Finding Refuge in God: A Woman's Journey to Freedom and Trust



Discover God's refuge and strength when feeling trapped. Trust Him daily to guide you toward safety, peace, and freedom in every season.





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Introduction

Women throughout the Bible faced moments of feeling trapped — be it in fear, oppression, or despair. Yet, countless stories also reveal how these women *found refuge* in God, placing their trust in Him for escape and safety. This 7-day study invites you to journey alongside these courageous women and, through their examples and God's Word, discover how you too can experience the refuge and freedom that only God can provide.

In life, feeling trapped can arise from many sources: circumstances beyond our control, emotional struggles, relational challenges, or spiritual battles. The good news is that God is a refuge for the weary and the trapped. He sees your situation; He cares deeply and desires to guide you toward peace and safety. By reflecting on the lives of women who courageously trusted God during their times of entrapment, you will be encouraged to lean on Him.

Each day will focus on specific scriptures and devotional reflections that highlight God's faithfulness and power to rescue. You will be encouraged to ask deeper questions about your own trust in God and to journal your responses as you grow in understanding and freedom. God's Word is a shelter in the storm; a place where your soul can rest and find hope beyond the limits of your current struggles.

May this study equip you to *take refuge* in the Lord, trusting that He is your safe place and your deliverer — even when you feel trapped without escape. He is your refuge today, tomorrow, and always.









Day 1: V God Is Our Refuge









Day 1: ① God Is Our Refuge

Your Verse

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

Supporting Scriptures

- Psalm 91:2 "I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.""
- Proverbs 18:10 "The name of the Lord is a fortified tower; the righteous run to it and are safe."







Day 1: ① God Is Our Refuge

Devotional: God Is Our Safe Refuge in Times of Trouble

When fear and anxiety surround us, the truth that God is our refuge brings comfort and strength. This verse from Psalm 46 reminds us that God is not distant or indifferent; He is an "ever-present help in trouble." Women throughout Scripture faced moments where they felt trapped or vulnerable, but God's presence was their safe refuge.

Consider the strength it takes to run toward God amid hardship. Trusting Him means stepping out from relying on our own strength and embracing His power and protection. God's refuge is more than a place—it's a person who shields, comforts, and empowers.

Today, wherever you find yourself feeling trapped—emotionally, physically, or spiritually—take comfort in the unchanging promise that God is your refuge and strength. Imagine yourself running to Him as your fortress, safe and secure in His embrace.

When you feel trapped, where do you turn? How can the truth of God as your refuge shift your response to fear?







Day 1: OGod Is Our Refuge

Reflect and Apply

1.	What situations currently make you feel trapped or vulnerable?
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	How does viewing God as a refuge change your perspective on these challenges?
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	In what ways can you practice "running" to God instead of relying solely on yourself?
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Day 1: OGod Is Our Refuge

Journaling Prompts

1.	Write about a time when you felt trapped and sought God as your refuge.
2.	List characteristics of God that give you confidence in His protection.
3.	Describe how it feels to know God is an "ever-present help" in your life.







Day 1: **(**) God Is Our Refuge

Prayer for Today

Lord, thank You for being my refuge and strength. When I feel overwhelmed or trapped, help me to remember that You are always near, ready to protect and guide me. Teach me to run to You first and trust Your power over every fear and challenge. Be my safe fortress and my ever-present help in all things. In Jesus' name, Amen. 🙏 🕠















Your Verse

Luke 1:38 – "I am the Lord's servant,' Mary answered. 'May your word to me be fulfilled.' Then the angel left her."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."







Devotional: Embracing God's Plan with Trust Like Mary

Mary's story reflects profound trust amid uncertain and overwhelming circumstances. As a young woman, receiving the angel's message that she would bear the Messiah must have felt both miraculous and daunting. Yet she responded with full surrender, saying, "May your word to me be fulfilled."

When we feel trapped by our circumstances or overwhelmed by life's demands, we can learn from Mary's example of trusting God's plan—sometimes unclear, sometimes difficult—but always good. Mary's courage wasn't in knowing all the answers but in choosing faith over fear.

God does not promise that the road will be easy. He promises His presence and strength along the way. Like Mary, we are invited to surrender our plans and fears, affirming that God's purpose will prevail.

What part of your life requires surrendering to God's will today? How might trusting God bring peace amidst uncertainty?







Reflect and Apply

	Are there areas in your life where you struggle to surrender control to God?
2.	How can Mary's example inspire you to trust God's timing and plans?
	What fears or doubts keep you from fully accepting God's purpose for you?







Journaling Prompts

	ournal your thoughts about areas where you need to say, 'May your word to me be fulfilled.'
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2.	Write about a time when trusting God brought peace despite uncertainty.
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	List practical steps you can take to trust God more deeply in your daily ife.
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Prayer for Today

Heavenly Father, help me to trust Your plans even when I don't see the full picture. Like Mary, may I embrace Your will with humility and courage. Strengthen my faith and remove my fears so I can walk confidently in Your purpose for my life. Thank You for hearing me and delivering me from struggles. In Jesus' name, Amen. (?)

















Day 3: \(\begin{aligned}
\text{Hannah's Hope Amid Desperation}
\end{aligned}

Your Verse

1 Samuel 1:27 - "I prayed for this child, and the Lord has granted me what I asked of him."

Supporting Scriptures

- Psalm 40:1 "I waited patiently for the Lord; he turned to me and heard my cry."
- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."







Day 3: \(\begin{aligned}
\text{Hannah's Hope Amid Desperation}
\end{aligned}

Devotional: Patience and Hope: Hannah's Prayer Journey

Hannah's life was marked by deep longing and pain due to her barrenness, a condition that left her feeling hopeless and trapped by societal expectations. Yet Hannah turned to God in fervent prayer, expressing raw honesty and hope. Her example shows us the power of persistent prayer and patient hope, even when circumstances feel stuck or impossible.

When we feel trapped by unfulfilled desires or long wait times, Hannah's story encourages us to be faithful in prayer and patient in affliction. God hears our cries and acts in His perfect timing—sometimes giving what we ask for and sometimes shaping us through the wait.

Hope is not passive; it is an active trust in God's faithfulness amid waiting and hardship.

How can you cultivate hope and patience while trusting God during your difficult seasons?







Day 3: 🖰 Hannah's Hope Amid Desperation

Reflect and Apply

In what situations do you feel trapped by long waits or unanswered prayers?
How does Hannah's example inspire you to bring your struggles to God honestly?
What does it mean to be 'patient in affliction' in your current walk with God?







Day 3: 🖰 Hannah's Hope Amid Desperation

Journaling Prompts

1.	Describe a time when persistent prayer changed your perspective or circumstances.
	Write about emotions you are currently bringing to God and how you want to respond in trust.
3.	List ways you can nurture hope in your heart during seasons of waiting.







Day 3: Hannah's Hope Amid Desperation

Prayer for Today

Lord, in moments of desperation or feeling trapped, help me to lift my voice to You in honest prayer. Teach me to wait patiently and hope joyfully because You hear me and are working for my good. Strengthen my faith through every season. Thank You for Your unfailing love. In Jesus' name, Amen. \bigwedge

















Day 4: 💮 Esther's Boldness to Save

Your Verse

Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous... for the Lord your God will be with you wherever you go."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 4: 🏵 Esther's Boldness to Save

Devotional: Courage to Step Out: Esther's Bold Example

Esther's story is a powerful example of courage and trust when feeling trapped by fear and responsibility. Though she risked her life, Esther chose faith over fear, stepping forward to save her people. In moments when we feel trapped by circumstance, taking steps in faith can bring freedom and change.

The question posed to Esther—whether she came to her role "for such a time as this"—reminds us that God places us in specific places and times with purpose. The same Spirit that empowered Esther empowers you to act boldly, even when fear tempts you to stay silent.

God's refuge empowers you not only to survive but to thrive and impact others.

Where might God be calling you to step out in courage today? How will you rely on His power rather than your own strength?







Day 4: 💮 Esther's Boldness to Save

Reflect and Apply

1.	What fears hold you captive, preventing courageous action?
	How does understanding God's purpose for your life encourage boldness?
	In what areas do you need to rely more on God's power than your own strength?







Day 4: 🛞 Esther's Boldness to Save

Journaling Prompts

1.	Write about a situation where you need to trust God's calling to act boldly.
2.	List fears you want to surrender and replace with faith.
3.	Describe how you can remind yourself daily of God's presence and power







Day 4: 💮 Esther's Boldness to Save

Prayer for Today

Father God, grant me courage like Esther's to face fears and step into the purpose You have for me. Help me to trust Your strength and not rely solely on my own. May I be bold in love and faith, knowing You walk with me wherever I go. Thank You for Your empowering Spirit. In Jesus' name, Amen.









Day 5: BRuth's Faithful Refuge









Your Verse

Ruth 2:12 - "May the Lord repay you for what you have done. May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge."

Supporting Scriptures

- Psalm 61:3 "You are my refuge, my strong tower against the foe."
- Isaiah 25:4 "You have been a refuge for the poor, a refuge for the needy in their distress."







Devotional: Under God's Wings: Ruth's Faith and Refuge

Ruth's story is one of loyalty, faith, and finding refuge in God's provision and protection. As a widowed foreigner, Ruth chose to cling to Naomi and, ultimately, to the God of Israel. In doing so, Ruth took refuge "under His wings," a beautiful metaphor representing God's protective care.

Feeling trapped can isolate us. Ruth's example reminds us that trusting God and remaining faithful—even amid uncertainty—opens the door to His blessing and safety. God's refuge is not just a place but a relationship marked by faithfulness and dependence.

Like Ruth, when you choose to seek refuge under God's wings, you find safety and abundant grace that surpasses human circumstances.

How can you practically seek God's refuge each day? In what ways can faithfulness open pathways to freedom for you?







Reflect and Apply

	What causes you to feel isolated, and how can turning to God bring connection and safety?
2.	How does Ruth's loyalty to Naomi and God inspire your own faithfulness?
	What does 'taking refuge under God's wings' mean in your current situation?







Journaling Prompts

	Write about your experience of finding or seeking God's protection and provision.
2.	List ways you can demonstrate loyalty and faithfulness in your relationships and faith.
	Describe how trusting God has changed your perspective on difficulty or entrapment.







Prayer for Today

Lord, I come to rest under Your protective wings, trusting in Your provision and care. Help me to be faithful like Ruth, choosing You even when life feels uncertain or difficult. Be my strong tower and refuge, sheltering me from harm and guiding me toward freedom. Thank You for Your steadfast love. In Jesus' name, Amen. 😂 💋 😭

















Your Verse

John 4:14 - "But whoever drinks the water I give them will never thirst."

Supporting Scriptures

- Isaiah 55:1 "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat!"
- Revelation 21:6 "To the thirsty I will give water without cost from the spring of the water of life."







Devotional: Drinking Living Water: Freedom for the Thirsty

The Samaritan woman at the well was trapped in a cycle of shame, loneliness, and societal rejection. When Jesus offered her "living water," He revealed a path to freedom and restoration. This water symbolizes the Holy Spirit and eternal satisfaction that only Christ can provide.

When you feel trapped by past mistakes, guilt, or isolation, Jesus invites you to drink deeply of His living water. This transforms your heart, quenches your deepest thirst, and leads to a new life in Him.

You are never too trapped for Jesus to reach you with His love and freedom.

What areas of your life need the "living water" Jesus offers? How can you accept His invitation daily?







Reflect and Apply

What burdens or shame do you feel trapped by today?
How does Jesus' offer of living water speak to your heart's deepest ongings?
In what ways can you incorporate daily spiritual renewal through Christ's iving water?







Journaling Prompts

1.	Write about what 'living water' means to you personally.
2.	Describe how Jesus' acceptance changes your identity and freedom.
3.	List practical ways to seek Jesus daily for refreshment and renewal.







Prayer for Today

Jesus, thank You for offering me living water that satisfies my soul. Help me to drink deeply every day and leave behind the things that trap me. Teach me to trust in Your love and find new life in You. Fill me with Your Spirit and refresh my heart continually. In Your name, Amen. \lozenge ? A *







Day 7: Freedom in God's Promise









Day 7: Freedom in God's Promise

Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Day 7: <a>Feedom in God's Promise

Devotional: Living Fully Free in Christ's Promise

After exploring various examples of women finding refuge, trusting God, and embracing His power, we arrive at the culminating truth of true freedom in Christ. Galatians 5:1 boldly declares the freedom Christ provides — freedom from sin, fear, and anything that traps us.

This freedom is not just a distant hope but a present reality when we stand firm in faith and refuse to return to old burdens. It's the empowerment of the Spirit enabling us to live boldly, love deeply, and walk securely in God's promises.

As you reflect on this week's journey, receive God's liberation and live confidently in your identity as a woman set free by Christ.

How will you stand firm in the freedom Christ offers? What yokes do you need to release?







Day 7: 🌈 Embracing Freedom in God's Promise

Reflect and Apply

1.	What does freedom in Christ mean to you personally?
2.	Are there any 'yokes' or burdens you feel tempted to carry again?
3.	How can you daily choose to live in the Spirit's freedom and power?







Day 7: 🌈 Embracing Freedom in God's Promise

Journaling Prompts

1.	Write about your journey of freedom with God over these past days.
2.	List practical ways to 'stand firm' against fear, doubt, or past patterns.
3.	Describe what living 'free indeed' looks like in your daily life.







Day 7: 🌈 Embracing Freedom in God's Promise

Prayer for Today

Lord Jesus, thank You for setting me free from every chain that trapped me. Help me to stand firm in this freedom and walk boldly in Your Spirit. Teach me to reject the yokes of fear, shame, and doubt, and to fully embrace the new life You give. Empower me to live free and glorify You. In Your name, Amen.









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