

# COME TO THE WELL

JOURNEY OF A MILITARY WIFE

“What you deny enslaves you what you accept transform you” Carl Jung

⇒ God has a name (Exodus 34:6-7)

⇒ The Unforced Rhythms of Grace (Matthew 11:28-30)

⇒ The Lord is My Shepherd (Psalm 23)



## **My Sabbath Journey:**

Spiritual Crisis (trauma)

Unturned Soil (triggers)

Trusting Pain (tears)

Identifying the Enemy (spiritual warfare)

Setting Boundaries (dignity)

Learning to Let Go (forgiveness)

Wounded Healer (hope)