From Trafficked to Restored: How God Found Me in the Darkest Places
By Jasmine Marino

- What lies have you believed about yourself because of painful experiences?
- Have you ever looked for love, acceptance, or belonging in the wrong place?
- Have you ever stayed in a harmful situation because you felt trapped or afraid?

Bonus Questions:

- What does Jasmine's story teach you about the possibility of starting over?
- Who or what has God used to remind you of your worth?
- Is there an area of your life where you need healing or freedom?

Reach UP to God:

- Ask God to reveal any lies you have believed about yourself and replace them with His truth.
- Pray for the strength to walk away from anything that keeps you bound.
- Ask God to heal the broken places in your life and help you see yourself as He sees you.
- **Read Isaiah 61:1–3** — especially the promise that God can give *"beauty for ashes."*