

Week 3: What Your Body Kept Safe for You

Day 7: Safe Enough to Feel

Listen with Tay: Tay will record this day's reading herself.

Scripture: "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

Here is a truth many of us never hear in church. You cannot heal in the same hurry and pressure where you were wounded. Healing asks for safety first. Safety. Slowness. Compassion. Consistency. Gentleness. Boundaries. Support. His steady presence.

Strength is not what starts healing. Safety is.

Here is the tenderest part, the one Tay speaks straight to your heart. "You did not fall apart because you are weak. You fell apart because you were finally safe enough to feel." If the tears have come more easily lately, if the memories have surfaced now that life is calmer, that is not regression. That is your body trusting the ground beneath it for the first time. Let it.

Prayer: God, thank You for creating my body strong enough to survive what harmed me. Thank You for designing protection into me even when I did not understand it. Teach me to listen to my body with compassion instead of shame. Heal the places where fear still lives. Calm the alarms that ring too quickly. Teach me to feel safe in my own skin again. Remind me that You are the God of my breath, the God of my heartbeat, the God of my healing. Walk with me as I learn to trust my body instead of fearing it. In Jesus' name, Amen.