Finding Wholeness: Healing from Co-Dependency Through God's Love



Explore God's truth and grace for healing codependency in personality disorders through Scripture and reflection.





Table of contents

<u>Introduction</u>	3
Day 1: Q Understanding Our Identity in Christ	4
<u>Day 2: Day Building Healthy Boundaries in Relationships</u>	10
Day 3: J Freedom from Fear and Anxiety	16
Day 4: S Embracing God's Grace in Imperfect Healing	22
Day 5: W Resting in God's Love and Renewal	28







Introduction

Understanding **mental health challenges**, especially *co-dependency in personality disorders*, can be difficult and isolating. Many struggle with balancing relationships while maintaining personal identity and emotional health. The Bible doesn't ignore our human struggles — rather, it offers profound hope and a path to healing.

This study focuses on discovering how God's Word addresses dependency, self-worth, and emotional boundaries. It illuminates how our identity is rooted in Christ rather than in unhealthy attachments to others. Each day's passages and reflections invite you to explore God's healing truth for emotional freedom and healthy relationships.

As you journey through this plan, remember that healing is a process — it requires patience, grace, and community. Let God's love remind you that you are valued and whole, not because of what others say or do, but because of who you are in Him. *May you find courage in Scripture and comfort in His presence* as you step toward wholeness and peace.







Day 1: P Understanding Our Identity in Christ









Day 1: O Understanding Our Identity in Christ

Your Verse

Galatians 2:20 - "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

Supporting Scriptures

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
- Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."







Day 1: O Understanding Our Identity in Christ

Devotional: Rooting Identity in Christ's Unchanging Love

Many who struggle with co-dependency often define themselves through others' approval or needs. This can make them feel lost or empty when relationships falter. But Scripture reveals a deeper, unchanging identity found in Christ.

In Galatians 2:20, Paul declares that his old self—his former sources of hope and identity—have been replaced by Christ living within him. This means your worth and purpose aren't tied to external validation but to God's love and design.

Co-dependency often robs us of healthy boundaries and self-knowledge. But when we internalize that we are God's handiwork (Ephesians 2:10) and wonderfully made (Psalm 139:14), it begins to reshape how we view ourselves and others. You are complete in Christ, not incomplete without someone else.

Take this truth deeply to heart today: Your value doesn't depend on meeting others' expectations or needs. It comes from God's creative and redeeming love. By embracing who you are in Christ, step gently towards healing the patterns of co-dependency.







Day 1: \bigcirc Understanding Our Identity in Christ

Reflect and Apply

1.	In what ways have I defined myself through others instead of God?
	How does knowing Christ lives in me change my perspective on my worth?
3.	Where might I need to start setting healthy emotional boundaries today?







Day 1: \bigcirc Understanding Our Identity in Christ

Journaling Prompts

	Write about a time you felt your identity depended on someone else's approval.
	Describe what it means to you that you are God's handiwork, wonderfully made.
3.	List ways you can remind yourself daily of your identity in Christ.







Day 1: O Understanding Our Identity in Christ

Prayer for Today

Heavenly Father, thank You for making me Your masterpiece and for the unshakeable identity I have through Jesus. Help me to let go of unhealthy attachments and find confidence in Your love. Teach me to walk in freedom, grounded in who You say I am, not based on others' opinions. Strengthen my heart to set healthy boundaries and to rely on You daily. May Your Spirit guide me into wholeness and emotional peace. *In Jesus' name, Amen.* \bigwedge







Day 2: Building Healthy Boundaries in Relationships









Day 2:
 Building Healthy Boundaries in Relationships

Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- Matthew 5:37 "All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 2: • Building Healthy Boundaries in Relationships

Devotional: Guarding the Heart with Godly Boundaries

Co-dependency often involves blurred boundaries where we take on too much responsibility for others' feelings or actions. God's Word encourages us to **guard our hearts** carefully (Proverbs 4:23). This means valuing our emotional health and learning to say "no" when needed (Matthew 5:37).

Healthy boundaries are not walls but protections that preserve your wellbeing. The Spirit gives us power, love, and self-discipline (2 Timothy 1:7) to engage in relationships with wisdom and care for ourselves and others.

Consider that setting limits is an act of love, not selfishness. It allows you to be fully present without losing yourself in others' struggles. Trust God's strength to help you grow in this area, knowing that boundaries foster respect, safety, and healthier connections.







Day 2: ① Building Healthy Boundaries in Relationships

Reflect and Apply

1.	What boundaries do I currently struggle to maintain in my relationships?
	How might setting clear limits bring healing to my co-dependent patterns?
3.	What fears arise when I consider saying "no" or prioritizing my needs?







Day 2: ① Building Healthy Boundaries in Relationships

Journaling Prompts

1.	Identify one relationship where boundaries need to be clarified.
2.	Write down what healthy boundaries might look like in that relationship.
3.	Reflect on a time when setting a boundary felt freeing or difficult.







Day 2: • Building Healthy Boundaries in Relationships

Prayer for Today

Lord, please grant me the courage and wisdom to guard my heart wisely. Help me to recognize where my boundaries are weak and to strengthen them in love. Teach me to say "yes" and "no" clearly, relying on Your Spirit's power for self-discipline. Heal my co-dependency, and make my relationships healthier and more honoring to You. May Your peace fill my heart today. Amen.















Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Devotional: Releasing Anxiety into God's Peace

Co-dependency can create anxiety driven by the constant worry about others and fear of abandonment or rejection. Philippians 4:6–7 invites us to cast all our cares onto God through prayer, replacing anxiety with His peace that truly guards our hearts and minds.

Isaiah 41:10 assures us that God's presence removes fear because He is always with us. Likewise, 1 Peter 5:7 encourages us to trust God's loving care when anxiety weighs us down.

Learning to release fears and surrender control to God is a vital part of emotional healing. You are not alone in your struggles. God desires to carry your burdens and renew your strength, leading you into restoration and calm.







Reflect and Apply

1.	What anxieties feed into my co-dependent tendencies?
2.	How can I practice surrendering fears to God daily?
3.	What difference might God's peace make in my emotional life?







Journaling Prompts

1.	Write down specific worries you struggle to release.
2.	Reflect on how prayer and thanksgiving might change your outlook.
3.	Describe a moment when you felt God's peace despite difficult circumstances.







Prayer for Today

Gracious Father, thank You for inviting me to bring my anxieties to You. Help me to trust Your presence and care when fear tempts me. Teach me to surrender control and to embrace the peace that surpasses understanding. Heal my heart from worry that fuels co-dependency, and fill me with calm and confidence in Your unfailing love. In Jesus' name, Amen.















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

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Romans 8:28 "And we know that in all things God works for the good of those who love him."







Devotional: God's Power Perfected in Our Weakness

Healing from co-dependency and personality struggles is rarely quick or perfect. 2 Corinthians 12:9 reminds us that **God's grace is sufficient even when we feel weak or broken.** In fact, His power is most evident in our struggles.

Psalm 34:18 offers comfort that God is near to those who are brokenhearted and discouraged. You do not have to pretend to be strong or have it all together. Your vulnerability opens the door for God's healing presence.

Trust that even your setbacks are part of God's redemptive plan. Romans 8:28 reassures us that God works through all circumstances to bring good for those who love Him. Embrace grace for yourself today, knowing healing is a journey walked with God as your strength and hope.







Reflect and Apply

1.	How do I usually respond to setbacks or slow progress in healing?
2.	What does it mean to boast in weakness as Paul describes?
3.	How can I better embrace God's grace in my imperfections?







Journaling Prompts

1.	Write about a moment when you felt God's grace in your weakness.
	Describe feelings you have when you experience setbacks in emotional healing.
3.	List ways you can remind yourself daily of God's sufficient grace.







Prayer for Today

Lord Jesus, thank You for meeting me in my weakness and offering grace that never runs out. Help me to lean on Your strength when I feel broken or discouraged. Teach me to accept healing as a process and to surrender impatience or frustration to You. Surround me with Your peace and assurance that You are at work in all things for my good. I place my trust fully in You. Amen. 📆 💸 🙏















Your Verse

Matthew 11:28–30 – "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me... For my yoke is easy and my burden is light."

Supporting Scriptures

- John 15:4 "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine."
- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."







Devotional: Resting Deeply in Jesus' Gentle Yoke

After exploring God's truth about identity, boundaries, anxiety, and grace, today invites you to **rest fully in His love and renewal**. Jesus calls all who are weary and burdened to find rest in Him (Matthew 11:28–30). This is a comforting promise especially for those worn down by co-dependent struggles and emotional pain.

Remaining connected to Jesus, like a branch to the vine (John 15:4), is vital for ongoing healing and fruitfulness. Transformation happens as our minds are renewed (Romans 12:2), through Scripture, prayer, and God's Spirit.

Take this time to surrender all burdens, trusting God's gentle care. Embrace His rest and renewal so you can move forward in freedom and love.







Reflect and Apply

1.	What burdens am I carrying that I need to surrender to Jesus?
2.	How can I remain connected to Christ daily for ongoing renewal?
3.	What does resting in God's love look like for me in practical ways?







Journaling Prompts

1.	Write a prayer surrendering your burdens and asking for God's rest.
2.	Describe what renewal feels like or would feel like in your heart.
3.	List spiritual practices that help you stay connected and renewed.







Prayer for Today

Dear Jesus, I come to You weary and burdened, longing for the rest only You can give. Help me to take Your yoke upon me and to learn from Your gentle and humble heart. Teach me how to remain in You daily so I can be transformed and renewed in mind and spirit. Fill me with Your peace and love as I trust You with all I am. Thank You for carrying my burdens and giving me rest. Amen. **\mathbb{Y} \mathbb{P} \mathbb{E}







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