## Endurance Through Heartbreak: Trusting God After Broken Engagement



Discover how to endure pain and find hope through God's promises after a broken engagement, growing in faith and healing with His strength.





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#### Introduction

Experiencing the end of an engagement can be one of the most painful and heart-shattering moments in a person's life. It often brings feelings of loss, confusion, and deep disappointment. When dreams once held dear suddenly fall apart, it's challenging to see beyond the immediate grief. Yet, the Bible invites us to place our trust in God's steadfast love and guidance, especially in such difficult times.

**Endurance** is more than just bearing hardship; it is the active, faithful perseverance through trials, anchored in hope. The journey of healing after a broken engagement requires endurance to walk each day with renewed faith, knowing God is present even in our darkest moments. Scripture offers countless examples and promises reminding us that God strengthens the brokenhearted and gives us the grace to move forward.

This study will gently walk you through reflections rooted in God's word, encouraging your heart to trust Him anew. Through prayer, meditation on Scripture, and honest reflection, you will begin to receive the peace and assurance that only He can provide. Remember, healing is a process—and you are not alone on this path. God's love is a firm foundation for your heart to lean on as you rebuild and find joy again.

Let us step forward together, embracing endurance that transforms pain into growth, sorrow into hope, and brokenness into a testimony of God's faithfulness.







## Day 1: Finding Strength in God's Presence









Day 1: V Finding Strength in God's Presence

#### Your Verse

Psalm 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 1: V Finding Strength in God's Presence

## Devotional: God's Nearness: Strength for the Brokenhearted

When a broken engagement leaves your heart shattered, the loneliness and pain can feel overwhelming. Psalm 34:18 offers a comforting truth: God is especially close to those who are broken and crushed in spirit. This isn't just poetic encouragement; it is a divine promise that you are not abandoned in your pain.

Allow yourself to feel the heartbreak fully, but also draw near to God. His presence is a refuge where strength is renewed. Sometimes, endurance begins simply with resting in the reality that you don't have to carry your sorrow alone. God's grace is sufficient—even when you feel weak, His power covers your frailties. Lean into His promises as a source of unshakable strength today.

Try to bring your real emotions before God. Allow Him to hold your pain while He builds endurance in your spirit.







Day 1: **(**) Finding Strength in God's Presence

## Reflect and Apply

1.	In what ways have you experienced God's closeness in your pain so far?
	How can acknowledging your weakness open the door for God's power to work in you?
	What fears or doubts do you need to surrender to God today for endurance?







Day 1: **(**) Finding Strength in God's Presence

### **Journaling Prompts**

1.	Write about the feelings you are currently experiencing from your broken engagement.
	List moments when you sensed God's comforting presence, no matter how small.
3.	Record a prayer asking God to reveal His strength in your weakness.







Day 1: V Finding Strength in God's Presence

#### Prayer for Today

Heavenly Father, in my brokenness, I come to You seeking comfort and strength. Please draw near to my hurting heart and remind me that I am not alone. Help me to surrender my pain, fears, and doubts into Your loving hands. Fill me with Your grace that is sufficient for every weakness, and build endurance in my spirit as I wait on Your healing. Teach me to trust You even when the path is unclear and painful. Thank You for loving me through this trial. *Amen.*  $\bigwedge$ 

















Day 2: 7 Growing Hope Amidst Sorrow

#### Your Verse

Romans 5:3-5 - "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

#### **Supporting Scriptures**

- James 1:2-4 "Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."
- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."







Day 2: 7 Growing Hope Amidst Sorrow

## Devotional: Suffering Produces Hope and Perseverance

Endurance is not merely about surviving pain but about allowing God to produce something new within us—hope that grows through perseverance. Romans 5:3–5 reminds us that suffering is not wasted; it shapes our character and ultimately fills us with hope. This might feel counterintuitive when your heart feels raw, but God's Spirit works through these seasons.

When you endure, you don't just pass time—you develop inner strength and a hope that looks beyond the momentary sorrow. Remember James' encouragement to count trials as joy because they refine your faith. Each new morning brings fresh mercies and chances for healing, as Lamentations teaches us.

Choose today to embrace hope, even when it feels impossible. God is at work shaping a resilient, hopeful heart inside your brokenness.







Day 2: 🍞 Growing Hope Amidst Sorrow

### Reflect and Apply

How can your current suffering be an opportunity for spiritual growth?
What hopes do you still hold that God can nurture into reality?
In what ways can you express gratitude to God amid your trials?







Day 2: 🍞 Growing Hope Amidst Sorrow

#### **Journaling Prompts**

Describe how your character or faith has changed since your engagement ended.
Write about small signs of hope or healing you have noticed recently.
List specific ways you can remind yourself of God's mercies each day.







Day 2: 😽 Growing Hope Amidst Sorrow

#### Prayer for Today

**Loving God,** thank You for Your endless compassion and faithful love. Help me to see that my struggles are not in vain but tools to develop perseverance and hope. Teach me to rejoice in the refining work You are doing in my heart. Please renew my strength each morning and fill me with Your Spirit's power to endure with joy and confidence in Your plans. Help me trust that You will bring beauty from this pain. *Amen.*  $\rag{0}$ 

















#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you... Do not let your hearts be troubled."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: Embracing God's Peace in Anxiety

Endurance includes learning how to rest—rest from anxiety, rest from trying to control things that feel broken. Philippians 4:6–7 encourages us not to be anxious but to bring every worry to God in prayer. When we do, His peace—a peace beyond human understanding—guards our hearts and minds.

That peace can calm the storm inside, especially when heartbreak stirs turmoil. Jesus offers rest to the weary in Matthew 11:28, promising relief for the burdened. Allow yourself today to surrender anxious thoughts and accept His calming presence.

Peace is a powerful form of endurance, sustaining you when emotions feel overwhelming. Today, trust God's peace to heal and guard your heart.







### Reflect and Apply

1.	What worries or fears are you holding onto that you can give to God?
2.	How does God's peace differ from the peace the world offers?
3.	What practical steps can you take to rest in God's promises daily?







#### **Journaling Prompts**

Write about the anxious thoughts you struggle with and give them to God in writing.
Reflect on times when you have felt God's peace during difficult moments.
List ways you can cultivate habits of prayer and surrender in your daily routine.







#### Prayer for Today

**Dear Jesus,** I come to You tired and burdened by my broken dreams and anxious thoughts. Help me to lay down my worries at Your feet and receive Your peace that surpasses all understanding. Guard my heart and mind from fear and restlessness. Teach me to trust You more deeply and to find calm in Your presence no matter my circumstances. Thank You for Your promises of rest and peace. *Amen.* 🍄 😊 🐧 🙏

















Day 4: 6 Strength in Weakness and Waiting

#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength." They will soar on wings like eagles; they will run and not grow weary."

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- 2 Timothy 4:5 "Endure hardship with us like a good soldier of Christ Jesus."







Day 4: 🖰 Strength in Weakness and Waiting

## Devotional: Renewed Strength Through Hope and Waiting

Waiting is hard—especially when healing feels slow or uncertain. Yet endurance is forged in seasons of waiting and weakness. Isaiah 40:31 offers hope: those who place their hope in God will find renewed strength to soar above hardships.

Waiting does not mean inactivity but active trusting and strength-building. Psalm 27:14 encourages us to be strong and take heart as we wait. Even when weary, God is renewing your spirit so you can run your race with endurance.

Embrace your weakness as an opportunity for God's power to be demonstrated. Your waiting is not wasted but a time of preparation and renewal.







Day 4: 🖰 Strength in Weakness and Waiting

### Reflect and Apply

1.	How can waiting on God strengthen your faith and endurance?
2.	What does it mean to 'soar on wings like eagles' in your situation?
3.	In what areas do you need to be strong and take heart today?







Day 4: 🖰 Strength in Weakness and Waiting

#### **Journaling Prompts**

1.	Write about your feelings on waiting and how you experience God during these times.	
2.	List ways God has renewed your strength in the past through trials.	
3.	Pray for a heart of patience and hope as you endure this season.	







Day 4: 6 Strength in Weakness and Waiting

#### Prayer for Today

**Lord, my strength and my hope,** help me to wait patiently on You. When I feel weak or weary, renew my strength to keep moving forward. Teach me to trust in Your timing and to take heart even when the journey is long and difficult. May I soar on wings like eagles, lifted by Your power and grace. Thank You for being my refuge and strength during every trial. *Amen.*  $\bigwedge$ 







# Day 5: Faith









Day 5: @ Embracing New Beginnings with Faith

#### Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

#### **Supporting Scriptures**

- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead... I press on toward the goal."
- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"







Day 5: 🌈 Embracing New Beginnings with Faith

#### Devotional: Faith Opens Doors to New Hope and Life

The journey of endurance leads to new beginnings. After the pain of a broken engagement, God invites you to look forward with hope and faith. Jeremiah 29:11 reminds us that God's plans for us are good and filled with a prosperous future.

It's natural to cling to what was lost, but Philippians encourages us to forget the past and press on. Isaiah proclaims God is doing a new thing—fresh and transformative work that will bless your life in unexpected ways.

Embrace this day as a turning point where faith overcomes fear, and hope declares a bright future. Your endurance opens the door to God's promises of restoration and joy.







Day 5: 🌈 Embracing New Beginnings with Faith

### Reflect and Apply

	What new beginnings or possibilities do you sense God leading you toward?
2.	How can you actively 'press on' despite pain from past disappointments?
	In what ways can you celebrate God's promise of hope and restoration today?







Day 5: 🌈 Embracing New Beginnings with Faith

### **Journaling Prompts**

1.	Write a letter to your future self, filled with hope and encouragement.
2.	List ways you can step forward in faith this week, trusting God's plans.
3.	Reflect on God's 'new thing'—what does it look like in your heart and life?







Day 5: @ Embracing New Beginnings with Faith

#### Prayer for Today







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