story to make a difference in the lives of others. This is the result of someone who has taken the steps to be set free from the troubles of yesterday. The moment you can take the lessons you've learned and share them with others is a moment of celebration as you are now living abundantly. The way you live your life is a message to someone else. As you have read this chapter, feel free to express your thoughts as you answer the following questions about yourself and your life.

### **Questions For Reflection**

What are some ways you can be a blessing to others?

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Who could benefit from your positive actions?

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## **Conclusion**

As you come to the conclusion of the book and this journal, I hope that you now know how to successfully break free from yesterday's troubles. A scar release doesn't remove the appearance of a scar, but allows one the freedom and mobility to move with the scar. My hope is that you have gained your mobility back. If you follow these steps, not only will you find freedom, but others will find hope. You have a purpose on this earth. You carry a message that can help someone else. Scars are in fact beautiful! Let's move forward into the fulfillment of our goals and dreams. Destiny awaits!