

HOLY ALCHEMY JOURNAL

A 30-DAY JOURNEY OF HEALING AND RENEWAL



2025 EDITION

HOLY ALCHEMY JOURNAL

A 30-DAY JOURNEY OF HEALING AND RENEWAL

Companion to the transformational book Holy Alchemy—
discover the path to healing your inner wounds and
walking in freedom.

Visit ashleybrose.com for more resources and updates

Disclaimer

This book is not intended to provide medical advice or prescribe the use of any technique as a form of treatment for emotional, physical, or medical problems. The information contained within is offered solely for informational purposes and is of a general nature, designed to aid in the reader's personal quest for inner healing and spiritual well-being.

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This Journal Belongs To

Dear Friend,

Welcome to the Holy Alchemy Guided Journal!

I'm so glad you've chosen to embark on this 30-day journey of healing and renewal. Whether this journal is your first step or part of a larger journey inspired by my book, *Holy Alchemy*, I want you to know how much it means to me that you're here.

This journal was created to be a safe, sacred space where you can explore your thoughts, emotions, and experiences in light of God's love and grace. Over the next 30 days, you'll be guided through prompts designed to help you reflect on your inner wounds, surrender your pain to God, and embrace the transformative healing He offers. It's a tool to deepen your connection with the Holy Spirit, discover new insights, and experience the peace and freedom God desires for you.

If you've read *Holy Alchemy*, you'll find that the journal builds on the principles explored in the book, offering a hands-on way to put them into practice. If you haven't yet, the journal stands on its own, but I encourage you to dive into the book as well—it provides a rich foundation for the ideas and exercises you'll encounter here.

As you work through these pages, I pray that you'll find encouragement, clarity, and a deeper intimacy with God. Take your time, and remember, healing is a process. Be kind to yourself as you move through this journey.

If you'd like to stay connected, share your experience, or explore additional resources, visit my website at www.ashleybrose.com. You'll find tools, updates, and ways to continue walking in healing and wholeness. Thank you for allowing me to be part of your story. I'm praying for you and cheering you on every step of the way.

With love and gratitude,

Ashley B. Rose
Author of *Holy Alchemy*

Visit ashleybrose.com for more resources and updates

About This Journal

The Holy Alchemy Guided Journal is a 30-day tool designed to guide you on a journey of reflection, healing, and renewal. Rooted in the principles of inner healing and inspired by the concepts explored in Holy Alchemy, this journal invites you to uncover hidden wounds, surrender them to God, and experience the transformative work of the Holy Spirit in your soul.

How to Use This Journal

Each day provides a simple yet powerful prompt to help you reflect on your thoughts, emotions, and past experiences in light of God's love. As you engage with these prompts, you'll be encouraged to explore the stories you've carried, identify areas in need of healing, and invite God's truth into those spaces.

Set aside 10-15 minutes each day in a quiet, uninterrupted space.

Begin with a moment of prayer, asking God to guide your heart and mind as you reflect. After reading the day's prompt, take your time writing down your thoughts, feelings, and prayers. There's no right or wrong way to journal—this is your personal space to process and connect with God.

Use this journal as a companion to your daily walk with Christ. It's a tool for uncovering wounds you may not even realize are there and for inviting God's grace into the places where you need it most. Over time, you'll find that this intentional reflection brings clarity, peace, and healing to your soul.

A Gentle Reminder

Healing is a process, not a destination. Be patient with yourself as you work through these pages. Some days may feel more challenging than others, and that's okay. Trust that God is with you, meeting you exactly where you are. His desire is to bring beauty out of ashes and to lead you into deeper freedom and joy.

As you journey through this journal, remember that you are not alone.

If you'd like to connect or explore additional resources, visit ashleybrose.com

May this journal be a blessing to you as you walk with the Holy Spirit toward healing and wholeness.

WEEK 1

The Power of Awareness - Facing the Wound of Rejection

Rejection is one of the deepest and most painful wounds we can carry. Whether it stems from childhood experiences, broken relationships, or even feeling overlooked by others, rejection tells a devastating lie: You are not enough.

This lie takes root in our hearts, shaping how we see ourselves and the world around us. It creates cycles of self-doubt, insecurity, and striving for acceptance that can leave us exhausted and unfulfilled.

Awareness of this wound is the first step to healing. Acknowledge how rejection has impacted your life. How has it shaped your self-worth? Your decisions? Your relationships?

While facing this wound can feel overwhelming, remember that God meets us in the places where we feel most broken. He does not shy away from our pain; He draws near to the brokenhearted (Psalm 34:18).

Rejection also affects how we practice self-care. Too often, we neglect ourselves, thinking it's unimportant—or worse, selfish. But God's command to "love your neighbor as yourself" (Mark 12:31) implies that self-love is not only acceptable but *required*.

How can we genuinely extend love and care to others if we don't practice it with ourselves? Self-love rooted in God's truth is not arrogance or vanity; it's an acknowledgment of the value He has placed on us.

Self-care in the context of healing means making time to tend to your heart and soul. It means giving yourself grace for the times you've fallen short and seeking God's perspective on your worth. When you care for yourself, you honor the person God created you to be. This week, as you reflect on the wounds of rejection, ask God to help you see yourself through His eyes and take steps toward embracing the care and love you deserve.

You can learn more about healing the scar of rejection in *Holy Alchemy*.

AFFIRMATIONS

I am fearfully and wonderfully made. (Psalm 139:14)

God calls me His beloved and delights in me. (Zephaniah 3:17)

I am a new creation in Christ; the old has passed away. (2 Corinthians 5:17)

My worth is found in God's unconditional love for me. (Romans 5:8)

I am chosen and dearly loved by God. (Colossians 3:12)

God is close to the brokenhearted. (Psalm 34:18)

By His wounds I am healed. (Isaiah 53:5)

The Lord restores my soul. (Psalm 23:3)

God's plans for me are good, to give me a hope and a future. (Jeremiah 29:11)

The Lord will fight for me, I need only to be still. (Exodus 14:14)

The joy of the Lord is my strength. (Nehemiah 8:10)

I am not alone - God is with me wherever I go. (Joshua 1:9)

I can do all things through Christ who strengthens me. (Philippians 4:13)

I am forgiven and redeemed by grace. (Ephesians 1:7)

I choose to forgive others as Christ has forgiven me. (Colossians 3:13)

I am free from the bondage of sin and shame. (Romans 6:6)

The Lord is my Shepherd - I lack nothing. (Psalm 23:1)

The Lord directs my steps. (Proverbs 3:5-6)

God is making all things new in my life. (Revelation 21:5)

I am being transformed by the renewing of my mind. (Romans 12:2)

The Lord crowns me with love and compassion. (Psalm 103:4)

The Lord is my healer; He binds up my wounds. (Psalm 147:3)

Day 1

Date: _____

What is one painful experience from your past that you feel is still affecting you today?

[illegible]

Cultivating Gratitude

Today I am grateful for...

Inspiring Words for the Day...

Tomorrow I look forward to...

One good quality
about myself is...

Today's Affirmation is...

The best thing that happened today was...

HOW DO I FEEL TODAY?

AWFUL

GREAT

Day 2

Date: _____

How do you typically respond to pain or disappointment, and why do you think that is?

[illegible]

Cultivating Gratitude

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Day 3

Date: _____

What recurring negative thoughts or beliefs do you have about yourself?

[illegible]

Cultivating Gratitude

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Day 4

Date: _____

Ask God to reveal a wound you have been avoiding - what comes to mind?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.



Cultivating Gratitude

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Day 5

Date: _____

How have you tried to protect yourself from being hurt again, and has it been effective?

[illegible]

Cultivating Gratitude

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AWFUL

GREAT

Day 6

Date: _____

In what areas of your life do you feel stuck, and what emotions are tied to those areas?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, black-and-white line drawing of a dove in flight, facing left and carrying an olive branch in its beak.



Cultivating Gratitude

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Day 7

Date: _____

Write a prayer asking God to help you identify the roots of your pain.

[illegible]

Cultivating Gratitude

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WEEK 2

The Beauty of Surrender - Letting Go and Trusting God

Surrender is one of the most challenging yet transformative aspects of the healing journey. It requires us to release the tight grip we have on our pain, our plans, and even our perception of how healing should unfold. For many of us, control feels like safety—it's how we attempt to shield ourselves from further hurt.

But the truth is, clinging to control often keeps us trapped in cycles of pain and prevents us from experiencing the freedom and renewal that God desires for us.

Letting go does not mean giving up; it means entrusting your wounds and your healing to the One who knows you better than you know yourself. When we surrender, we invite God into the deepest parts of our pain, allowing Him to work in ways we never could on our own. It's an act of faith that says, "God, I trust You more than I trust myself."

Surrender also shifts the focus away from striving. Many of us have tried to heal through our own efforts—numbing the pain, overachieving, or seeking approval. But God's Word reminds us that healing is not something we can earn; it's a gift of grace.

Matthew 11:28-30 shows us Jesus' heart for the weary: "Come to me, all who are weary and burdened, and I will give you rest." Surrender allows us to lay down our burdens and find rest in Him.

This week, reflect on what you need to surrender to God. Is it control over a specific situation? Fear of the unknown? Or perhaps the weight of trying to heal yourself? Whatever it is, take a step of faith by offering it to God. Trust that He will take your pain and transform it into something beautiful, in His perfect timing.

You can learn more about the topic of surrender in *Holy Alchemy*.

AFFIRMATIONS

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My worth is found in God's unconditional love for me. (Romans 5:8)

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God is making all things new in my life. (Revelation 21:5)

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The Lord crowns me with love and compassion. (Psalm 103:4)

The Lord is my healer; He binds up my wounds. (Psalm 147:3)

Day 8

Date: _____

What emotions do you tend to suppress or avoid, and why?

[illegible]

Cultivating Gratitude

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Day 9

Date: _____

How have your past wounds shaped the way you view God, yourself, and others?

[illegible]

Cultivating Gratitude

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Day 10

Date: _____

Reflect on a time when you felt rejected - how has that moment influenced your life?

[illegible]

Cultivating Gratitude

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GREAT

Day 11

Date: _____

What habits or behaviors do you turn to when you feel insecure or inadequate?

[illegible]

Cultivating Gratitude

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GREAT

Day 12

Date: _____

How do you feel about the idea of surrendering your pain to God?

[illegible]

Cultivating Gratitude

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Day 13

Date: _____

Who or what do you struggle to forgive, and what makes forgiveness feel difficult?

[illegible]

Cultivating Gratitude

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GREAT

Day 14

Date: _____

Write a letter to God, expressing your fears, doubts, and desires for healing.

[illegible]

Cultivating Gratitude

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WEEK 3

The Freedom of Forgiveness - Releasing the Past

Forgiveness is one of the most liberating acts we can undertake, yet it's often misunderstood. Forgiveness is not about excusing the wrongs done to us or minimizing our pain—it's about releasing ourselves from the grip of bitterness and resentment.

When we refuse to forgive, we carry the weight of those wounds, allowing them to continue to harm us long after the original offense. Forgiveness, then, is not just for the one who hurt us—it is a gift we give to ourselves, opening the door to God's healing.

True forgiveness flows from understanding the forgiveness we have received from God. Through Christ, we have been forgiven of every sin, every failure, and every moment of falling short. When we grasp the magnitude of His grace toward us, it becomes possible to extend that grace to others—even when it feels impossible in our own strength. Forgiveness is not a one-time decision but a process of surrendering the hurt to God and trusting Him to bring justice and healing.

Forgiving others doesn't mean you have to restore a broken relationship or forget what happened. It's about freeing your heart from the chains of anger and allowing God to fill that space with peace. It's also about forgiving yourself, which can often be the hardest step. Many of us carry guilt and shame from our past, but God calls us to let it go and walk in the freedom of His grace.

This week, reflect on areas where forgiveness is needed. Is there someone you need to forgive, even if they've never apologized? Do you need to forgive yourself for a mistake or failure? Write it down, pray over it, and ask God to help you take the first step toward forgiveness.

For deeper exploration of forgiveness please read *Holy Alchemy*.

AFFIRMATIONS

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God is making all things new in my life. (Revelation 21:5)

I am being transformed by the renewing of my mind. (Romans 12:2)

The Lord crowns me with love and compassion. (Psalm 103:4)

The Lord is my healer; He binds up my wounds. (Psalm 147:3)

Day 15

Date: _____

What lies or false beliefs have you been carrying about your worth or identity?

[illegible]

Cultivating Gratitude

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Day 16

Date: _____

How might God see you differently than you see yourself? Be descriptive.

[illegible]

Cultivating Gratitude

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Day 17

Date: _____

What is one area of your life where you crave peace, and how can you begin to welcome it today?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a simple black-and-white line drawing of a dove in flight, facing left and carrying an olive branch in its beak.



Cultivating Gratitude

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Day 18

Date: _____

In what ways has fear held you back, and how can you invite God into those fears?

[illegible]

Cultivating Gratitude

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Day 19

Date: _____

Write a prayer asking God to take your wounds and replace them with His peace.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Cultivating Gratitude

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Day 20

Date: _____

What is one memory that still feels heavy - how can you invite God into that moment?

This image shows a full page of blank handwriting practice paper. It features multiple sets of three horizontal lines each, designed to help children learn letter formation. The first set of lines is at the top, followed by several more sets down the page. In the bottom right corner, there is a simple black-and-white line drawing of a dove flying towards the left, carrying an olive branch in its beak.



Cultivating Gratitude

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Day 21

Date: _____

What is one step you can take to release feelings of guilt or shame and embrace the idea that you are enough just as you are?

[illegible]

Cultivating Gratitude

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WEEK 4

Embracing your Identity in Christ - Walking in Freedom

The ultimate goal of healing is to reclaim your true identity as a beloved child of God. When we are wounded, we often begin to believe lies about ourselves—lies that tell us we're unworthy, unlovable, or defined by our mistakes. These false identities can take root and shape how we live, creating cycles of shame, fear, or striving for approval. But God calls us to a higher truth: our identity is not determined by our past, our wounds, or the opinions of others. It is found in Him alone.

As we heal, we learn to shed these false identities and step into the freedom of knowing who we are in Christ. Scripture reminds us that we are chosen, redeemed, and loved beyond measure.

We are not defined by what has been done to us or by the mistakes we've made—we are defined by the One who created and saved us. Walking in this truth allows us to approach life with confidence, peace, and purpose.

Embracing your identity in Christ also transforms how you relate to others. When you truly understand your worth, you no longer seek validation from external sources. Instead, you can love others freely and fully, reflecting the love you've received from God. This freedom is not just for you—it becomes a testimony that inspires and uplifts those around you.

This week, reflect on who God says you are. What lies about your identity do you need to release? How can you begin to live in the truth that you are deeply loved, fully forgiven, and wonderfully made? Write affirmations of who you are in Christ and revisit them often.

For deeper exploration of freedom in Christ please read *Holy Alchemy*.

AFFIRMATIONS

I am fearfully and wonderfully made. (Psalm 139:14)

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I am a new creation in Christ; the old has passed away. (2 Corinthians 5:17)

My worth is found in God's unconditional love for me. (Romans 5:8)

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The Lord crowns me with love and compassion. (Psalm 103:4)

The Lord is my healer; He binds up my wounds. (Psalm 147:3)

Day 22

Date: _____

What would your life look like if you truly believed you are deeply loved by God?

[illegible]

Cultivating Gratitude

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Day 23

Date: _____

How can you begin to release bitterness or anger toward those who have hurt you?

[illegible]

Cultivating Gratitude

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Day 24

Date: _____

What small step can you take today to practice forgiveness, even if its just in a prayer?

[illegible]

Cultivating Gratitude

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Day 25

Date: _____

God can turn ashes into beauty - what beauty might He bring from your pain?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, simple black-and-white line drawing of a dove in flight, facing left and carrying an olive branch in its beak. The overall appearance is that of a clean, unused piece of stationery or a template for writing.



Cultivating Gratitude

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Day 26

Date: _____

How has God already been at work in your healing, even in ways you didn't notice before?

[illegible]

Cultivating Gratitude

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Inspiring Words for the Day...

Tomorrow I look forward to...

One good quality
about myself is...

Today's Affirmation is...

The best thing that happened today was...

HOW DO I FEEL TODAY?

AWFUL

GREAT

Day 27

Date: _____

What truth from Scripture can you hold on to when old wounds resurface?

[illegible]

Cultivating Gratitude

Today I am grateful for...

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Day 28

Date: _____

How can you use your healing journey to encourage or inspire someone else?

[illegible]

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Bonus Section

The Art of Listening to the Holy Spirit - *Divine Guidance*

Learning to listen to the Holy Spirit is one of the most transformative practices in a believer's life. The Holy Spirit is not just a distant presence; He is an active, personal guide, always speaking and leading us toward God's best for us. However, amidst the noise of daily life, we often struggle to hear His voice. Developing the art of listening requires intention, patience, and trust.

The Holy Spirit speaks in many ways—through Scripture, prayer, inner promptings, circumstances, and even the wise counsel of others. But hearing Him requires more than just waiting for dramatic signs; it requires cultivating a heart that is still and attuned to His whispers. This begins with making space for quiet reflection, allowing the noise of the world to fade so that His voice can come through clearly.

One of the greatest barriers to hearing the Holy Spirit is our own expectations. Trusting in His timing and surrendering our need for control allows us to follow Him more faithfully. Jesus promised in John 16:13, *"When the Spirit of truth comes, He will guide you into all truth."* This is a daily invitation to lean on His wisdom and trust His leading, even when the path feels uncertain.

Listening to the Holy Spirit also involves obedience. As He prompts you to act, forgive, or take a step of faith, responding with trust opens the door for deeper communication. The more you listen and obey, the more you'll recognize His voice and guidance in every aspect of your life.

Take a moment each day to pause, pray, and ask the Holy Spirit to guide you. Begin by asking, *"What do You want me to see or do today?"* and trust the impressions or thoughts that come. Write down what you sense and reflect on how He is working in your life.

For more on walking with the Holy Spirit, Holy Alchemy delves into practical steps for cultivating this relationship and allowing His guidance to transform your daily walk. Visit ashleybrose.com to explore further resources and stay connected on this journey.

AFFIRMATIONS

I am fearfully and wonderfully made. (Psalm 139:14)

God calls me His beloved and delights in me. (Zephaniah 3:17)

I am a new creation in Christ; the old has passed away. (2 Corinthians 5:17)

My worth is found in God's unconditional love for me. (Romans 5:8)

I am chosen and dearly loved by God. (Colossians 3:12)

God is close to the brokenhearted. (Psalm 34:18)

By His wounds I am healed. (Isaiah 53:5)

The Lord restores my soul. (Psalm 23:3)

God's plans for me are good, to give me a hope and a future. (Jeremiah 29:11)

The Lord will fight for me, I need only to be still. (Exodus 14:14)

The joy of the Lord is my strength. (Nehemiah 8:10)

I am not alone - God is with me wherever I go. (Joshua 1:9)

I can do all things through Christ who strengthens me. (Philippians 4:13)

I am forgiven and redeemed by grace. (Ephesians 1:7)

I choose to forgive others as Christ has forgiven me. (Colossians 3:13)

I am free from the bondage of sin and shame. (Romans 6:6)

The Lord is my Shepherd - I lack nothing. (Psalm 23:1)

The Lord directs my steps. (Proverbs 3:5-6)

God is making all things new in my life. (Revelation 21:5)

I am being transformed by the renewing of my mind. (Romans 12:2)

The Lord crowns me with love and compassion. (Psalm 103:4)

The Lord is my healer; He binds up my wounds. (Psalm 147:3)

Day 29

Date: _____

Write a prayer of gratitude for how far you've come and the healing that God is doing in your life.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Cultivating Gratitude

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GREAT

Day 30

Date: _____

What is one truth God is teaching you about who you are and who He is as you heal?

[illegible]

Cultivating Gratitude

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Today's Affirmation is...

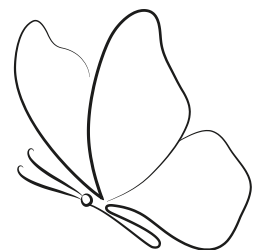
The best thing that happened today was...

HOW DO I FEEL TODAY?

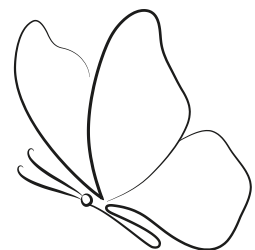
AWFUL

GREAT

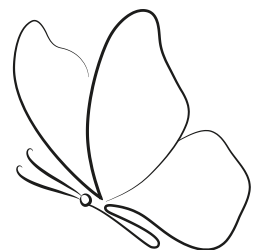
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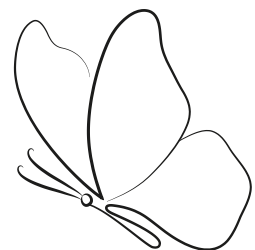
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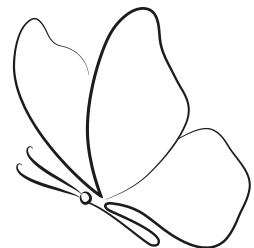
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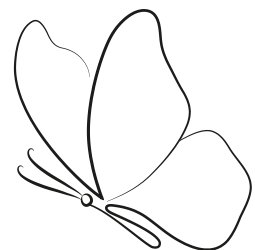
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