

The Core Wound of Injustice

A Guided Heart Check for Healing What Still Hurts

A companion resource from the Core Wounds Guided Series at SeanBrannan.com

“The Lord executes righteousness and justice for all who are oppressed.”
— PSALM 103:6 (AMP)

Heart Check — Injustice Wound

The injustice wound doesn't just come from being treated unfairly—it comes from being left alone in it. When no one stood up for you, or when your pain was ignored or minimized, you learned to protect yourself. That protection often shows up later as control, overthinking, or emotional distance. This Heart Check is here to help you name the impact, reconnect with what's true, and take one honest step toward healing—not by managing justice on your own, but by trusting the One who sees and restores.

Key Takeaway:

The injustice wound forms when you were treated unfairly—and no one made it right. Over time, you stopped expecting fairness and started protecting yourself instead. You learned to manage everything, question everyone, and expect the worst. That wasn't weakness. That was survival. But now, it's time to trade control for trust—and let God show you what justice really looks like..

Reflective Quote:

"God doesn't ask you to forget what happened. He invites you to stop carrying it like you're still on your own."

— SEAN BRANNAN

Meditation / Affirmation:

(Consider using these one at a time in breathwork, journaling, or daily reflection.)

"I am allowed to name what happened—without shame or apology."

"I can stop managing outcomes that were never mine to control."

"My voice matters—even if others ignored it."

"I don't have to expect harm just to feel prepared."

"God is just, and I don't have to earn His protection."

"I can trust authority again—wisely, slowly, and with boundaries."

"I am no longer responsible for holding everything together."

"I can live without bracing for the next letdown."

"I can stop overthinking and start resting."

"I am safe to let go—because God sees, defends, and restores."

Take Action: Choose Healing on Purpose

Healing from neglect doesn't just mean recognizing what you lacked—it means choosing to step back into emotional presence on purpose.

If this wound has shaped how you show up (or hide) in your life and relationships, here's how to take one step forward this week:

1. Do the Heart Check

Set aside 20–30 minutes this week to complete this guide without distractions. Let yourself slow down. Be honest about what's still hurting. What you name, you can begin to heal. What you deny, you keep carrying.

2. Name One Pattern You Want to Change

Choose one survival strategy you've used to stay safe—like minimizing your needs, staying silent, or over-functioning to feel worthy. Write it down. Then ask God to gently lead you back into truth, one moment at a time.

3. Speak the Affirmation Daily

Pick one affirmation that resonates most—and speak it out loud every day for the next 7 days. Especially in moments where you feel overlooked, under-supported, or tempted to shut down. Repetition rewrites what fear once taught you.

4. Share with One Safe Person (Once This Week)

Challenge yourself to Let one trusted person know what you're working through. You don't need a fixer. You need someone to witness your healing.

5. Stay With the Process

The Injustice Wound runs deep. But you're not doing it alone. God's justice doesn't depend on performance—it starts with presence.

Breathwork — Regulate Before Journaling — Be Still + Be Known

Why This Matters: When you've lived through injustice, your nervous system adapts by staying alert. Your body learns to expect harm, overanalyze tone, and prepare for disappointment—even when there's no threat. Over time, it becomes exhausting to stay that guarded.

This breathwork practice helps release that tension. It invites your body to settle, and teaches your nervous system a new truth: you're not on your own anymore.

Practice Pattern

- Inhale for 4 — Breathe in gently through your nose
- Hold for 4 — Let the breath settle into your chest
- Exhale for 6 — Release slowly through your mouth
- Pause for 2 — Rest before the next inhale

Repeat for 3–5 rounds (or until you feel your system settle). As you breathe, release tension. Drop your shoulders. Loosen your jaw. Soften your eyes. Let your body belong in this moment.

Anchor Thought for Practice: “God, You see me. And I am still safe in Your gaze.”

What Injustice Taught Me

What did injustice teach me about safety, fairness, or authority—and how is that belief still showing up in my life today?

Be honest about where those beliefs are rooted in fear instead of truth.

Where am I still acting like I'm the only one who can protect or defend me?

How might that be limiting trust, connection, or healing?

The Armor I Learned to Wear

What strategies or patterns do I use to avoid being treated unfairly again?

Control, silence, overthinking, keeping distance—be specific.

What would it look like to start putting that armor down, even in small ways?

What would change in how I show up—with God, and with others?

Truth Over the Lie

What lie did the injustice wound teach me about who I am or what I deserve?

Examples: "My voice doesn't matter." "God won't defend me." "I'm on my own."

What truth do I want to root into instead—and what's one step I can take this week to live like it's true?

Choose a truth aligned with Scripture and God's character.

Truth Over the Lie – Anchor Statement

Write a short truth you want to root into this week. Let it replace the old narrative neglect tried to write. This is where you realign your identity with what God says—not what the wound says.

"I am not _____."

"I am _____"

because God says _____."

(Example: "I am not on my own. I am covered and defended, because God says He is a refuge for the oppressed.")

Today I Choose Healing

- ☐ To name what happened without minimizing it
- ☐ To stop carrying the responsibility for fixing it
- ☐ To be honest about what still hurts
- ☐ To stop managing everything just to feel safe
- ☐ To let go of perfection and control
- ☐ To take one step toward trust
- ☐ To believe that God's justice still applies to me

Final space for personal reflection:

One thing I want to do differently today (or this week):

Guided Prayer: For the Wound of Injustice

Father, You know what happened. You saw it all—what was said, what was ignored, what was taken. You know the moments I wasn't protected. You know the weight I've carried ever since. And You haven't looked away.

I've learned to stay on guard. To hold the line. To protect myself when no one else would. And if I'm honest, I'm tired. Tired of holding the tension. Tired of expecting harm. Tired of managing everything on my own. So I'm bringing it to You.

I don't have to pretend it didn't hurt. I don't have to justify it or minimize it. You're not asking me to forget what happened—you're asking me to stop carrying it like I'm still on my own.

Help me trust You as my defender. Help me release control where fear still drives me. Show me where I've built walls instead of boundaries, and teach me how to let people in without losing myself.

I want to stop reacting to old wounds like they're still happening. I want to stop confusing survival with strength. You are just. You are present. You are safe. I believe that. Help my heart catch up.

In the mighty name of Jesus, Amen.

Thank you for downloading this Heart Check PDF for the Core Wound of Injustice.

I pray it offered more than insight—I pray it helped you feel seen, heard, and no longer alone in the pain you've carried.

Healing from injustice isn't about pretending it didn't happen—it's about learning to trust again, one layer at a time.

You were never meant to carry the weight of justice by yourself. You were created to be covered, defended, and loved—without having to fight for it.

May the Lord bless you with courage to let go, grace to stay present, and truth that restores what fear once controlled.

Before you close this out, know this...

You were Chosen.

You are Valuable.

You have always been Loved.

Don't let the wound have the final word. God's not done writing your story.

Sean Brannan