

KARRIE GARCIA

FREE & FULLY ALIVE

A large, stylized ampersand graphic in a light beige color, positioned behind the word 'FREE' and the word 'FULLY'. The ampersand is composed of thick, rounded strokes, with a central circular element that forms the middle of the symbol.

RECLAIMING THE STORY OF WHO
YOU WERE CREATED TO BE

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN BOOKS

Free and Fully Alive

Copyright © 2023 by Karrie Garcia

Requests for information should be addressed to:

Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

Zondervan titles may be purchased in bulk for educational, business, fundraising, or sales promotional use. For information, please email SpecialMarkets@Zondervan.com.

ISBN 978-0-310-36644-7 (softcover)

ISBN 978-0-310-36646-1 (audio)

ISBN 978-0-310-36645-4 (ebook)

All Scripture quotations, unless otherwise indicated, are taken from The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. www.Zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Scripture quotations marked ESV are taken from the ESV® Bible (The Holy Bible, English Standard Version®). Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked MSG are taken from *THE MESSAGE*. Copyright © 1993, 2002, 2018 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

Scripture quotations marked NKJV are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation. © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Any internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

The information in this book has been carefully researched by the author and is intended to be a source of information only. Readers are urged to consult with their physicians to address specific medical or other issues. The author and the publisher assume no responsibility for any injuries suffered or damages or losses incurred during or as a result of the use or application of the information contained herein.

The author is represented by Alive Literary Agency, www.aliveliterary.com.

Cover design: Mario Garcia / Faceout Studio

Cover illustration: Max9545 / Shutterstock

Interior illustrations on pages 85, 91, 93, 98: Karrie Garcia

All other interior illustrations: Brandon Steele

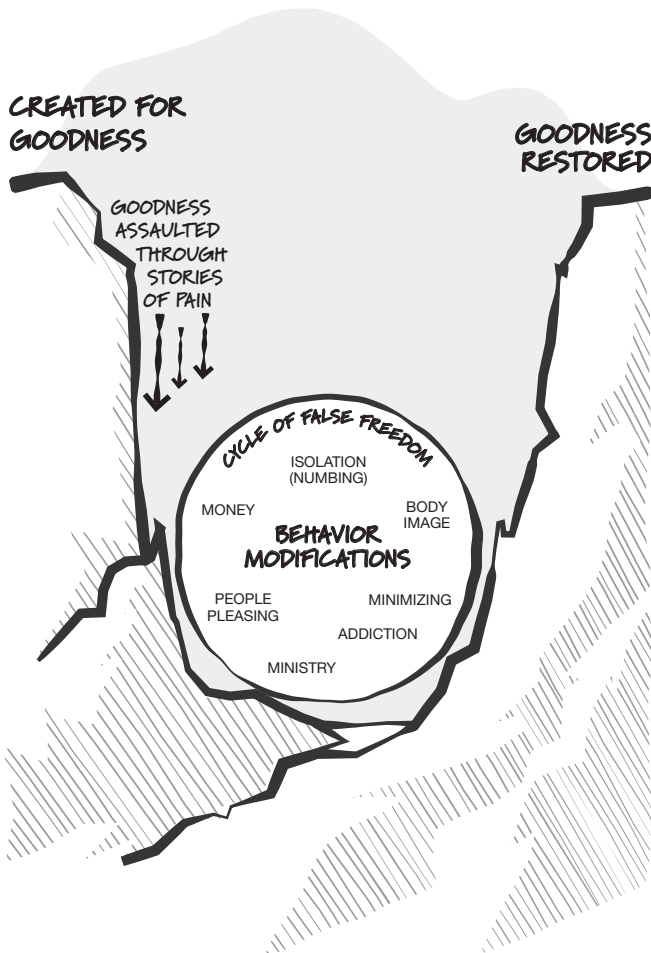
Interior design: Denise Froehlich

Printed in the United States of America

ScoutAutomatedPrintCode

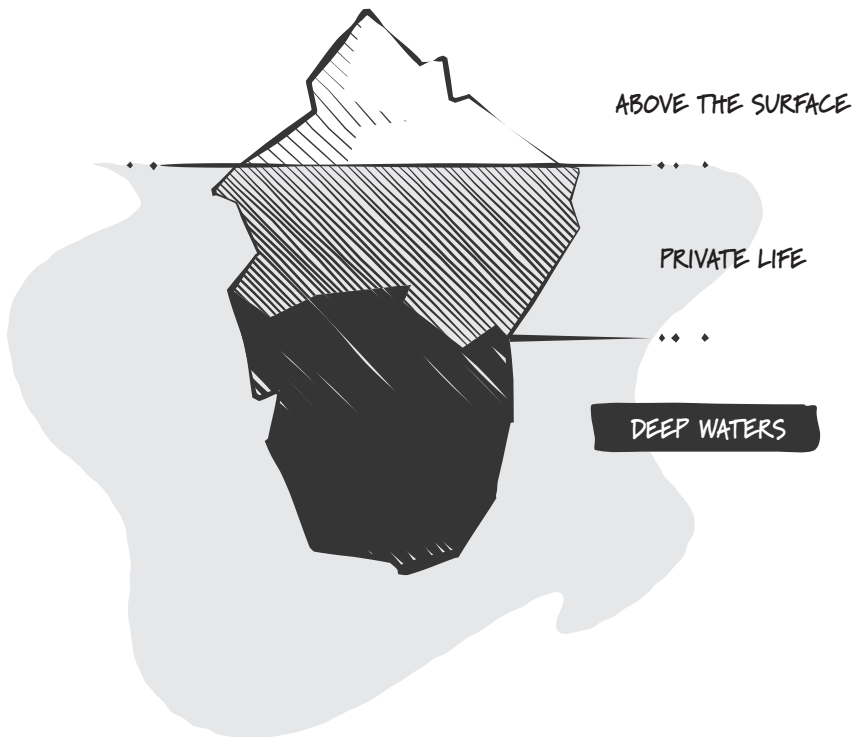
CHAPTER 3

THE CYCLE OF FALSE FREEDOM



CHAPTER 10

EMOTIONAL LANGUAGE



CHAPTER 11

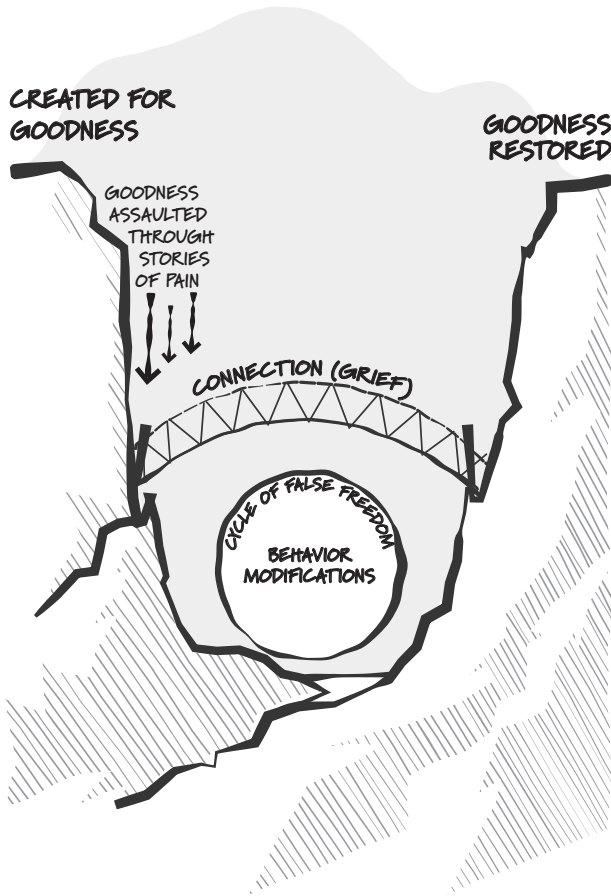
THE “T” WORD

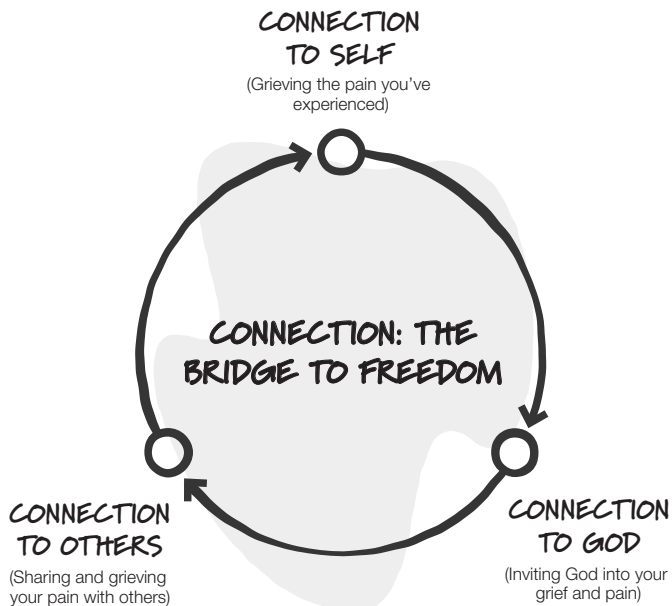




CHAPTER 12

A NEW PATH





CHAPTER 15

GODLY GRIEF

TYPICAL GRIEF RESPONSE

DENIAL /
ISOLATION

1

ANGER /
RESENTMENT

2

BARGAINING /
WORKS

3

DEPRESSION /
ALIENATION

4

ACCEPTANCE /
RESOLUTION
(typical response
ends here)

5

6

BIBLICAL GRIEF RESPONSE

CANDOR:
Honesty with myself
Psalm 51:6 (ESV)
Psalm 25:16 (ESV)

COMPLAINT:
Honesty with God
Psalm 6:3–6 (ESV)
Psalm 13:2 (ESV)

CRY:
Asking God for help
Hebrews 4:16 (NLT)
Psalm 40:1–2 (NLT)

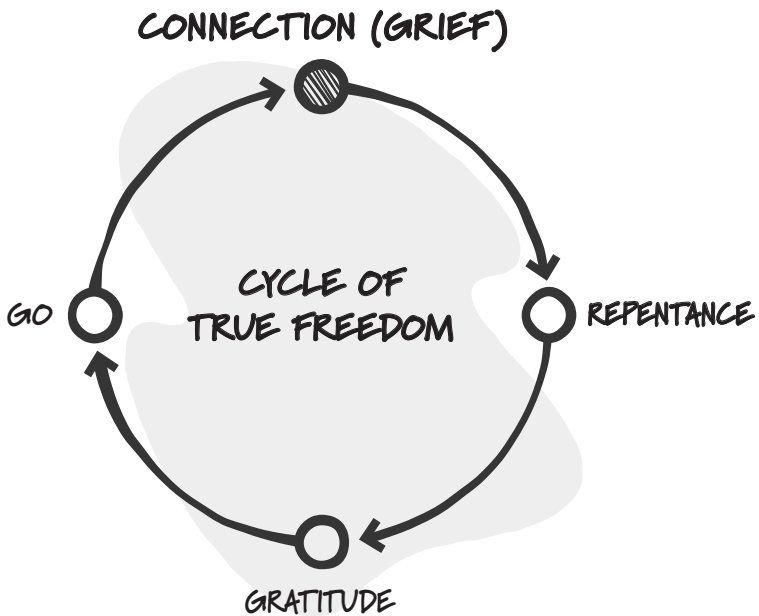
COMFORT:
Receiving God's help
Psalm 46:1 (ESV)
Isaiah 41:10 (NASB)

CASTING:
Surrendering the hurt
1 Peter 5:6–7 (NLT)
Psalm 55:22 (MSG)

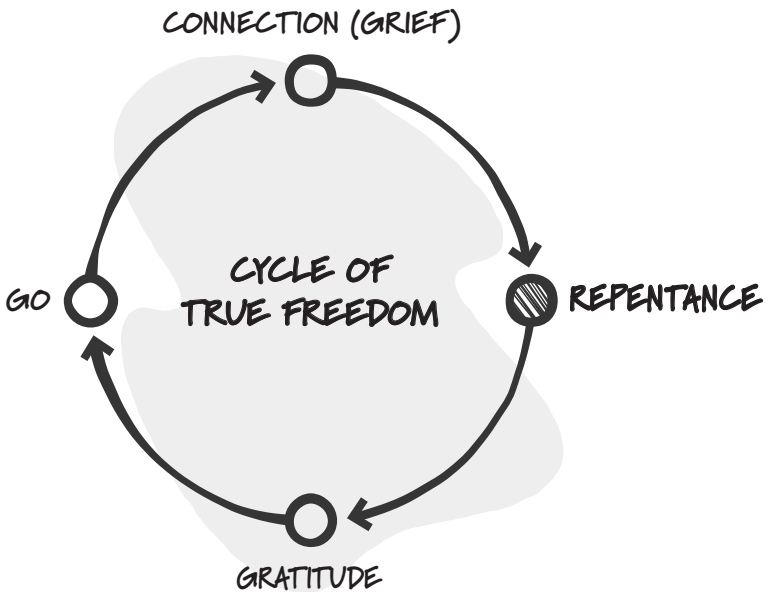
CALLING:
Using your past pain
to help others
Luke 8:39 (ESV)
Isaiah 61:3–7 (MSG)

Adapted and changed from Dr. Robert Kelleman's *God's Healing for Life's Losses*.

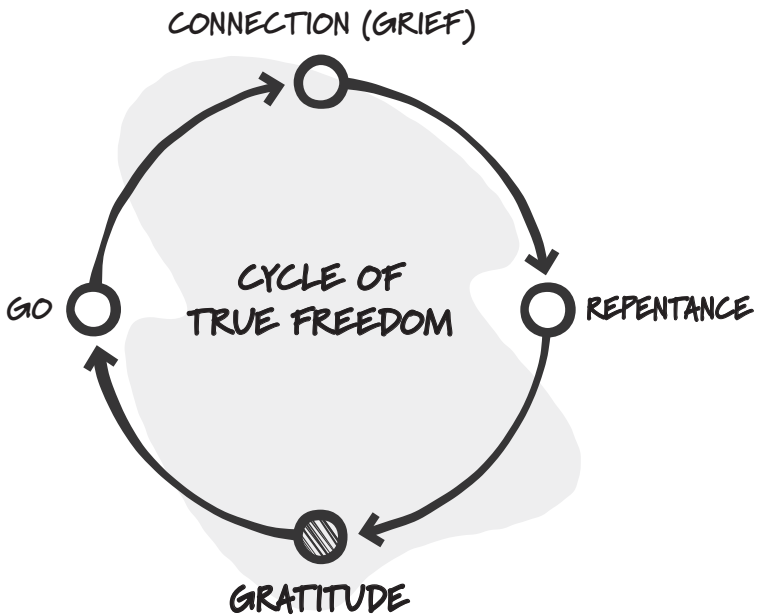
RELEASING THE OLD, STEPPING INTO THE NEW



REPENTANCE



SEEING GOODNESS



THE END (AND THE BEGINNING)

