



Finding God After Trauma: A Teen's Journey



A 7-day study guiding teens through healing and hope in God after trauma, fostering faith, restoration, and God's peace.



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Introduction

Life as a teen can be filled with many challenges, but when trauma strikes, it can be an overwhelming experience. Whether it's loss, rejection, abuse, or hardship, trauma leaves deep wounds not only on the heart but in faith as well. **Finding God after trauma** may feel impossible, or you might wonder if God even cares in the midst of your pain. Yet, the Bible offers hope and guiding truth for healing and restoration.

During this 7-day study, you will explore God's heart toward you—a teen deeply wounded but not forgotten. Each day will focus on building back trust in God, understanding His love and presence even in pain, and reclaiming your identity as a beloved child of God. You'll read Scripture, reflect on God's promises, and find practical help in processing trauma with faith.

You don't have to go through this alone. God cares deeply about your pain and invites you to bring your wounds to Him, allowing His grace to heal you. This study will walk alongside you with encouraging Scripture, thoughtful devotionals, and prayer, giving you tools to seek God's peace and restoration one day at a time. *Your story is not defined by trauma but by God's redeeming love and hope.* Let's begin this journey toward healing together.





Day 1: 🕊️ God's Presence in Pain



Day 1: 🐣 God's Presence in Pain

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."*
- *Romans 8:38-39 - "Nothing... can separate us from the love of God..."*



Day 1:  God's Presence in Pain

Devotional: God Is Near When You Feel Broken

Feeling broken after trauma is natural, but you are not alone. The psalmist reminds us that God is especially near to those who are crushed in spirit. This means that even in your darkest moments, God is close, offering comfort and salvation.

It's easy to feel isolated after a traumatic experience, believing God has abandoned you. But Scripture says the opposite — God is right there, embracing your pain and inviting you to lean on Him. Instead of hiding from your feelings, bring them honestly to God. He wants to be your refuge and strength.

Today, try to imagine God's presence surrounding your hurt like a protective hug. Speak to Him honestly and don't be afraid to express your pain. As you trust in His nearness, you will begin to feel a peace that starts healing deep wounds.



Reflect and Apply

1. When have you felt most alone, and how might God have been close in those times?

2. What fears or doubts keep you from reaching out to God with your pain?

3. How can knowing God is near change how you cope with your trauma today?



Day 1: 🧡 God's Presence in Pain

Journaling Prompts

1. Write honestly about your feelings of brokenness and who you want God to be for you right now.

2. List moments when you sensed God's comfort or presence in hard times.

3. Describe what it would feel like to entrust your pain fully to God.



Day 1: 🙏 God's Presence in Pain

Prayer for Today

Dear God, thank You for being close when I am brokenhearted. Sometimes I feel overwhelmed by my pain and alone in my struggles. Please help me remember that You are with me, even when I can't always sense Your presence. *Wrap me in Your comforting love and give me strength to face each day.* Teach me to trust You more and bring my hardest feelings to You. Thank You for loving me unconditionally. In Jesus' name, Amen. 🙏❤️🕊️





Day 2: 🌱 Healing Begins with God's Love



Your Verse

Jeremiah 31:3 - "I have loved you with an everlasting love; I have drawn you with unfailing kindness."

Supporting Scriptures

- *Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."*
- *1 John 4:10 - "This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins."*



Day 2: 🌱 Healing Begins with God's Love

Devotional: God's Everlasting Love Heals Wounds

Healing from trauma starts with understanding God's constant love for you. Jeremiah describes this love as 'everlasting' and drawn with 'unfailing kindness.' God's love does not depend on your past or your pain—it is steady, unchanging, and designed to heal.

Trauma can make you feel unlovable or forgotten, but God's Word assures the opposite. He binds up your wounds, mending your broken heart with tender care. Healing is a process, and God lovingly walks with you every step of the way. You don't have to earn this love; it's freely given because of Jesus' sacrifice.

Let today be a reminder that God's love envelops you completely. Rest in that love and let it soften your heart toward yourself and toward God's healing work in you.



Reflect and Apply

1. How do you currently view God's love for you—do you believe it is steadfast?

2. What barriers make it hard for you to accept God's healing love?

3. How can embracing God's love change your self-view and your journey toward healing?



Journaling Prompts

1. Write a letter to yourself from God's perspective, focusing on His loving kindness.

2. Recall a time when God's love felt especially real to you.

3. List ways you can open your heart to God's healing love this week.



Day 2: 🌱 Healing Begins with God's Love

Prayer for Today

Lord, thank You for Your unfailing kindness and everlasting love. Help me believe that no matter my past, I am deeply loved by You. Heal my brokenness and teach me to accept Your love without conditions. Let Your kindness soften the hardest parts of my heart. Give me courage to trust You fully and to walk the path of healing with You. In Jesus' name, Amen. 💖 🌿 🙏





Day 3: Trusting God Through Fear



Day 3:  Trusting God Through Fear

Your Verse

Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."

Supporting Scriptures

- *Psalm 56:3 - "When I am afraid, I put my trust in you."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 3:  Trusting God Through Fear

Devotional: Courage to Trust God Despite Fear

Trauma often leaves behind fear, which can feel overwhelming and paralyzing. But God invites you not to be afraid because He is with you. His presence is your strength, even when your emotions feel chaotic and uncertain.

God does not promise that pain won't exist, but He assures you that you don't face it alone. Trusting God in fearful moments means choosing to lean on His power, love, and self-discipline instead of your feelings. It's a daily decision to hold onto hope even when the future seems uncertain.

Remember that true bravery doesn't mean absence of fear, but choosing God's truth in spite of it. Let His promises encourage you as you take steps forward in healing, even when scared.



Day 3:  Trusting God Through Fear

Reflect and Apply

1. What fears still hold you back from moving forward in healing?

2. How has fear affected your relationship with God or others?

3. What practical steps can you take today to place your trust in God over fear?



Day 3:  Trusting God Through Fear

Journaling Prompts

1. Write about a fearful moment and how inviting God into that fear changed or could change your experience.

2. List scriptures or truths that help you combat fear.

3. Describe what trusting God looks like in your life right now.



Day 3: 🛡️ Trusting God Through Fear

Prayer for Today

God, I feel scared and uncertain because of what I've been through. Help me to put my trust in You even when fear threatens to overwhelm me. Remind me of Your promises and fill me with Your power, love, and self-discipline. Teach me courage that comes from You alone. I choose to depend on Your presence and strength today. In Jesus' name, Amen. 🛡️ 🙏 💪





Day 4: ✨ Your Identity in Christ



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

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



Day 4: ✨ Your Identity in Christ

Devotional: You Are New and Loved in Christ

Trauma can make you doubt who you are or cause you to feel broken beyond repair. But God calls you a new creation in Christ. Your identity is not defined by your past or your pain but by the transformative power of Jesus' love and sacrifice.

In Christ, the old wounds and mistakes lose their power over you. You are God's masterpiece, uniquely created with purpose and destiny. You have a fresh start anchored in Jesus, who lives in you and gives you strength to live with hope and purpose.

Today, embrace the truth that your value is rooted deeply in God's love—unshakable and forever new. Let this identity empower your healing and growing journey.



Reflect and Apply

1. How has trauma influenced how you see yourself?

2. What does it mean for you to be "a new creation" in Christ?

3. In what ways can focusing on your identity in Jesus change your everyday thoughts and actions?



Journaling Prompts

1. Describe your identity as God's creation rather than trauma survivor.

2. List qualities God has placed in you that you want to grow.

3. Write a prayer asking God to remind you daily of who you are in Christ.



Day 4: ✨ Your Identity in Christ

Prayer for Today

Jesus, thank You for making me new and giving me a fresh start. Help me believe that I am Your beloved child and not defined by my pain or past. Teach me to live daily in the freedom and identity You give. May Your Spirit guide me to walk confidently as a new creation. Give me courage to embrace the new life You offer. Amen. ✨ 🙏 ❤️





Day 5: Finding Peace in God's Plans



Day 5: 🌄 Finding Peace in God's Plans

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

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*
- *Philippians 4:7 – "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*



Day 5:  Finding Peace in God's Plans

Devotional: Hold Onto God's Hope and Future

After trauma, it's natural to question if God has good plans left for you. Jeremiah reminds us that God's plans are for our good, offering hope and a future beyond pain. Trusting God's plans can anchor your heart in peace amid uncertainty.

This doesn't mean everything will be easy or that pain disappears immediately, but it means your future is held in God's loving hands. He invites you to release control and rest in His promise to prosper you spiritually and emotionally.

Find comfort today in knowing God's purpose for your life is filled with hope. You can walk forward confidently—even if slowly—because God is guiding each step.



Day 5: 🌄 Finding Peace in God's Plans

Reflect and Apply

1. What fears or doubts do you have about your future after trauma?

2. How can trusting God's plans provide peace despite uncertainty?

3. What steps can you take to surrender control and trust God more this week?



Day 5: 🌄 Finding Peace in God's Plans

Journaling Prompts

1. Write about your hopes for the future and where you struggle to trust God.

2. List prayers surrendering control to God's plan.

3. Describe ways God has guided you through past difficulties.



Day 5: 🌄 Finding Peace in God's Plans

Prayer for Today

Heavenly Father, thank You for holding my future in Your hands. Help me trust Your plans for me, even when I can't see the whole picture. Fill me with Your peace and hope as I step forward, uncertain but confident in Your guidance. Teach me to release fear and rest in Your love. In Jesus' name, Amen. 🌄 🙏 🌟





Day 6: 🌈 God's Strength in Weakness



Day 6: 🌈 God's Strength in Weakness

Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- *Psalm 73:26 - "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*
- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*



Day 6:  God's Strength in Weakness

Devotional: Grace and Power in Your Weakness

Trauma can leave you feeling weak and powerless, but God's grace is enough. Paul writes that God's power shines brightest when we feel weakest. Your areas of pain and brokenness are where God's strength can become visible.

It's okay to admit when you don't have the strength to carry your burdens alone. God invites you to rely on His grace daily. As you do, you'll find renewed power to face each challenge and hope to continue healing.

Lean into God's strength today. Your weakness is not a failure but an opportunity for God's power to fill you and carry you through.



Day 6:  God's Strength in Weakness

Reflect and Apply

1. Where do you feel weakest right now in your healing journey?

2. How have you experienced God's strength during hard times before?

3. How can you practically depend on God's grace today when feeling weak?



Day 6:  God's Strength in Weakness

Journaling Prompts

1. Write about what it means to you that God's power is made perfect in weakness.

2. List ways you can invite God's strength into your daily life.

3. Reflect on moments when God's grace helped you overcome challenges.



Day 6: 🌈 God's Strength in Weakness

Prayer for Today

God of all strength, I admit my weakness and need for You. Your grace sustains me when I feel weak and overwhelmed. Help me trust that Your power is made perfect in my brokenness. Fill me with courage and endurance, and teach me to lean on You daily. Thank You that You are my strength forever. In Jesus' name, Amen. 💪 🌈 🙏





Day 7: 🌻 Walking Forward in Hope



Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."

Supporting Scriptures

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



Day 7: 🌻 Walking Forward in Hope

Devotional: Embrace New Beginnings with Joy

As your healing journey continues, God offers hope, joy, and peace to fuel your steps forward. Paul prays that the God of hope will fill you completely as you trust Him with your life and future, leaving past trauma behind.

God is doing something new in your life—a beautiful renewal beyond what was lost or broken. Walking forward means intentionally releasing the past and embracing the future God has prepared for you, full of joy and peace despite life's scars.

Today, choose to trust God's promise of new beginnings. Celebrate the hope that keeps you moving forward, and rest in the peace only He provides.



Day 7: 🌻 Walking Forward in Hope

Reflect and Apply

1. What does 'walking forward in hope' look like for you personally?

2. How can you release past hurts to embrace the new thing God is doing?

3. What are practical ways to cultivate joy and peace in daily life?



Journaling Prompts

1. Write about what new beginnings you want to pursue with God's help.

2. List things you can let go of from your past to move forward freely.

3. Describe how trusting God changes your outlook on tomorrow.



Day 7: 🌻 Walking Forward in Hope

Prayer for Today

Lord of hope, thank You for filling me with peace and joy. Help me leave behind the pain and trauma that weighed me down and embrace the new life You offer. Strengthen my trust as I walk forward, confident in Your love and plans. May Your hope guide every step I take. In Jesus' name, Amen. 🌻 🙏 ✨





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