



Beauty from Brokenness: Healing After Abuse



7-day Bible study for survivors of emotional, physical & sexual abuse. Find hope, healing & identity in Christ through journaling, Scripture & prayer.



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Introduction

Abuse—whether emotional, physical, or sexual—leaves deep and lasting wounds. It attacks your sense of safety, worth, and identity. The aftermath is often silent: filled with shame, confusion, isolation, and pain. You may wonder where God was in your suffering... or if you'll ever truly heal.

This Bible study is for you.

Over the next seven days, we'll walk through Scripture together to rediscover God's love for the abused, His justice for the wronged, and His power to restore what was broken. You are not what happened to you. You are not used up, ruined, or forgotten. In Christ, **you are beloved, seen, and held.**

God grieves the evil that was done to you—and He offers you hope, dignity, and healing. Through prayer, journaling, and biblical truth, this study will help you begin the journey of recovery—not by pretending the pain never happened, but by inviting the Healer into it.

You are not alone. You are not beyond repair. And you are not without hope.

What to Expect Each Day:

- A core scripture + supporting verses
- A heartfelt devotional (suitable for 5-minute narration)
- Guided journaling prompts



- A closing prayer for healing and hope





Day 1: God Sees and Hears You



Day 1: God Sees and Hears You

Your Verse

“She gave this name to the Lord who spoke to her: ‘You are the God who sees me,’ for she said, ‘I have now seen the One who sees me.’” — Genesis 16:13 (NIV)

Supporting Scriptures

- *“The eyes of the Lord are on the righteous, and His ears are attentive to their cry.” — Psalm 34:15*
- *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18*
- *“I have indeed seen the misery of my people... I have heard them crying out... and I am concerned about their suffering.” — Exodus 3:7*



Day 1: God Sees and Hears You

Devotional: The God Who Sees You

For those who have suffered abuse, one of the most painful lies is this: *“No one sees me. No one hears me. No one cares.”*

When Hagar ran away into the desert—pregnant, alone, abused by Sarai—she likely felt invisible. Powerless. Abandoned. But then God appeared. He didn’t ignore her. He didn’t blame her. **He saw her. He spoke to her. He called her by name.**

She named Him *El Roi*, “the God who sees me.”

You may feel like your story has been overlooked by people... but it has not been overlooked by God. Every wound. Every cry. Every silent scream. **He has seen it all. And He has not turned away.**

God is not indifferent to your pain. He is not distant. He is the God who draws close to the brokenhearted. He is the One who enters the desert places—not to judge you, but to hold you, heal you, and speak your name with compassion.

You may not have received the justice or protection you deserved. But the eyes of heaven have never left you. Not for a moment.

You are seen. You are heard. And you are not alone.



Day 1: God Sees and Hears You

Journaling Prompts

1. Have you ever felt invisible in your pain? Write about what that feels like.

2. What does it mean to you that God sees *you*—your heart, your story, your wounds?

3. Write a letter to God expressing the parts of your story you wish someone had seen.



Day 1: God Sees and Hears You

Prayer for Today

El Roi, the God who sees, thank You for seeing me. Thank You for hearing me when others turned away. I confess that sometimes I feel invisible—even to You. But today I choose to believe You are near. Help me feel Your presence in the places that still hurt. Remind me that I am not forgotten. In Jesus' name, Amen.





Day 2: God Grieves What Hurt You



Day 2: God Grieves What Hurt You

Your Verse

“For He does not willingly bring affliction or grief to anyone.” — Lamentations 3:33 (NIV)

Supporting Scriptures

- *“In all their distress He too was distressed...” — Isaiah 63:9*
- *“Jesus wept.” — John 11:35*
- *“The Lord examines the righteous, but the wicked... He hates with a passion.” — Psalm 11:5*
- *“Woe to those who make unjust laws... to rob the poor of their rights.” — Isaiah 10:1–2*



Day 2: God Grieves What Hurt You

Devotional: The Tears of God

Many survivors of abuse carry this haunting question: “*Why didn’t God stop it?*” It’s a heavy, painful mystery—and while no answer can fully remove the sting, Scripture makes one thing clear: **God grieves the pain of His people.**

In Lamentations, a book born out of unimaginable suffering, we find a surprising truth: *God does not willingly bring affliction or grief.* He does not delight in suffering. He does not sit passively while evil has its way. He is not the author of abuse.

He weeps.

At the tomb of Lazarus, Jesus knew resurrection was moments away—yet He still wept. Why? Because death hurts. Suffering matters. And God is not numb to pain.

If Jesus cried over a friend’s death, how much more does He grieve the trauma inflicted upon you?

He saw the manipulation. He heard the words meant to tear you down. He was near when hands meant to protect instead harmed. **And His heart broke with yours.**

God’s justice is not slack. He does not tolerate abuse. He promises to defend the oppressed and bring judgment to the wicked. His grief is not passive—it is holy, and it fuels His mission to heal and restore.



Day 2: God Grieves What Hurt You

Journaling Prompts

1. What parts of your story do you wish God had stopped? Be honest in your writing.

2. How does it feel to imagine Jesus weeping with you over what happened?

3. Write a letter from Jesus to you—what might He say to comfort your wounded heart?



Day 2: God Grieves What Hurt You

Prayer for Today

God of compassion, I don't understand why I had to go through this. Sometimes I feel angry. But I take comfort in knowing that You weep with me. Thank You for grieving the evil done to me. Help me begin to trust Your heart again—even when I don't understand Your ways. In Jesus' name, Amen.





Day 3: You Are Not to Blame



Day 3: You Are Not to Blame

Your Verse

“Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance.” — Isaiah 61:7 (NIV)

Supporting Scriptures

- *“There is now no condemnation for those who are in Christ Jesus.” — Romans 8:1*
- *“The Lord is a refuge for the oppressed, a stronghold in times of trouble.” — Psalm 9:9*
- *“For the accuser of our brothers and sisters... has been hurled down.” — Revelation 12:10*
- *“Those who look to Him are radiant; their faces are never covered with shame.” — Psalm 34:5*



Day 3: You Are Not to Blame

Devotional: Silencing the Voice of Shame

One of the cruelest effects of abuse is the shame it leaves behind. It whispers lies: *“It was your fault.” “You let it happen.” “You should’ve known better.”*

But these are **not the voice of God**. They are the voice of the enemy—the accuser.

God’s Word brings truth: *There is no condemnation for those in Christ Jesus*. Not for what was done to you. Not for how long you stayed. Not for how you coped in the aftermath.

You are not to blame for someone else’s sin.

Abuse is never deserved. Whether you were manipulated, groomed, beaten, or shamed into silence—none of it was your fault. The disgrace belongs to the abuser, not the abused.

Isaiah 61:7 promises restoration: *“Instead of shame... you will receive a double portion.”* God doesn’t just remove your shame—He replaces it with honor. He lifts your head, restores your dignity, and rejoices over you.

Let this sink in: **God never wanted you to carry shame for what was never yours to bear**. He wants to wash it away and clothe you in His righteousness.



Day 3: You Are Not to Blame

Journaling Prompts

1. What lies has shame made you believe about yourself?

2. Write a list of truths from today's Scriptures that directly counter those lies.

3. Imagine God speaking over you: "You are not to blame." Reflect on how that feels.



Day 3: You Are Not to Blame

Prayer for Today

Lord, shame has weighed me down for too long. I've blamed myself for what others did to me. Today, I ask You to remove that burden. Remind me of the truth: I am not to blame. I am not dirty. I am not unworthy. I am Yours. Cover me with Your peace and honor. In Jesus' name, Amen.





Day 4: Your Body Is God's Temple



Day 4: Your Body Is God's Temple

Your Verse

“Do you not know that your bodies are temples of the Holy Spirit...? You are not your own; you were bought at a price. Therefore honor God with your bodies.” — 1 Corinthians 6:19–20 (NIV)

Supporting Scriptures

- *“I praise You because I am fearfully and wonderfully made.” — Psalm 139:14*
- *“The body... is not meant for sexual immorality but for the Lord.” — 1 Corinthians 6:13*
- *“So God created mankind in His own image...” — Genesis 1:27*
- *“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3*



Day 4: Your Body Is God's Temple

Devotional: Reclaiming What Was Violated

Abuse doesn't just wound your heart—it can leave you feeling disconnected from your own body. Many survivors struggle with shame, numbness, or even hatred toward the very skin they live in. If you've felt that, know this: **your body is not a battleground to be ashamed of—it is sacred.**

God calls your body a *temple*—a holy place where His Spirit dwells. This was true before the abuse. It's still true now.

Your body was created with intention and beauty. No matter what was done to it, your body did not lose its value. The violation you endured was a desecration, not a disqualification. And God—our Redeemer—is in the business of restoring what others tried to destroy.

Jesus bore wounds in His body so that yours could be healed.

You may not feel whole today, and that's okay. Healing takes time. But each day you honor your body—by nourishing it, resting it, or simply breathing with intention—you are reclaiming what the enemy tried to steal.

You are not damaged goods. **You are a temple of the Holy Spirit.** Sacred. Loved. Worth protecting.



Day 4: Your Body Is God's Temple

Journaling Prompts

1. How has the abuse affected the way you view your body? Be honest.

2. What would it look like to begin honoring your body as God's temple?

3. Write a list of kind, truthful things you can say about your body—God's creation.



Day 4: Your Body Is God's Temple

Prayer for Today

Holy Spirit, I invite You into my healing. Help me to see my body through Your eyes—not as damaged, but as sacred. Where there is pain, bring peace. Where there is shame, speak truth. I am Your temple. Teach me to care for myself with compassion and honor. In Jesus' name, Amen.





Day 5: God Will Restore What Was Lost



Day 5: God Will Restore What Was Lost

Your Verse

“I will restore to you the years that the swarming locust has eaten...” — Joel 2:25 (ESV)

Supporting Scriptures

- *“He will wipe every tear from their eyes.” — Revelation 21:4*
- *“After Job had prayed... the Lord restored his fortunes and gave him twice as much as he had before.” — Job 42:10*
- *“Though you have made me see troubles... you will restore my life again.” — Psalm 71:20*
- *“He makes everything beautiful in its time.” — Ecclesiastes 3:11*



Devotional: Redemption Is Always Possible

Abuse often feels like it steals everything—your voice, your innocence, your sense of safety, time, opportunities, and sometimes even your faith. The grief of what was *lost* can be overwhelming.

But God is a **Restorer**.

In Joel 2:25, God doesn't just promise comfort—He promises **restoration**. The locusts in this verse represent devastation, famine, and years of loss. Yet God declares that nothing is beyond His reach—not even years that feel wasted.

Maybe your trauma delayed your dreams or disrupted your family. Maybe it sabotaged your confidence, relationships, or ability to trust. But this is not the end of your story.

God can restore joy. He can redeem relationships. He can reignite dreams. His restoration may not look exactly like the past, but it will always be wrapped in purpose, healing, and grace.

You are not too far gone. Too much hasn't been stolen. **The Redeemer is at work.**

And sometimes, what rises from the ashes is even more beautiful than what came before.



Day 5: God Will Restore What Was Lost

Journaling Prompts

1. What parts of your life do you feel were stolen or damaged by abuse?

2. What would restoration look like in those areas? Dream with God in your writing.

3. Reflect on a time when God brought beauty out of brokenness in your life.



Day 5: God Will Restore What Was Lost

Prayer for Today

God, You are the Restorer of my soul. I've lost so much through the pain I've endured, and I don't even know how to begin again. But You do. Help me believe that nothing is beyond Your power to redeem. Heal the wasted years, and fill my heart with hope again. In Jesus' name, Amen.





Day 6: You Are Not Alone in the Healing



Day 6: You Are Not Alone in the Healing

Your Verse

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us...” — Romans 8:26 (NIV)

Supporting Scriptures

- *“Surely I am with you always, to the very end of the age.” — Matthew 28:20*
- *“Even though I walk through the darkest valley, I will fear no evil, for you are with me.” — Psalm 23:4*
- *“The Lord your God goes with you; he will never leave you nor forsake you.” — Deuteronomy 31:6*
- *“Where can I go from your Spirit? Where can I flee from your presence?” — Psalm 139:7*



Day 6: You Are Not Alone in the Healing

Devotional: You Don't Have to Heal Alone

One of the most haunting lies after abuse is: *"I have to do this all by myself."* Survivors often feel isolated—cut off from safe community, misunderstood by loved ones, or silenced by fear. But Scripture reminds us again and again: **you are not alone.**

God is not just watching from a distance—He is present in your pain. The Holy Spirit, the Comforter, *helps us in our weakness*. Even when you don't know how to pray—when you're exhausted, numb, or too broken for words—**He intercedes for you.**

You are never walking this healing path by yourself.

Jesus promised to never leave or forsake His children. Even in the valley of deepest wounds, *He is with you*. He understands abuse—not just in theory, but in experience. He was mocked, struck, stripped, violated, and left alone to die. **He gets it.**

You may feel unseen or unheard by others, but you are never unseen or unheard by God.

And you don't need perfect prayers or polished words. Just your presence. Just your breath. Just your longing to be whole.

God walks this road with you—every step, every stumble, every tear.



Day 6: You Are Not Alone in the Healing

Journaling Prompts

1. Do you feel alone in your healing? What contributes to that feeling?

2. Write a prayer—even if it’s messy—asking the Holy Spirit to help you.

3. Reflect on a time you *did* feel God’s presence in a difficult moment.



Day 6: You Are Not Alone in the Healing

Prayer for Today

Holy Spirit, I feel weak—like I don't know how to keep going. But I believe You're with me. I don't always have the words, but You understand my groans. I trust You to lead me, comfort me, and pray for me when I can't find the strength. Thank You for walking this journey with me. In Jesus' name, Amen.





Day 7: Your Story Is Not Over



Day 7: Your Story Is Not Over

Your Verse

“He who was seated on the throne said, ‘I am making everything new!’” — Revelation 21:5 (NIV)

Supporting Scriptures

- *“Forget the former things; do not dwell on the past. See, I am doing a new thing!” — Isaiah 43:18–19*
- *“He will give you a crown of beauty instead of ashes.” — Isaiah 61:3*
- *“Being confident of this... He who began a good work in you will carry it on to completion...” — Philippians 1:6*
- *“The Lord is close to the brokenhearted...” — Psalm 34:18*



Day 7: Your Story Is Not Over

Devotional: A New Chapter Awaits

It's easy to believe that trauma writes the final chapter of your story. Abuse has a way of convincing you that brokenness defines you forever—that you'll never be whole, never be joyful, never be free.

But Jesus says something different: *"I am making everything new."*

Your past does not define you—God's promises do. Your identity is not "abused," "discarded," or "damaged." You are *beloved, redeemed, and being renewed*.

God never wastes pain. He takes the shattered pieces of our lives and rebuilds them into testimonies of His grace. Even now, He is writing beauty into your ashes. The healing may be slow. It may not follow a straight line. But the Author of your story is still at work—and He is not finished.

You may have been victimized, but you are not a victim in Christ. You are a survivor, a fighter, and a child of the King. And through Him, **you will rise**.

This isn't the end. It's the beginning of something redemptive, sacred, and powerful.



Day 7: Your Story Is Not Over

Journaling Prompts

1. Reflect on how far you've come in your healing journey. What victories (big or small) can you celebrate today?

2. What new things do you believe God wants to grow in you from this point forward?

3. Write a letter to your future self—filled with hope, strength, and truth.



Day 7: Your Story Is Not Over

Prayer for Today

God, thank You for reminding me that my story isn't over. You are still working. Still healing. Still redeeming. I believe that new life is possible. I trust You to write beauty into my story, even in the places that still ache. Help me to keep walking, keep journaling, and keep believing. In Jesus' name, Amen.





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A Personal Invitation from HolyJot


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