



ROOM 3 – THE RESTORER: CREATE SPACE TO BREATHE & A SOURCE OF WATER

Your Result: Heal what's blocking your flow.

You're ready to stop running and start healing.

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Micro-Steps

01

Feelings Inventory:

- Set aside 15 minutes
- Ask yourself...
- Write without editing
- Include the difficult feelings
- End with prayer

02

Spiritual Discipline:

- Journaling
- Fasting
- Silence
- Solitude

03

Professional Support Pop-up:

- Look for...
- Ask about...
- Expect...
- Remember...

01

Feelings Inventory

Truth-Telling as the Beginning of Healing

Emotional healing starts with an honest assessment of what you're actually feeling.

Set aside 15 minutes

in a private space with your journal.

Ask yourself:

What am I really feeling about God? About my loss? About my situation?

Write without editing:

Let the raw emotions flow onto paper.

Include the difficult feelings:

Anger, disappointment, fear, and resentment.

End with prayer:

“God, this is where I really am. Meet me here.”

Remember:

God can handle your honesty. He’s not threatened by your true feelings.



Your Call to Action

Ready for deeper guidance in this Room? My book, *When Your World Ends: God's Creative Process for Rebuilding a Life*, guides you step by step through all seven Rooms, with Scripture, stories, and practical tools. If this PDF resonated with you, the book is your next companion for rebuilding.

02

Spiritual Discipline

Choose Your Container for Emotional Processing

Your emotions need a container for healing, not just expression.

Journaling: Write out prayers, frustrations, and conversations with God.

Fasting: Create space by abstaining from food or media to focus on healing.

Silence: Spend time in quiet reflection without agenda or pressure.

Solitude: Remove distractions to be alone with God and your emotions.

Your Call to Action

Keep an eye on your inbox — I'll be sharing tools like the Rebuilding with Rhythm mini-course as they're ready.

03

Professional Support Pop-up

Find Healing Help That Honors Your Faith

God uses therapists, counselors, and coaches as instruments of healing.

Look for:

Licensed Christian counselors who understand the integration of grief and faith.

Ask about:

Their approach to Scripture, prayer, and emotional healing.

Expect:

Professional competence combined with spiritual sensitivity.

Remember:

Therapy isn't a sign of weak faith—it's wise stewardship of your emotional health.



You'll know you're ready for Room 4 when:

- Your emotions feel processed, and your spiritual air feels clearer.
- You're ready to stop healing and start building capacity.
- You sense God shifting you from "process" to "prepare."

A Blessing for the One Learning to Breathe—and Drink—Again

Before we close this first journey together, I want to speak a blessing over you—right where you are:

May you trust what the light is showing you—even when you wish you couldn't see it.

May you know that clarity is a gift, not a punishment, and that the ache you feel when God illuminates what must go isn't a sign of weakness—it's a sign that you loved well. You gave yourself fully. And now He's asking you to give yourself differently.

May you have the courage to name things accurately: what is life and what is weight, day and night, yours to steward and yours to release.

May you stop calling the dark "complicated" when God has already named it "darkness." May you stop protecting what's depleting you simply because it's familiar. And may you stop apologizing for the boundaries healing you.

May God give you discernment that cuts clean—not with cruelty, but with the same precision He used when He separated day from night. Not to destroy, but to distinguish. Not to punish the past, but to protect the future.

May you release the version of yourself that performed in the dark. The one who smiled when she was shattered. The one who led when she could barely stand. She got you here—honor her. Thank her. But you don't have to be her anymore.

May you discover that letting go is not the same as giving up. Releasing is not losing—it's making room.

May you be free from the lie that you owe everyone unlimited access to your time, your body, your inbox, and your emotions. May you remember that even Jesus slipped away from the crowds, and that withdrawal was not abandonment—it was alignment.

May you bless your body with room to recover.

May your nervous system begin to trust that space is not danger, but mercy. That quiet is not the prelude to another disaster, but an invitation to hear God more clearly.

Continued...

May your nervous system begin to learn the difference between emptiness and spaciousness. One is what loss leaves behind. The other is what God creates on purpose. Room 3 isn't empty—it's cleared. And cleared ground is where new things grow.

May you stop confusing busyness with faithfulness. Not every open door is your door. Not every need is your assignment. The same God who separated light from darkness is separating your "yes" from your "not anymore"—and both are holy.

May you name your grief out loud. Because some of what you're releasing was beautiful, and it deserves to be mourned, not minimized. You can grieve something and still know it's time to let it go. Both truths can sit in the same room. Both truths can sit in this room.

May you learn that God doesn't just add to your life—He also subtracts. And the subtraction is not loss. It's architecture.

May you have the courage to declutter with God. May you close tabs, clear calendar squares, and release responsibilities that once made you feel “needed,” but now keep you from being present. May you lay down the relationships that require you to shrink, obligations that steal from your rebuilding, and the old identities that fit a life you no longer live.

You're not confused. You're seeing clearly—maybe for the first time. And what you see requires a response.

So, respond. Name it. Sort it. Release what's dark. Keep what's light.

And when the sorting is done—when you can finally breathe in a room that's decluttered of what was—know that Room 4 is waiting. The same God who taught you to sort is now preparing to establish something new. An atmosphere. A structure. A life that fits who you're becoming, not who you used to be.

In the name of the Father, who sees what must stay and what must go; the Son, who is the Light by which you discern; and the Spirit, who gives you courage to choose—Amen.