# Finding Confidence After Abuse: God Restores Strength and Identity



A 7-day study for women overcoming abuse. Lean on God to rebuild strength, reclaim identity, and embrace hope and confidence.





#### Table of contents

Introduction	3
Day 1: God Sees You and Loves You	4
Day 2: O God Is Your Refuge and Strength	10
Day 3:  He Restores Your Soul	16
Day 4: & Strength in Weakness Through Christ	22
Day 5: SPeace That Surpasses All Understanding	28
Day 6: B New Identity in Christ	34
Day 7: * Walking Forward in Confidence	40







#### Introduction

Welcome to this 7-day journey of restoration and hope. For women who have experienced abuse or domestic violence, reclaiming confidence can feel daunting. But God's Word offers profound encouragement and healing. *He stands ready to rebuild your strength, restore your identity, and surround you with His unfailing love.* 

Throughout this study, we'll explore Scriptures that affirm your worth in God's eyes, His power to heal deep wounds, and the confidence He provides as your refuge and strength. Abuse attempts to diminish your voice, your safety, and your sense of self, but **Biblical truth speaks a different story:** you are beloved, chosen, and fearfully and wonderfully made (Psalm 139:14).

Each day invites you to reflect deeply, journal your thoughts, and pray for God's healing touch. You will encounter women in the Bible who faced trials and found renewed hope in God, reminding you that you are not alone. *Allow your journey to build confidence, not on circumstances, but on the steadfast love and faithfulness of your Heavenly Father.* 

As you spend time in God's Word, may your heart be strengthened and your spirit uplifted. Remember, recovery is a process and **God's grace is sufficient**. He delights in walking with you step by step toward freedom, peace, and renewed identity.

















#### Your Verse

Psalm 139:13-14 - "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### **Supporting Scriptures**

- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."
- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."







# Devotional: Embracing Your Value as God's Masterpiece

When abuse leaves you feeling worthless or invisible, remember this foundational truth: God created you intentionally and wonderfully. Psalm 139 reminds us that God intimately formed every part of our being, knitting us together with care and purpose. This speaks volumes about your worth. You are not an accident or a mistake; you are God's masterpiece.

Even when people have hurt or diminished you, God's love is unchanging and unshakable. He delights in you and rejoices over you. Your identity isn't defined by what others have done to you, but by this profound truth: you are loved deeply by the Creator of the universe.

Take a moment today to stand in front of a mirror, look into your eyes, and affirm with God's truth that you are fearfully and wonderfully made.







#### Reflect and Apply

	How does knowing you are 'fearfully and wonderfully made' challenge the lies you might believe about yourself?
	In what ways has abuse affected your identity, and how does God's Word invite you to reclaim it?
	How might resting in God's love help you begin finding confidence today?







#### **Journaling Prompts**

	Write down three qualities God has created in you that you are thankful for.
	Describe a moment when you felt most loved by God despite difficult circumstances.
3.	Journal any fears or doubts you want to surrender to God's healing love.







#### Prayer for Today

**Dear Heavenly Father,** thank You for creating me with great care and purpose. When I feel broken or unworthy, remind me that I am fearfully and wonderfully made in Your image. Help me embrace my value and walk forward with hope and confidence. Surround me with Your unfailing love and joy today. In Jesus' name, *Amen.*  $\heartsuit$  \L















#### Your Verse

Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."

#### **Supporting Scriptures**

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







#### Devotional: Finding Security in God's Strength

After abuse, feeling safe can be one of the hardest things to regain. Psalm 46 reminds us that God is our refuge—our safe place—and our strength even when life feels overwhelming. He is an ever-present help in our troubles.

Sometimes we try to carry the heavy burden of pain and fear alone, but God invites us to cast those cares onto Him. He promises to uphold us with His righteous hand and to give strength when we are weak. This means you don't have to be strong on your own; God's mighty power is available to strengthen and protect you.

Today, rest in the assurance that God's protective presence surrounds you and your confidence can grow as you trust Him.







#### Reflect and Apply

1.	When have you experienced God as a refuge during difficult times?
2.	What fears or worries do you need to release to God today?
	How does understanding God's strength in your weakness encourage you?







#### **Journaling Prompts**

Write about a place or practice where you feel God's refuge most deeply.
List fears that God's strength can help you overcome.
Reflect on moments when God's grace felt sufficient in your weakness.







#### Prayer for Today

**Lord God,** thank You for being my refuge and strength. When I feel afraid or overwhelmed, help me to remember that You are always present to help me. Teach me to trust Your power in my weakness and to rest safely in Your hands. Strengthen my heart today, Father. *Amen.*









# Day 3: W He Restores Your Soul









Day 3: 
 He Restores Your Soul

#### Your Verse

Psalm 23:3 - "He restores my soul. He leads me in paths of righteousness for his name's sake."

#### **Supporting Scriptures**

- Isaiah 61:1 "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted..."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 3: 
 He Restores Your Soul

#### Devotional: Trusting God to Heal and Renew

Abuse damages more than the body; it wounds the soul. God's Word gives us beautiful hope in Psalm 23 that He restores our souls. Restoration means bringing life back to what has been broken or drained.

Jesus especially invites the weary and brokenhearted to come to Him for rest and healing. His Spirit binds up the wounds and walks with us through the pain toward renewal. You are not meant to carry your past alone or suffer in silence — God eagerly offers restoration and leads us on righteous paths.

As you reflect today, lay your burdens before Him and ask Him to restore your innermost being and refresh your hope.







Day 3: He Restores Your Soul

#### Reflect and Apply

1.	What parts of your soul need God's restoration today?
2.	In what ways have you experienced rest or renewal through Jesus?
3.	How might trusting God to lead you forward give you courage?







Day 3: 
 He Restores Your Soul

#### **Journaling Prompts**

1.	Describe what 'restoration' looks like to you personally.
2.	Write about areas where you desire God's healing touch.
3.	List ways you can surrender weariness to Jesus this week.







Day 3: 
 He Restores Your Soul

#### Prayer for Today







#### 









#### Your Verse

2 Corinthians 12:9 - "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

#### **Supporting Scriptures**

- Philippians 4:13 "I can do all this through him who gives me strength."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will soar on wings like eagles..."







# Devotional: God's Power Perfected Through Your Weakness

Feeling weak, powerless, or vulnerable can make recovery feel impossible. Yet Paul's words in 2 Corinthians remind us that God's grace shines brightest in our weakness. When we acknowledge our limitations and lean fully on God, His power fills the gaps.

Instead of pretending strength or hiding struggles, bring your weakness honestly before God. He delights to equip and empower you. Confidence grows not from self-reliance but from trusting that His strength perfects yours. You are not alone, and your weakness is not defeat.

Today, rejoice in God's ability to carry you through, transforming your weaknesses into testimonies of His mighty power.







#### Reflect and Apply

1.	How can embracing your weaknesses open the door to God's strength?
2.	What fears keep you from relying fully on God's grace?
3.	Where might God want you to lean on His power today?







#### **Journaling Prompts**

1.	Write about a time God showed strength in your weakness.
2.	Journal any areas where you need to surrender control to God.
3.	List affirmations that remind you of God's empowering grace.







#### **Prayer for Today**

**Gracious Father,** thank You that Your grace is enough. When I feel weak or insufficient, may Your power fill me and bring confidence. Teach me to boast in my weakness so Christ's strength can rest on me. Help me trust You completely today. *Amen.* & \*\*















#### Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
- Colossians 3:15 "Let the peace of Christ rule in your hearts..."







#### Devotional: Receiving God's Unexplainable Peace

**Abuse often leaves hearts restless and fearful.** The peace God offers is different from anything the world can give—it surpasses human understanding and guards our hearts and minds.

In Christ, you can experience a calm confidence amid chaos and uncertainty. This peace is not a denial of pain but a supernatural presence that secures your soul. You can pray, meditate, and let this peace rule your heart as you rebuild identity and strength in God.

Today, breathe deeply and invite God's peace to fill every anxious thought and weary feeling.







#### Reflect and Apply

1.	What anxieties or fears do you need to give God today?
2.	How is God's peace different from the peace the world offers?
3.	In what ways can you cultivate an environment for God's peace to grow?







#### **Journaling Prompts**

scribe what 'peace' means to you in your healing journey.
ite about moments when you've experienced God's peace.
t practical steps to invite God's peace daily.
t practical steps to invite God's peace daily.







#### Prayer for Today

**Lord Jesus,** thank You for Your peace that calms my troubled heart. When fear or anxiety rise, remind me to turn to You and let Your peace guard my heart and mind. Help me rest confidently in You today and always. *Amen.* 😂 🎔 🙏

















#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works..."







#### Devotional: Embracing Your New Creation Identity

The trauma and pain of abuse can cloud your sense of who you are, but God offers a fresh start. In Christ, you are made new—the past is not your final label. The old self marked by brokenness can be released, and a new identity filled with purpose and dignity takes its place.

Paul's words encourage us that Christ now lives in us, strengthening and guiding. You are God's handiwork, created to shine with good works and love. Embracing this new identity invites confidence grounded in God's truth rather than past pain.

Reflect on the freedom found in Christ's renewing power and celebrate your new self today.







#### Reflect and Apply

1.	What parts of your old identity do you want to let go of?
	How would embracing your identity as a new creation change your daily life?
3.	What does it mean to you that Christ lives in you?







#### **Journaling Prompts**

1.	Write a letter to your 'old self' releasing past wounds to God.
	Describe who you are in Christ and what that identity means for your future.
3.	List ways you can live out your new identity this week.







#### Prayer for Today

**Dear Jesus,** thank You for making me new. Help me leave behind old pain, shame, and fear, and walk confidently as Your beloved child. Teach me to live out this new identity daily and to remember I am wonderfully made for Your good plans. *Amen.* \*\*S\*\* \*\*\* \*\*







#### Day 7: XX Walking Forward in Confidence









Day 7: 💥 Walking Forward in Confidence

#### Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

#### **Supporting Scriptures**

- Romans 8:38–39 "Nothing will be able to separate us from the love of God..."
- Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for He who promised is faithful."







Day 7: 💥 Walking Forward in Confidence

#### Devotional: Stepping Out Boldly With God's Presence

The journey of healing continues beyond this week, but you are not alone. God commands us to be strong and courageous because His presence goes with us wherever we step. Fear and discouragement do not have the final word.

Confidence comes from deep assurance that God's unfailing love surrounds and strengthens us every day. Nothing can separate you from His love, and His promises remain true. In this strength and hope, you can move forward to a future of peace, purpose, and joy.

As you close this study, claim God's courage and walk boldly in the new confidence built by His hand.







Day 7: 🎇 Walking Forward in Confidence

#### Reflect and Apply

1.	What does courage mean for you as you move forward from past abuse?
2.	How can holding onto God's promises give you strength daily?
3.	What new steps do you feel led to take in confidence and hope?







Day 7: 🎇 Walking Forward in Confidence

#### **Journaling Prompts**

1.	List fears you want to face with God's courage.
2.	Write about a dream or goal that represents your new confident future.
3.	Reflect on how God's presence has grown during this study.







Day 7: 💥 Walking Forward in Confidence

#### Prayer for Today

**Father God,** thank You for Your faithful presence. As I step forward from pain and fear, fill me with strength, courage, and unshakable confidence. Help me to lean on Your promises and walk boldly in the hope You provide. I trust You to guide every step of my journey. *Amen.* \*







#### Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.