

Chapters 1-6

Ashes No More Book Study and Workbook

Chapters 1-6

- ☐ **Ashley introduces herself as having spent her life “sick and heartbroken”. She has patterns of illness and broken relationships. What patterns or vicious cycles in your life do you have? Have you considered they can be a result of trauma?**

Prayer:

Heavenly Father, thank you for being here with me today. I love you and I honor you. I recognize there may be cycles or patterns in my life that are harmful to me, my body, my mind, my soul, and my spirit. Some of these may be known to me and some unknown. Lord, I am calling onto you in expectation that you will tell me great and unsearchable things I do not know (Jeremiah 33:3). I choose to be renewed in the spirit of my mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth (Ephesians 4:23-24). Thank you, Father, for your mercy and your grace. In Jesus' name. Amen.

- ☐ **Matthew 5: 4 teaches us "Blessed are those who mourn, for they will be comforted." Even while living in abuse, Ashley's life was blessed with friendship, hobbies, and toys. What are some things the Lord has blessed you with or comforted you with while you were/are brokenhearted?**

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- ☐ **Ashley's father became very religious while abusing her. This caused conflict and confusion for her in her own faith. Did anyone in your life weaponize religion or hide behind religion while abusing you? What emotions did/does this create in you?**

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- ☐ **How did/does this behavior impact your relationship with God? How did/does this impact your understanding of God?**

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- ☐ **Have you had repressed memories surface? If not, do you sense you may have repressed trauma? Signs of repressed trauma can be nightmares, an inability to remember one's childhood or certain periods of life, body manifestations such as bladder infections, and many more.**
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☐ **When you think of your childhood, what are some feelings you experience? Do you experience any signs of repressed trauma? What are those? Write them down.**

Prayer:

Heavenly Father, I thank you for this opportunity to recognize emotions that may be affecting my body and my mind in a harmful way. I recognize I may have memories of hurt and pain that are affecting my body. Some of these include (read your list). I offer these up to you and ask that you would take this pain from me, Jesus. For I am weary and burdened and I need your rest for your yoke is easy and your burden is light (Matthew 11:28-30). I will cast my burden onto you and you will sustain me (Psalm 55:22). I will cast all my anxiety onto you because you care for me (1 Peter 5:7). Thank you, Jesus, for the freedom that can only be found in you. In Jesus' name. Amen.

Chapters 7-11

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- ☐ **Have you found it difficult to maintain or create boundaries in relationships? How has your inability to say “no” or your need to “fix” others hurt you? Proverbs 4: 23 teaches us, “Above all else, guard your heart, for everything you do flows from it.” What are some ways going forward, you can guard your heart through creating healthy boundaries?**

- ☐ **We can be tempted to create a new identity for ourselves after being abused or experiencing a traumatic event. Some of these identities can be created to protect us or to punish us among other things. Is there a time in your life when you worked hard to create a new identity for yourself? What role did this identity play? Write them down and then declare some of the following verses over yourself.**

Declarations:

- I have been justified. Romans 5:1
- I am a saint. Ephesians 1:1
- I have been redeemed and forgiven. Colossians 1:14
- I am complete in Christ. Colossians 2:10
- I am free forever from condemnation. Romans 8:1-2

- I am free from any charge against me. Romans 8:31-34
- I cannot be separated from the love of God. Romans 8:35-39
- I am established, anointed, sealed by God. 2 Corinthians 1:21-22
- I am the salt and light of the earth. Matthew 5:13-14
- I am God's workmanship. Ephesians 2:10
- I am God's temple. 1 Corinthians 3:16

☐ **Ashley uses humor to cope with her pain. Some of it can be a healthy coping mechanism, but at times can create a mask. Do you hide behind any masks? What mask are you wearing?**

Prayer:

Heavenly Father, I thank you for the way you made me. I thank you for all the gifts you have given me and I thank you for my purpose. Lord, sometimes I have hidden myself from you and from the world. I renounce these masks I have created: (list the masks you have created). They have created an identity for myself that does not line up with who you say I am. I ask you to remove the mask(s) I have created for myself and replace them with your image for you have created me in your own image (Genesis 1:27). I declare today I am being transformed into your image with ever increasing glory which comes from the Spirit of the Lord (2 Corinthians 3:18). In Jesus' name. Amen.

☐ **Did/do you have any dreams or life goals that you feel trauma has robbed you of? How?**

- ☐ **What are some steps you can take today to achieve a goal? These can be small such as journaling, drawing, or making a list. Write them down.**

Chapters 12-17

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- ☐ **On your journey, have you made any long-lasting healthy relationships or friendships? With whom? Take a moment to write them a brief thank you letter for accompanying you on your journey to freedom.**

- ☐ **Mark 5:25 introduces us to the woman with the issue of blood, “and a woman was there who had been subject to bleeding for twelve years.” For some of us, our trauma has caused our “bleeding”. For Ashley, her “bleeding” was a chronic bladder condition. What is your “bleeding”? What is the area you need the most healing? It could be physical, mental, emotional, or even spiritual. You do not need to share this with anyone. Write it down, if you feel safe.**

Declarations:

- If I only touch the hem of His garment, I will be made well. Matthew 9:21
- I will take courage for my faith has made me well. Matthew 9:22
- By His stripes I am healed. Isaiah 53:5
- He will restore me to health and heal my wounds. Jeremiah 30:17
- He is making ALL things new. Revelation 21:4
- By His wounds I have been healed. 1 Peter 2:24

- ☐ In 1 Samuel 16:23 David plays the harp for King Saul while he was being spiritually oppressed. David's music brought Saul deliverance. If you were to make a soundtrack of your life that describes your journey and what the Lord has done for you, which songs would you include? List some songs you would put on your own healing playlist:

- ☐ Ashley struggles to make and maintain eye contact due to shame. How does shame show up in your life and in your relationships? Is it eye contact or is it another form of avoidance?

- ☐ Shakespeare described the eyes as "the windows of the soul" What would it mean if people could see into the windows of your soul? Would you feel safe? What would they see?

- ☐ **Do you struggle with perfectionism or obsessive compulsiveness? How does that show up for you in your life?**

- ☐ **What would it mean if things didn't go the way you planned or wanted? Could there be freedom in letting things unfold naturally in your relationships or your everyday activities?**

Prayer:

Heavenly Father, I thank you and praise you for all that you have done in my life and in the lives of others. Thank you for this healing journey, though it may be hard and though I may grow weary, I know I am safe with you for you are my refuge and my strength, a very present help in trouble (Psalm 46:1). I will abide under the shadow of the Almighty for you are my refuge and my fortress. It is in you whom I trust. (Psalm 91:1-2). Lord, today I relinquish control over myself, my life, my healing journey, and over others. I choose to trust in you with all my heart. I will lean not on my own understanding, but I will acknowledge you in all my ways and you will make my path straight. (Proverbs 3:5-6). Thank you for your goodness, your mercy, your leading, and your strength. I trust in you. And whenever there is doubt, I will walk by faith and not by sight (2 Corinthians 5:7). In Jesus' name. Amen.

Chapters 18-22

Chapters 18-22

- ☐ **Jack curses Ashley and declares no one will love her again. Proverbs 18:21 teaches us, “Death and life are in the power of the tongue, and those who love it and indulge it will eat its fruit and bear the consequences of their words.” What are some curses that have been said over you and your life either by yourself or someone else?**

Prayer:

Heavenly Father, you are Jehovah Mekadesh. You are the God who sanctifies me. You separate me from sin and the profane. There are words that have been spoken over me either by myself or someone else that did not line up with who you say I AM. You say I AM your child (John 1:12). You say I AM redeemed and forgiven (Colossians 1:14). You say I AM free forever from condemnation (Romans 8:1-2). You say I AM complete in Christ (Colossians 2:10). I stand in agreement with your word that breathes life over me, my mind, my body, my soul, and my spirit and today I repent for having spoken any curses over myself or anyone else. I repent for coming into agreement with any curses that have been said over me including (list curses). Lord, I renounce these accusations, these false titles, these curses, and I declare that I am free from any charge against me (Romans 8:31-34). I forgive myself and those who have persecuted me and I pray for your will over their lives (Matthew 5:44) and over my life. Thank you Lord for your redemption, your grace, your mercy and your Holy Word which teaches me, guides me, and is my weapon. In Jesus' name. Amen.

- ☐ **Ashley seeks purpose in her life and begins stand-up comedy. Have you asked God what your purpose is? How did He show you? If not, what are some blocks in your life that may be preventing you from seeking Him on your calling?**

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- ☐ **Jesus was rejected in his hometown. “A prophet is not without honor except in his own hometown and among his relatives and in his own household.” (Matthew 6:4) Have you too been rejected? By whom? In what areas of your life do you feel rejected?**
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Prayer:

Heavenly Father, you are Jehovah-Jireh. You are the God who provides. Thank you for being my family. Thank you for providing me with your acceptance, your love, and your word. Thank you for sending your Son to die for me so I can have freedom with or without acceptance of man. Thank you for freeing me from needing to strive to prove my worth (Psalm 46:10). You are El Roi, the God who sees me (Genesis 16:13). You see all my hurt, all my pain, all my shortcomings and you still love me and choose me (John 15:16). As an act of my free will, I forgive those who have rejected me and I bless them with truth and your will over their lives (Matthew 5:44). I release them onto you and I renounce any fear or bitterness that has come into my heart from their rejection. I declare and decree that I am established, anointed, and sealed by God (2 Corinthians 1:21-22). Thank you, Father for your forgiveness, for rejoicing over me with gladness, and thank you for the song you sing over me (Zephaniah 3:17). In Jesus' name. Amen.

- ☐ **Ashley lost her way and fell into New Age deception in an effort to receive healing. Have you been involved in the New Age? If not, are there any practices that you have participated in that went against God's word? What are/were those?**

Prayer:

Heavenly Father, thank you for delivering me from practices, mentalities, and habits that are harmful to me. You are Jehovah Rapha, the God who heals me. I admit I have tried to take matters into my own hands. I have tried to control circumstances. I have gone against your word. I have turned to unlawful practices: (list them here). I humble myself and pray. I seek your face and turn from my wicked ways. Please forgive my sin and heal my land (2 Chronicles 7:14). I repent for and renounce: (list them here) and deem it/them powerless over me, my life, and my relationship with you. I cast out every spirit of deception, manipulation, and control that has abided with me to dry and uninhabited places. I deem this territory over to you to break with your rod of iron and dash to pieces like pottery (Psalm 2:9). Thank you, Lord, for your mercy and grace which endures forever. In Jesus' name. Amen.

Chapters 23-27

Chapters 23-27

- ☐ Have you ever run away from a problem? What shoes were you wearing? In other words, what did you use to run away? Your shoes could have been a physical move, turning to addiction, or any other vice you may have created in order not to feel pain. What were you running from? What shoes were you wearing?

- ☐ God is always pursuing us even when we are running full speed in the wrong direction. Psalm 139: 8-8 teaches us, “where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!” Luke 15:1-7 teaches us the parable of the lost sheep, “what man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the open country and go after the one that is lost until he finds it?” Can you see how the Lord is always pursuing you? Write a letter to Him thanking Him for chasing you.

- ☐ **Have you struggled to end unhealthy or toxic relationships? With whom? Why was it so hard for you to end this relationship?**

- ☐ **Has the Lord convicted you to repent of a specific sin? For Ashley, this sin was premarital sex. Repenting of premarital sex was a pivotal point in her walk with Christ and in her healing. What sin is the Lord convicting you to turn from today? Will you leave it at the altar? Will you leave it in the past? This could be instrumental for your healing and deliverance like it was for Ashley. Write a letter to the Lord expressing your conviction and your struggle. Be honest with Him. Don't be afraid to be transparent. He is waiting for you.**

Prayer:

Father God. Thank you for loving me and teaching me how to love. Thank you that you loved me so much you sent your only Son to die for me (John 3:16). You left the 99 to find me (Luke 15:3). I was dead but now I am alive. I was lost, but now I am found (Luke 15:31). Thank

you for your faithfulness. In my quest for healing and finding you, I have fallen astray. I have confused fear for love and I repent. I choose to love as Christ loves the church (Ephesians 5:25). I choose to turn away from addiction, codependency, selfishness (if you feel convicted, include your conviction from the exercise above), and turn toward you. I choose to be a vessel for honorable use, set apart as holy, useful to the Master of the house, ready for every good work (2 Timothy 2:21). Continue to teach me, lead me and guide me so that I can be used by you. In Jesus' name. Amen.

- ☐ **Ashley finds a picture in a Goodwill with the phrase, “Ashley, trust me. I have everything under control. -Jesus”. How does God speak to you? Have you ever experienced a sign or a confirmation from Him that excited you? What was it and how did you feel when you received it?**

Chapters 28-32

Chapters 28-32

- ☐ Ashley's symptoms go away in Chapter 28 and she begins to experience the healing hand of God. Has Jesus healed you of anything yet? What was it and what did it look like? If not, what healing are you believing in Him for today?

Declarations:

- I shall not die, but live, and declare the works of the Lord. Psalm 118:17
- With God all things are possible. Mark 10:27
- I am confident that the good work God has begun in me will be perfected. Philippians 1:6
- I am born of God; the evil one cannot touch me. 1 John 5:18

- ☐ Ashley realized she is in another abusive relationship and describes it as only looking different. Are there any patterns in your life that show up repeatedly but appear differently? What are they?

- ☐ What are some action steps you can take today to end these patterns? This can look like creating boundaries, joining a support group, creating healthy habits such as phoning a friend or even journaling.

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- ☐ **Have you ever been in an abusive or toxic relationship with someone and mistook it for love? Can you forgive yourself? If you could go back in time, what would you say to yourself about this person and/or relationship? Write yourself a kind and loving letter.**

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- ☐ **Ashley recognizes she has been a participant in “The Blame Game”, blaming others for her emotions. Do you find yourself blaming yourself for things that are not your fault? Do you find yourself blaming others for your problems? Is there a recurring event or emotion in your life that keeps resurfacing? Write it down.**

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- ☐ **What does taking healthy accountability look like for you? This could look like forgiving yourself or others. It could look like acknowledging hurting others. It could look like asking someone for forgiveness. It can also look like a prayer asking Jesus to help you take accountability. Write it down.**

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- ☐ **Is it hard for you to take up for yourself or do you find yourself easily on the defense? What fears are holding you back from being your own advocate? Or why do you regularly feel like you need to defend yourself?**

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- ☐ **Do you surround yourself with kind and loving people? Who are they? Write them a short letter of appreciation.**
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Prayer:

Heavenly Father, you are my Father, my Friend, and my Great Counselor. You set the example as to what relationships should look like. I admit at times, I do not know how to manage relationships. I have accepted fault where there is none and I have been quick to blame. I have been afraid to take responsibility for my actions at times. I stand in agreement with your word that says “iron sharpens iron” (Proverbs 27:17) and I choose to see my relationships as

opportunities to grow in you and exhibit the love of Christ for two are better than one. For if they fall, one will lift up his fellow (Ecclesiastes 4:9-10) and a cord of three strands is not easily broken (Ecclesiastes 4:12). Thank you Father for my relationships, my friendships, and the greatest love of all. For what greater love hath no man than this, that a man lay down His life for His friends (John 15:13). In Jesus' name. Amen.

Chapters 33-39

Chapters 33-39

- ☐ Ashley turns to dating Lyon as a distraction from her family “drama”. What are some distractions in your life? List them.

- ☐ What would your life look like if you exchanged these distractions for time in God’s presence instead?

- ☐ What would it take for you to spend more time with God? Do you need to get up earlier? Do you need to spend less time in front of a screen? Do you have habits you need to break? Write down what is getting in the way of you spending more time with the Father.

- ☐ How can the Holy Spirit help you spend more time with God? What changes do you need to make? Write a prayer asking the Holy Spirit to lead you into making more

time for Him. This can look like something as simple as, “help me get up earlier” or “convict me to put my phone down at 8pm”.

- ☐ Ashley realizes her physical symptoms are a result of her inability to feel safe. Do you feel safe? What does safety look like for you? It can be a room, an address, or even a person. If you do not feel safe, what do you need to feel safe? Write it down, if you are safe to do so. This could be something small and simple like having a check in with a friend, a moment with God, or even deep breathing.

Prayer:

Heavenly Father, you are my safe haven and my safety net. I rely on you for so many things including my safety. There are times where I do not feel safe and this manifests in my body, in my attitude, and in my decisions. Lord, help me to create a sense of safety for myself. Hide me under the shadow of your wing (Psalm 17:8). Cover me with your feathers. Under your wings I will find refuge. Your faithfulness will be my shield and rampart. I will not fear the terror of night nor the arrow that flies by day, nor the pestilence that stalks in the darkness nor the plague that destroys at midday (Psalm 91:4-6). I will trust in you, Father for I have not been given a spirit of fear, but of power, love, and a sound mind (2 Timothy 1:7). In Jesus’ name, I pray. Amen.

- ☐ **2 Corinthians 10:5 teaches us, “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” Ashley takes her thoughts captive by labeling them and speaking them outloud. Other ways of taking our thoughts captive include quoting scripture and even praying in tongues! How do you take your thoughts captive?**

- ☐ **Has your healing been gradual or have you experienced an immediate healing? Which Bible character do you resonate with the most in your healing journey? Why?**

- ☐ **For Ashley, waiting on God looked like a wilderness as she was stripped of her worldliness and unhealthy relationships, one rip at a time. Are you being stripped of anything? What is it? For example, this could be a sin, a vice, a mentality, or a stronghold.**

- ☐ Galatians 5:22-23 teaches us, “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. While He takes away our prideful, sinful nature, He gives us gifts. Which fruit of the Spirit are you receiving in this season of your life? Write about it as if you were at Show-and-Tell.

- ☐ “When you can’t say ‘no’, your body will do it for you”. Does this resonate with you? Do you suffer from any physical ailment or sickness when you are unable to say “no” to someone? Who or what circumstance are you unable to reject?

- ☐ What would it look like if you could say “no”?

- ☐ Write a short letter to yourself allowing yourself to say “no” or maybe you don’t have a problem saying “no”. Write a letter to yourself congratulating yourself for having healthy boundaries.

- ☐ Healing can feel like a full-time job. While you are focused on your healing, which aspects of your life will you put in God’s hands? This can be something simple as trusting Him more for his provision.

Chapters 40-42

Chapters 40-42

- ☐ Ashley participates in an inner healing ministry and EMDR therapy which help her heal and recall memories of abuse. These have been instrumental in her healing journey. What practices or tools have you picked up along the way on your healing journey? Describe them and explain how they have helped you.

- ☐ Breakthrough looks different for everyone. For Ashley, it is being of good health, enjoying a loving marriage, and stepping into her calling. What does your breakthrough look like to you? Take your time and write it down.

- ☐ We see God's timing all over Ashley's story. He waited patiently for her to get to a place where her mind could receive the truth. He was gentle in His revelations to her. He waited until her mind felt safe which ironically relied on her father's debilitating mental state. The day after, "Ashes No More" was published, the Lord took Ashley's father home to heaven with Him. Share a time that God's beautiful and perfect timing manifested in your life.

- ☐ In the last chapter of the book, Ashley refers to God as, "The God Who Sees Me". We know this name of God as El Roi. Which name(s) of God do you resonate with the most? Choose as many as you like and explain why. Here is a list:

- ☐ El Shaddai - God Almighty
- ☐ El Elyon - The Most High God
- ☐ Adonai - Lord, Master
- ☐ Yahweh - Lord, Jehovah
- ☐ Jehovah Nissi - The Lord My Banner
- ☐ Jehovah Raah - The Lord My Shepherd
- ☐ Jehovah Rapha - The Lord Who Heals
- ☐ Jehovah Shammah - The Lord is There
- ☐ Jehovah Tsidkenu - The Lord Our Righteousness
- ☐ Jehovah Mekadesh - The Lord Who Sanctifies

- ☐ El Olam - The Everlasting God
- ☐ Qanna - Jealous
- ☐ Jehovah Jireh - The Lord Will Provide
- ☐ Jehovah Shalom - The Lord is Peace
- ☐ Jehovah Sabaoth - The Lord of Hosts
- ☐ El Roi - The God Who Sees Me

Thank you for reading my book. I hope this book study has helped you heal and grow closer to our Most Heavenly, Loving, and Merciful Father. I would like to pray for you.

Heavenly Father God,

Thank you for this reader. Thank you Lord for leading them to my story and I pray Father that this story blesses them. I pray that they will grow closer to you and receive your healing power, your grace, and your mercy. Lord, I ask you to please open doors for this reader that no man can close and close doors no man can open (Isaiah 22:22). Lord, I stand in agreement that by His stripes we are healed (Isaiah 53:55) and I declare and decree healing over this reader's heart, mind, body, soul, and spirit. Lord, I pray that you would give them eyes to see and ears to hear (Matthew 13:16). Lord, I ask that you would heal all the shattered parts of them and make them whole (Matthew 9:22) Thank

you, Jesus for dying for us. Thank you for connecting us. Please bless this reader with a powerful testimony that will shake the enemy and the gates of hell. In Jesus' precious name, I pray. Amen.