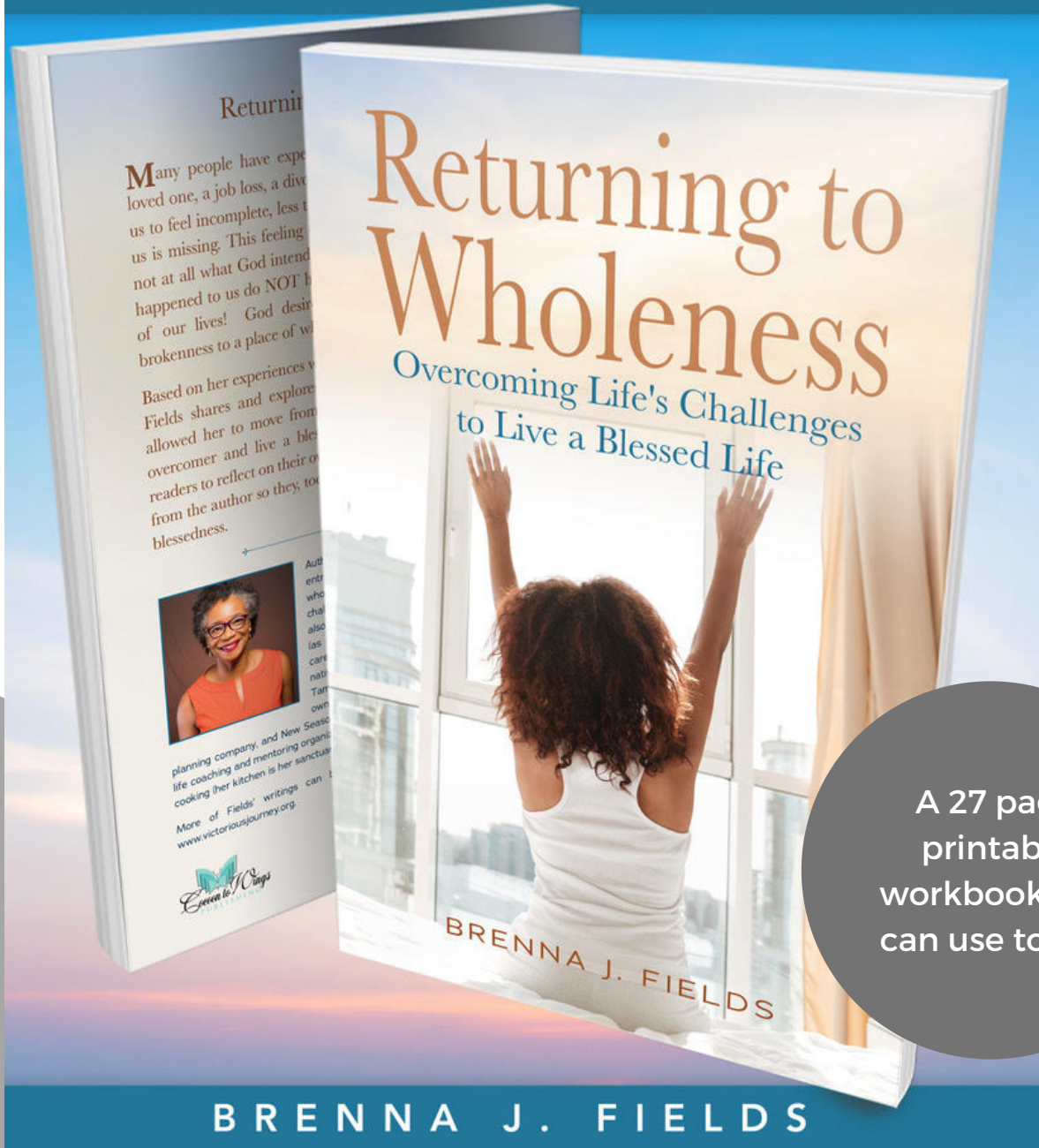


WORKBOOK

A V A I L A B L E N O W !



NEWSEASONNEWDAY.COM

BRENNA J. FIELDS



A NOTE FROM THE AUTHOR

Many people have experienced challenges in life (loss of a loved one, a job loss, a divorce, or a health challenge) that cause us to feel incomplete, less than, and insignificant, as if a part of us is missing. This feeling of incompleteness and brokenness is not at all what God intends for us, and the negative events that happened to us do NOT have to adversely affect us for the rest of our lives! God desires that we move from a place of brokenness to a place of wholeness.

Based on my experiences with life's challenges, in this book, I share and explore the lessons I've learned that have allowed me to move from brokenness to wholeness, to be an overcomer and live a blessed life. The book will allow you to reflect on your own lives and apply the lessons gleaned from my life so you can also live in a state of wholeness and blessedness.

I would love to hear from you! You can email me at **info@newseasonnewday.com** to share your thoughts or ask any questions you may have.

Thanks for beginning your journey back to wholeness!

Brenna J. Fields
Owner, New Season New Day
Coaching and Mentoring



CHAPTER 1

WHAT DOES WHOLENESS REALLY MEAN?

QUESTION #1: What is your definition of wholeness?

QUESTION #2: Look at your own life; are you currently in a state of wholeness or brokenness? Why do you feel that way?



CHAPTER 2

WHAT HAPPENED?

QUESTION #1: What's your story? What happened to cause you to feel broken?

QUESTION #2: As you recall your story, how does it make you feel?

QUESTION #3: How has your brokenness affected your life? (fear, disappointment, caused you to not move forward?)



CHAPTER 3

HOW DOES WHOLENESS MANIFEST?

QUESTION #1: What does acceptance mean to you?

QUESTION #2: Are you experiencing peace in your life right now? Why or why not?

Chapter 3 continues on the next page



CHAPTER 3

HOW DOES WHOLENESS MANIFEST?

QUESTION #3: What does freedom look like to you?

QUESTION #4: What other ways (other than the ones listed in the book) do you believe wholeness can manifest in your life?



CHAPTER 4

HOW CAN WE RETURN TO WHOLENESS?

QUESTION #1: Do you believe that returning to wholeness is possible? Why or why not?

QUESTION #2: After facing challenging situations, what can we do to rediscover our true identities?

Chapter 4 continues on the next page



CHAPTER 4

HOW CAN WE RETURN TO WHOLENESS?

QUESTION #3: Have you ever considered seeing a professional, Christian counselor? If not, what is your hesitation?

QUESTION #4: List the people who you consider to be in your tribe. How do they bless your life? How do you bless theirs?



CHAPTER 5

TRUST GOD

QUESTION #1: Look back on your own life; how has God delivered you from a difficult situation? Read the stories of Joseph (Genesis 38-50) and Gideon (Judges 6-7). What can you learn from their stories about trusting God?

QUESTION #2: How much time do you spend in God's word on a daily basis? What can you do to improve this?



CHAPTER 6

DEALING WITH SETBACKS

QUESTION #1: What setbacks have you experienced in your life?

QUESTION #2: What lessons have you learned from them that can strengthen you for the future?

QUESTION #3: What will you do to pause, reflect and meditate on God's word as you process your setbacks?



CHAPTER 7

HOW DID I OVERCOME?

QUESTION #1: What does an overcomer look like?

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QUESTION #2: What other things can you do (in addition to prayer, praise, trusting and serving) to overcome your difficult situation? Plan on doing them today!

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Chapter 7 continues on the next page



CHAPTER 7

HOW DID I OVERCOME?

QUESTION #3: Is it difficult to praise God in the middle of trials? Why or why not?

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QUESTION #4: In what areas can you serve the kingdom of God in a deeper way?

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CHAPTER 8

SPIRITUAL WARFARE

QUESTION #1: What does spiritual warfare look like?

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QUESTION #2: How can each piece of the armor of God help you in your spiritual battles?

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Chapter 8 continues on the next page



CHAPTER 8

SPIRITUAL WARFARE

QUESTION #3: Which pieces of armor are you using regularly? Which one(s) can you use more?

QUESTION #4: What can you do to fight well?



CHAPTER 9

WHAT IS FAILURE - REALLY?

QUESTION #1: Define failure in your own words.

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QUESTION #2: Have you ever experienced failure? What does it feel like?

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QUESTION #3: How does one bounce back from failure?

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Chapter 9 continues on the next page



CHAPTER 9

WHAT IS FAILURE - REALLY?

QUESTION #4: How can we redeem our 'failure' experiences? What lessons can we learn?

QUESTION #5: What can we do to share these lessons with others?



CHAPTER 10

DO I LOVE ME?

QUESTION #1: What does self-love look like?

QUESTION #2: How do you feel about yourself? Be honest.

QUESTION #3: How can the Word of God renew your mind regarding the love you have for yourself?



CHAPTER 11

WHOLENESS AND PEACE

QUESTION #1: Define peace in your own words.

QUESTION #2: Describe a time when you were not experiencing peace in your life.

Chapter 11 continues on the next page



CHAPTER 11

WHOLENESS AND PEACE

QUESTION #3: Describe ways you can rest in God.

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QUESTION #4: Find scriptures that talk about peace and how you can live in peace. Meditate on these scriptures on a regular basis.

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CHAPTER 12

NO MORE SHAME

QUESTION #1: Describe a time in your life where you have felt shame. Why did you feel this way?

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QUESTION #2: Was the shame you felt self-imposed or brought on by others?

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QUESTION #3: How can you become free from shame?

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CHAPTER 13

I DESERVE BETTER

QUESTION #1: In what areas of your life have you settled?

QUESTION #2: What scriptures remind you that you deserve better and that you shouldn't settle?



CHAPTER 14

LIFE LESSONS

QUESTION #1: What life lessons have your experiences taught you?

QUESTION #2: How have your experiences changed you for the better? How are you different as a result of your experiences?

QUESTION #3: What is God trying to teach you in this season?



CHAPTER 15

LIVE FULL OUT

QUESTION #1: What gifts, talents and abilities has God given you? What can you do today to begin using them?

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QUESTION #2: Make a bucket list of things you want to accomplish in your life.

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CONCLUSION

GOD CAN PUT US BACK TOGETHER AGAIN

QUESTION #1: Do you believe that God can put you back together again?

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QUESTION #2: Why do you believe God puts us back together again?

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EPILOGUE

GOD LOVES YOU

QUESTION #1: Which scripture(s) on God's love for us resonate with you the most?
Why?

QUESTION #2: What do we have to do to receive God's love for us?

QUESTION #3: Have you truly accepted God's love for you?

NOTES

MEET THE AUTHOR

BRENNA J. FIELDS



Author Brenna J. Fields is an ordained minister, serial entrepreneur, writer, and anointed Woman of God, who desires to help people who have experienced life challenges to live fulfilling lives. She believes she is also called to pour into those who give of themselves (as community leaders, servants, parents, and caretakers), so they are able to pour into others. A native of New Orleans LA, Fields has lived in the Tampa FL area for almost 30 years. She is the owner of An Elegant Affair LLC, wedding and event planning company, and New Season, New Day Coaching and Mentoring, a spiritual life coaching and mentoring organization. In her spare time, she enjoys reading and cooking (her kitchen is her sanctuary).

More of Fields' writings can be found on her blog, "Victorious Journey" (victoriousjourney.org)



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