Quotes from The Light After

“Your past may have shaped your story, but it does not get to define your future.”

“I didn’t want to just survive anymore. I wanted to heal.”

“Healing wasn’t one triumphant moment. It was a series of choices.”

“Faith is a decision, not just a feeling.”

“Letting Christ into my weakness meant believing He was not disappointed by my tenderness.”

“His strength did not require my perfection—only my willingness to be seen.”

“Forgiveness did not require me to remain available for behavior that continued to harm me.”

“Guarding my heart wasn’t about becoming harder. It was about caring for what God was restoring.”

“The light didn’t erase what happened. It showed me that my story could continue beyond it.”

“One prayer. One boundary. One act of forgiveness. One decision to begin again.”

“I became the woman God intended for me to be.”

“There is light after—and you are worthy of finding it.”

For media use, the strongest three are:

“Healing wasn’t one triumphant moment. It was a series of choices.”

“The light didn’t erase what happened. It showed me that my story could continue beyond it.”

“Guarding my heart wasn’t about becoming harder. It was about caring for what God was restoring.”