

END Silence™

ACTIVITY BOOKLET

A JOURNEY FROM SILENCE TO TRUTH

Reflect. Process. Grow. Speak.



“ You will know the truth,
and the truth will set you free.”

— JOHN 8:32 —



ENGAGE
Fun activities
that challenge
your mind.



REFLECT
Thoughtful
pages to help
you process.



GROW
Faith-filled
tools for healing
and growth.



SPEAK
Find your voice.
Make a difference.
END Silence.

TOOLS TO HELP YOU MOVE FROM SILENCE... INTO TRUTH.



**SPEAK UP.
SPEAK OUT.**

Together...
WE END SILENCE.



BUILT BY SURVIVORS.



FOR SURVIVORS.



endsilence.net

END Silence™ WORD CHALLENGE

Every word tells a story. Every story matters.

FAITH OVER FEAR

N	H	Z	R	D	R	E	S	I	L	I	E	N	C	E	Z
O	O	T	X	A	Y	R	E	V	O	C	E	R	H	Y	E
I	S	O	G	N	I	T	H	G	I	L	S	A	G	X	B
T	N	S	G	N	H	G	C	E	B	U	T	T	H	P	W
A	O	I	E	Y	E	D	V	A	W	E	O	A	F	S	B
L	D	Y	Y	N	E	R	K	Y	G	X	U	K	Y	Y	T
O	V	Q	Y	V	E	A	T	A	Q	S	A	L	T	P	Y
S	G	Z	W	J	E	R	R	S	T	G	T	U	I	X	T
I	S	H	A	R	O	U	A	I	A	S	Y	F	N	S	I
H	M	V	B	X	O	V	O	W	R	W	U	H	U	U	T
O	F	N	C	C	F	N	E	R	A	F	R	T	M	R	N
P	U	W	B	R	W	G	M	R	L	U	F	I	M	V	E
E	A	D	E	E	P	M	K	M	C	B	M	A	O	I	D
F	H	T	R	U	T	H	F	U	L	O	U	F	C	V	I
U	Y	D	A	R	K	N	E	S	S	S	M	P	U	O	I
L	F	Y	E	F	E	R	O	T	S	E	R	E	A	R	R

FIND THESE WORDS

FAITHFUL	LIES
GASLIGHTING	FEAR
ISOLATION	ANXIETY
REJECTION	BROKEN
DOUBTFUL	ALONE
WORTHLESS	INSECURE
SHAME	PAIN
FORGIVENESS	HEALING
COURAGE	GRACE
PURPOSE	TRUTH
RESTORED	RENEWED
HOPEFUL	VICTORY
LOVED	BELIEVED
FREEDOM	PEACE
STRENGTH	LIGHT

THE CHALLENGE



1 Circle the words that reflect your journey.

2 Choose one word you're ready to release.

3 Replace it with truth.



What lies have been spoken over you?



What truth does God say instead?



Share your two words. Tag us.
Join the movement at endsilence.net



DTS-FC-WC-001
Faith Over Fear
v1.0

What was used to silence... will now be used to heal.

END Silence™ CROSSWORD CHALLENGE

Every word tells a story. Every story matters.

DOWN:

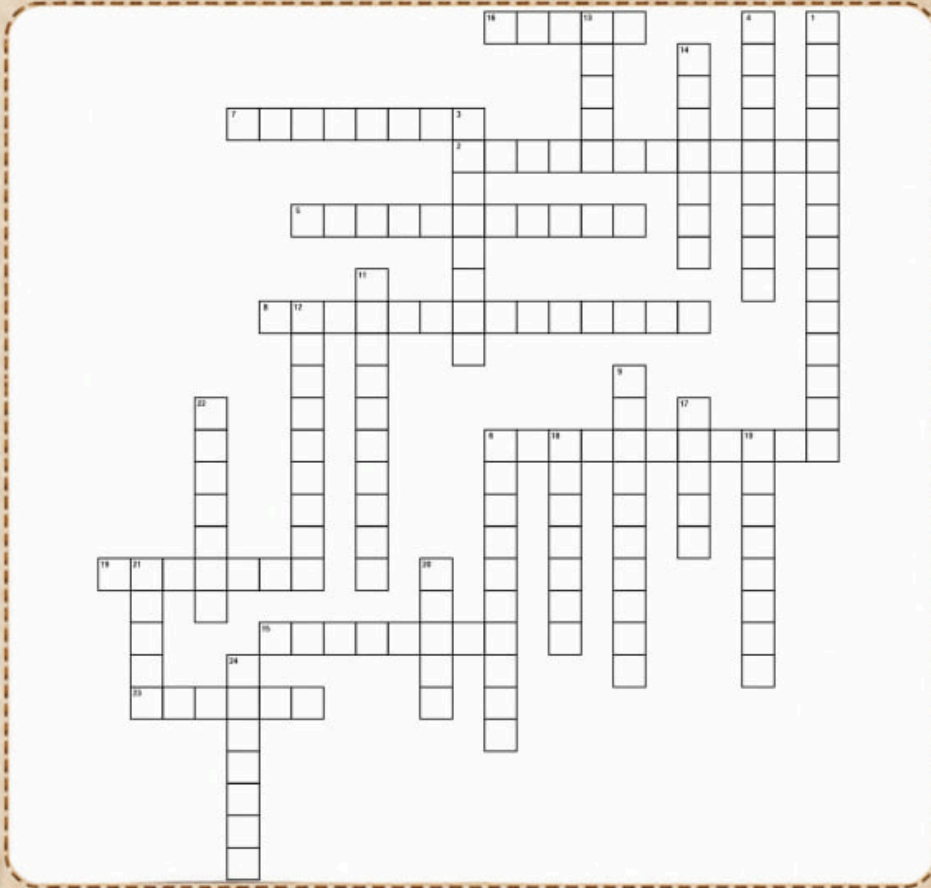
1. Deep and lasting change
3. Power to endure and overcome
4. The first step toward change
6. Ability to recover and keep going
9. Keeping others safe from harm
10. Knowing your true worth
11. Limits that protect well-being
12. People standing together for change
13. What sets people free
14. The process of becoming whole again
17. The choice to trust God over fear
18. What allows harm to continue
20. Often damaged but possible to rebuild
21. What exposes darkness
22. What helps survivors rebuild
24. Holding wrongdoing accountable

ACROSS:

2. Commitment to honesty
5. Giving strength back to survivors
6. Rebuilding what was broken
7. Where harmful acts try to hide
8. Responsibility for actions
15. Bringing hidden things into light
16. Value that cannot be taken away
19. Seeing things as they really are
23. Deep emotional wounds from harmful experiences

FAITH OVER FEAR

Fill in the answers. Follow the clues.



WHAT STOOD OUT TO YOU
WHILE SOLVING?



WHAT TRUTH IS GOD
SHOWING YOU?

“You will know the truth, and the truth will set you free.”

— JOHN 8:32 —

Faith comes by hearing... the word of God. — ROMANS 10:17



**SPEAK UP.
SPEAK OUT.**



**TOGETHER...
WE END SILENCE.**



VISIT US:
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♥ BUILT BY SURVIVORS. FOR SURVIVORS. ♥

END Silence™

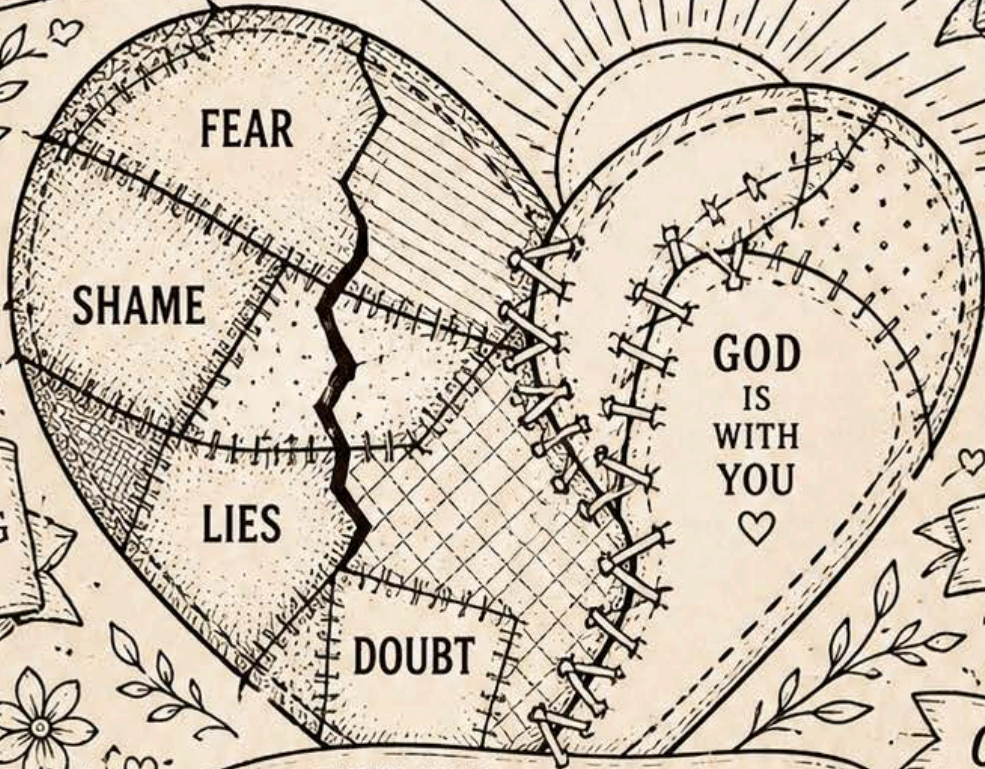
COLORING PAGE

Every story matters. Every voice matters. You matter.

FAITH OVER FEAR

YOU ARE NOT ALONE

TRUTH



FREEDOM

HEALING

COURAGE

BROKEN THINGS CAN BECOME BEAUTIFUL AGAIN

"You will know the truth, and the truth will set you free."
— JOHN 8:32 —

WHAT ARE YOU RELEASING TODAY?

WHAT TRUTH REPLACES IT?

WHAT IS GOD RESTORING IN YOU?

SPEAK UP. SPEAK OUT. TOGETHER... WE END SILENCE.

YOU MATTER. YOUR STORY MATTERS. YOUR VOICE MATTERS.

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END Silence™ MAZE CHALLENGE

Every path tells a story. Choose truth.

FAITH OVER FEAR

START
SILENCE →

SHAME

PAIN

CONFUSION

ISOLATION

FEAR

LIES

FINISH
TRUTH →

God is your guide.
Follow truth.
Not fear.

What did this path remind you of?

.....
.....
.....

What truth is God leading you toward?

.....
.....
.....

"You will know the truth, and the truth will set you free."

— JOHN 8:32 —



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SPEAK OUT.**



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REFLECTION PAGE

Every story matters. So does yours.

FAITH OVER FEAR

1 PROCESS WHAT CAME UP

What stood out to you today? ♥

.....
.....
.....
.....

2 NAME IT

What are you carrying right now? ♥

FEAR

SHAME

CONFUSION

DOUBT

SILENCE

3 REPLACE IT WITH TRUTH

What truth speaks against that? ♥

.....
.....
.....

4 FREE SPACE

Doodle. Write. Pray. Reflect. ♥



5 FORWARD MOMENT

What is one step you can take today? ♥

.....
.....

*“Search me, O God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.”*

— PSALM 139:23–24 —



**SPEAK UP.
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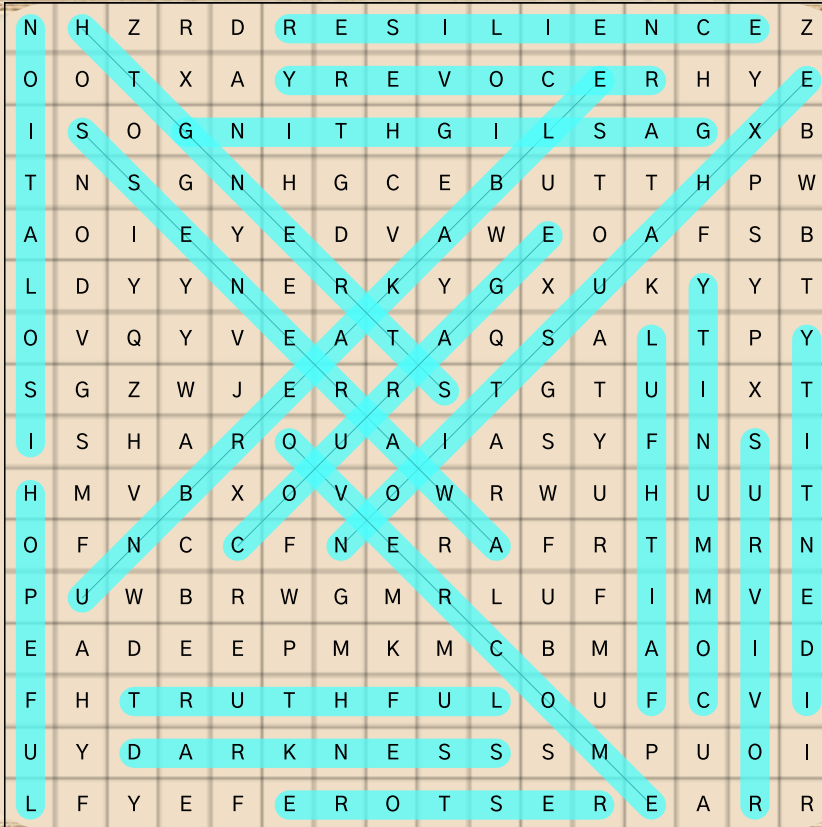
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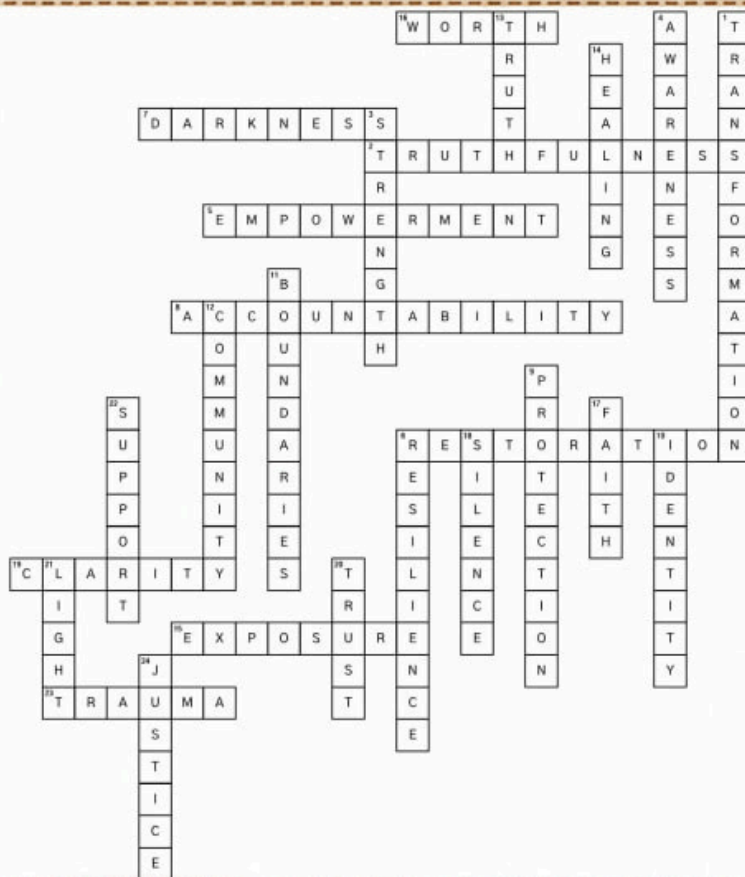
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