



**IT'S YOUR TURN TO**  
*Heal*

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**PURE LOVE + HEALTH**  
*Ministries*



PURE LOVE + HEALTH  
*Ministries*

*Sis:*

**IF YOU'RE AT  
ROCK BOTTOM,  
WE'RE HERE  
FOR YOU**



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*Sis:*

**IF YOU CAN'T GET  
OVER YOUR PAST,  
WE'RE HERE  
FOR YOU**



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*Sis:*

**IF SOMETHING  
IS BREAKING  
YOUR HEART,  
WE'RE HERE  
FOR YOU**



PURE LOVE + HEALTH  
*Ministries*

*Sis:*

**IF YOU FEEL LIKE YOU  
ARE STUCK AND CAN'T  
MOVE FORWARD,  
WE'RE HERE  
FOR YOU**

# LOSSES IN LIFE THAT TRIGGER SADNESS

LOSS

ABORTION

UNFULFILLED DREAMS

DIVORCE

SEXUAL ABUSE

INFERTILITY

FAMILY DRAMA

CHILDLESS

UNMARRIED

LOSS OF LOVED ONE

*and more*



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## Stages of Grief

The five stages of grief suggest that everyone goes through similar emotions after experiencing a significant loss. We don't all go through them at the same pace and sometimes, we can get stuck in a stage if we do not find resolution. You may need help processing your hurt. This may include joining a support group or going to therapy. Below are the five stages.

### Denial

The first stage of grief and a defense mechanism that helps us pace our feelings of grief, naturally allowing in only as much as we can handle. It is the action of declaring something to be untrue, even if it is the truth. Not accepting reality, facts and information.

### Anger

It is the feeling of annoyance, displeasure or hostility that can be projected at oneself and/or others, including God. Anger is the tip of the iceberg, as there are a lot of other emotions under the surface, specifically hurt. Anger can also be something to lean on in a time when nothing feels tangible. Anger is the bridge that helps people connect from one emotion and idea to another.

### Bargaining

The act of negotiating the terms and conditions, to cut a deal, to barter. We say things like, "The relationship is over, but maybe we can still be friends" or "Can I wake up from this?" It is a "temporary truce" we try to obtain to "negotiate our way out of hurt."

### Depression

The feeling of severe despondency and dejection. After the defense mechanisms comes living in the present moment. Sadness, regret, fear, uncertainty, withdrawal from social interactions and so on.

### Acceptance

The last stage that some people never arrive to. Accepting the new reality and adjusting your life accordingly by allowing yourself to move on and enjoy life.

*As taught by David Kessler & Elisabeth Kübler-Ross: <https://grief.com/the-five-stages-of-grief/>*



# THINGS YOU MAY BE THINKING

*"This is not how I pictured my life"*

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*"I didn't expect things to turn out this way"*

Why am I still:

- Single
- Hurt
- Mad
- Unhappy
- Unforgiving
- Negative
- Holding a grudge
- Unsatisfied
- Jobless
- Childless

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*and more*



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# IF THIS IS YOU

You are still grieving a  
LOSS and are in a  
process toward  
*acceptance and peace.*

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Some people get  
stuck in stages.

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I was stuck in  
**DENIAL**



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## MY TESTIMONY

- Grew up in church
- Sexually abused as a child by a family member (no one knew)
- Had a great childhood: VBS, Youth Group, Family vacations, parents were ministers
- In an unhealthy, six-year relationship; compromised my purity, broke up
- Did missions overseas
- Moved to Florida
- Had a quarter-life crisis: anxiety, depression, therapy, medication
- Met my husband
- Got married
- Started P+P

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ABOUT PURITY + PEACE

PURITY  
+  
PEACE

## YOUR TESTIMONY

- What is it going to take for you to make peace with your past and accept the things that have happened?

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- What do you feel you NEED in order to move forward?

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ONLY YOU can give yourself permission to move forward.

God is READY to heal you!

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Repentance brings healing. To what do you need to ask God for forgiveness? Who do YOU need to forgive?

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**“HE FORGIVES  
ALL MY SINS AND  
HEALS ALL MY  
DISEASES.”**

*Psalm 103:3*

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Take a moment and specifically  
ask God to heal you below.

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**HAVE COMPASSION  
ON ME, LORD,  
FOR I AM WEAK.  
HEAL ME, LORD,  
FOR MY BONES  
ARE IN AGONY.**

*Psalm 6:2*

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God's Word brings healing.  
Are you reading His Word?

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**“HE SENT OUT HIS  
WORD AND HEALED  
THEM; HE  
RESCUED THEM  
FROM THE GRAVE.”**

*Psalm 107:20*

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Faith check! Do you believe  
God will heal you?

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**“AND BECAUSE OF THEIR  
UNBELIEF, HE [JESUS]  
COULDN'T DO ANY  
MIRACLES AMONG THEM  
EXCEPT TO PLACE HIS  
HANDS ON A FEW SICK  
PEOPLE AND HEAL THEM.”**

*Mark 6:5*



## WHAT IS PURE LOVE + HEALTH MINISTRIES?

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Pure Love + Health Ministries is a life coaching and teaching service dedicated to total body healing for the mind, body and spirit. Our mission is to help people overcome obstacles prohibiting them from reaching their fullest potential.

Services we offer:

One-on-one consultations | Faith-based support/small groups  
Workshops | Retreats | Motivational Speakers

# PURE LOVE + HEALTH'S MISSION

*Help hurting people move forward*

Life is full of heartbreaking moments and losses that can cripple people from moving forward: an unexpected death, an unfaithful partner, a break up or divorce. These moments can be jolting.

## TRAUMAS THAT CRIPPLE PEOPLE

LOSS

ABORTION

UNFULFILLED DREAMS

DIVORCE

SEXUAL ABUSE

*and more*

# PURE LOVE + HEALTH'S MISSION

## *Healing Mind, Body and Spirit*

To assist others in overcoming obstacles that are prohibiting them from reaching their fullest potential by using truths from the Bible.

### This is done by:

- One-on-one consultations
- Life Coaching/Teaching
- Faith-based support groups
- Workshops
- Retreats
- Motivational assemblies
- Books, workbooks, reading and writing materials

### TRAUMAS THAT CRIPPLE PEOPLE

INFERTILITY

FAMILY DRAMA

CHILDLESS

UNMARRIED

LOSS OF LOVED ONE



## OUR FIRST WOMEN'S SUPPORT GROUP




Support is difficult to find in  
a selfie-centric world.

Especially when you're feeling blue,  
but we're here for you.

Each week you'll walk in and see a group of  
women eager to love on you and listen to your  
needs. You'll also get an encouraging word from  
the Bible. Grow your girl squad and join the  
healing party!

# PURITY + PEACE'S MISSION

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To bring women closer to God and create a safe space for any women to heal from past hurts by providing a support system so that they will not move forward alone.



**YOU WILL  
BECOME  
THE BEST  
VERSION  
OF YOURSELF**

*- Xoxo, Victoria*