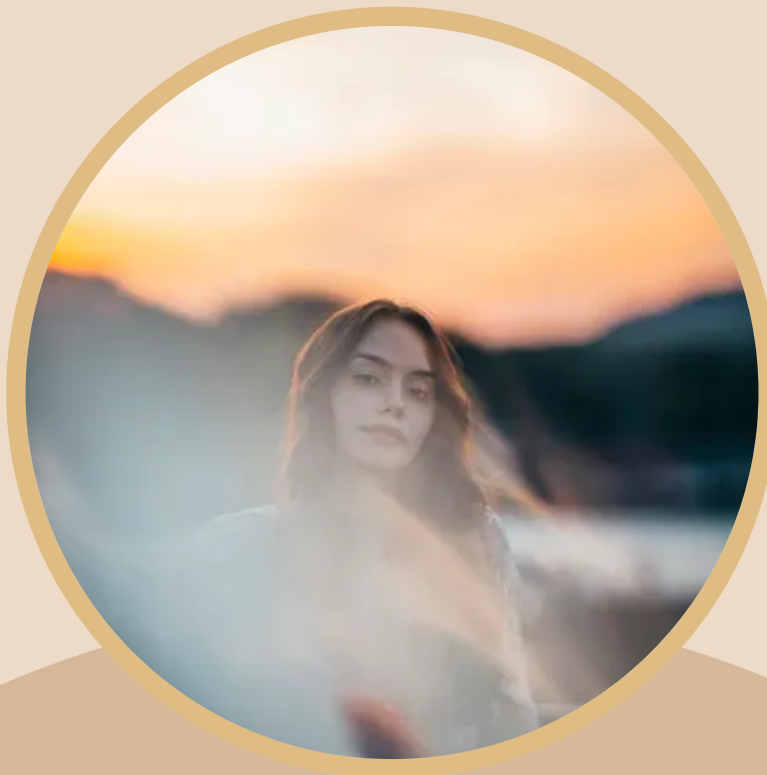




Finding Worth in God: Healing After Narcissistic Gaslighting



A 7-day journey for women reclaiming their worth
by replacing lies with God's truth, guided through
Scripture and heartfelt reflection.

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Introduction

Welcome to this empowering 7-day Bible study designed especially for women who have faced the deep wounds of narcissistic gaslighting. Such experiences can distort our perception of ourselves, planting seeds of doubt, fear, and shame. This study invites you to step away from those falsehoods and step into the radiant truth of who God says you are.

Gaslighting is a form of emotional abuse where one's reality is constantly questioned. If you have felt unseen, unheard, or made to doubt your own worth and sanity, know you're not alone, and your worth is not defined by those lies. God's Word offers healing, restoration, and a firm foundation of truth on which to build an unshakeable sense of identity.

Across these seven days, we'll explore Scripture passages showcasing God's love, your intrinsic value, and the transformative power of His truth. Each day combines biblical teaching, reflective questions, journaling prompts, and prayer to nurture healing from the inside out.

Remember, **you are fearfully and wonderfully made** (Psalm 139:14), deeply loved, and chosen by God. This journey is a step in reclaiming those truths and embracing the freedom found in Christ.

May this study be a source of hope, courage, and renewal as you replace deception with God's light.





Day 1: ✨ Recognizing Your True 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 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."*
- *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."*



Day 1: ✨ Recognizing Your True Identity

Devotional: God's Intentional Creation Defines Your Worth

When gaslighting has distorted your sense of self, it's vital to start by reclaiming your identity in God's eyes. Psalm 139 reminds us that God formed us with intentionality and care. You are not an accident or a mistake. You are "fearfully and wonderfully made," created with purpose by a loving Creator.

Though the lies whispered to you may say otherwise, God's Word declares a greater truth: Your worth is not determined by anyone else's opinions or manipulations, but by the One who formed your very being. Every thread of your existence has been knit together by God's hands with unique care.

Today, receive this truth and begin to see yourself through God's eyes — protected, valued, and filled with divine purpose.



Day 1: ✨ Recognizing Your True Identity

Reflect and Apply

1. How have the lies from gaslighting influenced how you view yourself?

2. What does it feel like to hear that you are "fearfully and wonderfully made"?

3. In what ways can embracing your God-given identity help counteract past wounds?



Day 1: ✨ Recognizing Your True Identity

Journaling Prompts

1. Write about what "fearfully and wonderfully made" means to you personally.

2. Describe a time when you doubted your own worth and how you might see it differently now.

3. List qualities God has given you that reflect His handiwork.



Day 1: ✨ Recognizing Your True Identity

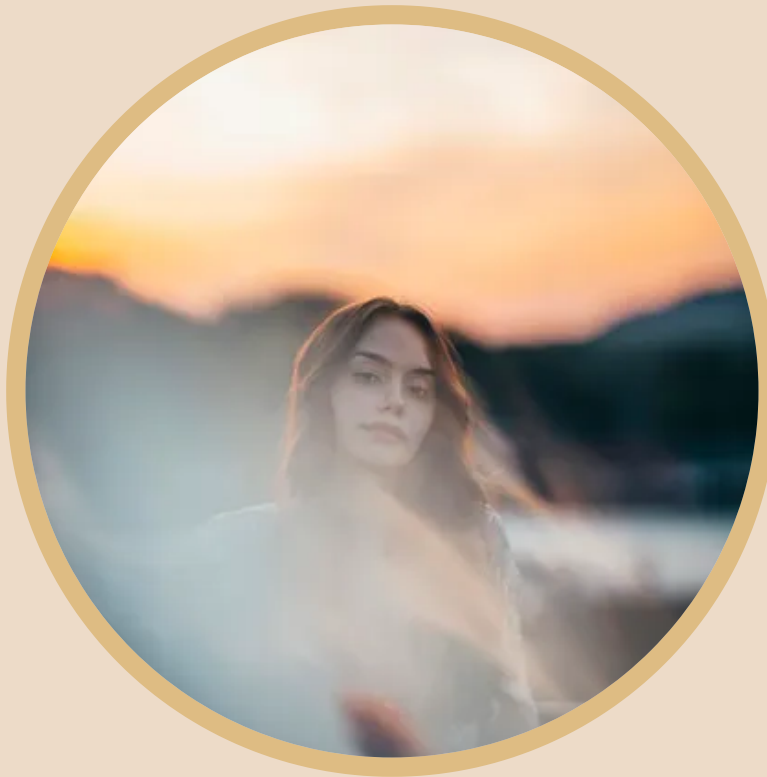
Prayer for Today

Lord God, thank You for creating me with intention and care. When lies try to convince me otherwise, help me to stand firm in Your truth that I am fearfully and wonderfully made. Heal the wounds that distort my identity and restore my understanding of Your loving purpose for me. Teach me to walk each day confident in the good plans You have prepared for my life. *In Jesus' name, Amen.* 🙏❤️✨🌿





Day 2: 🛡 Overcoming Lies with God's Truth



Your Verse

John 8:32 – "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- *2 Corinthians 10:5 – "We take captive every thought to make it obedient to Christ."*
- *Psalms 34:18 – "The LORD is close to the brokenhearted and saves those who are crushed in spirit."*



Devotional: Embrace God's Truth for Lasting Freedom

Lies from narcissistic gaslighting often feel convincing and relentless, but God's truth carries the power to break their hold. Jesus tells us that knowing the truth sets us free. Freedom begins in our minds as we replace deception with God's Word. This daily battle for your thoughts is real, but you're not powerless.

We are called to "take every thought captive," identifying lies and deliberately choosing God's truth instead. This process takes time and courage, especially when the lies have been spoken repeatedly.

Remember, God is near to the brokenhearted. He understands your pain and is ready to comfort and strengthen you. Lean on His Word as your fortress and defense against the false narratives that diminish your worth.



Reflect and Apply

1. What lies have you believed about yourself because of gaslighting?

2. How can you practically "take every thought captive" and replace lies with Scripture?

3. Where have you experienced God's comfort in your brokenness?



Day 2: ♡ Overcoming Lies with God's Truth

Journaling Prompts

1. List three lies you want to reject today and write a corresponding truth from God's Word.

2. Reflect on a moment when God's truth helped you overcome a difficult thought.

3. Write a prayer asking God to help you discern truth from lies.



Day 2: ♡ Overcoming Lies with God's Truth

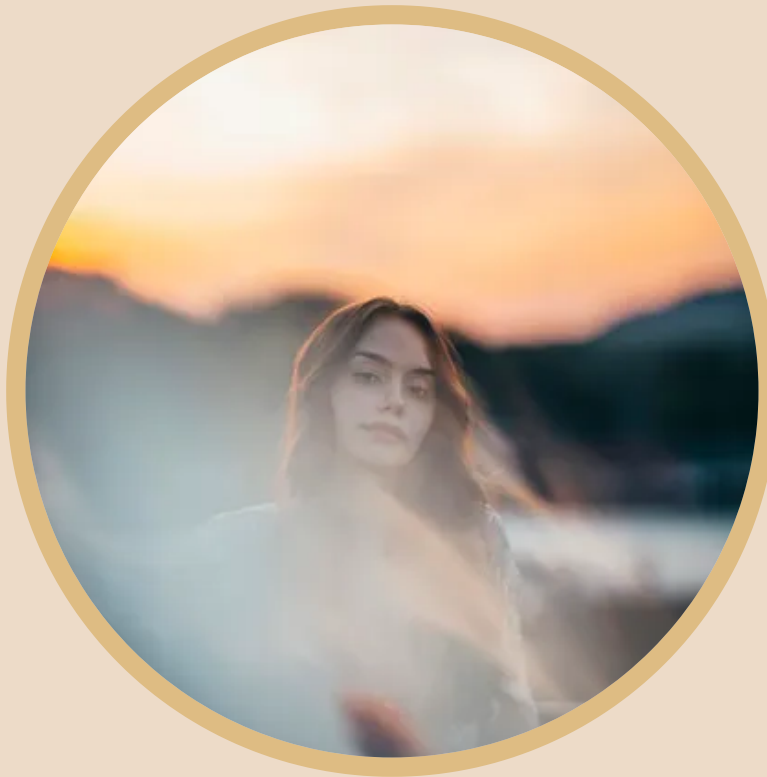
Prayer for Today

Father, help me recognize the lies that have been spoken over me and give me courage to take every thought captive to Christ. Surround me with Your presence and comfort my broken heart. May Your truth wash away deception and set me free to walk in the freedom only You can provide. *In Jesus' name, Amen.* 🙏📖🛡️🌟





Day 3: 🌿 Restoring Your Heart and Mind



Your Verse

Isaiah 61:1-3 - "He has sent me to bind up the brokenhearted... to bestow on them a crown of beauty instead of ashes."

Supporting Scriptures

- *Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 3: 🌿 Restoring Your Heart and Mind

Devotional: God's Healing Restores Beauty in Brokenness

In the aftermath of emotional turbulence, God offers restoration not just for your mind but for your heart. Isaiah 61 paints a picture of the Messiah's mission to heal and renew. God is in the business of replacing brokenness with beauty, ashes with a crown.

Allow yourself to bring your pain before the Lord and rest in His compassionate care. Your heart may feel shattered, but God is tenderly binding those wounds and making you whole again.

Invite the peace of Christ into your soul today. Let His promises refresh your weary spirit and rebuild your inner strength through His grace.



Reflect and Apply

1. How have your wounds affected your view of yourself lately?

2. What does it mean to you that God wants to crown you with beauty, not ashes?

3. How can you give yourself permission to rest and heal in God's presence?



Day 3: 🌿 Restoring Your Heart and Mind

Journaling Prompts

1. Write about areas in your heart you want God to heal.

2. Describe what beauty replacing ashes looks like in your life today.

3. Reflect on a time when rest in God refreshed your spirit.



Day 3: 🌿 Restoring Your Heart and Mind

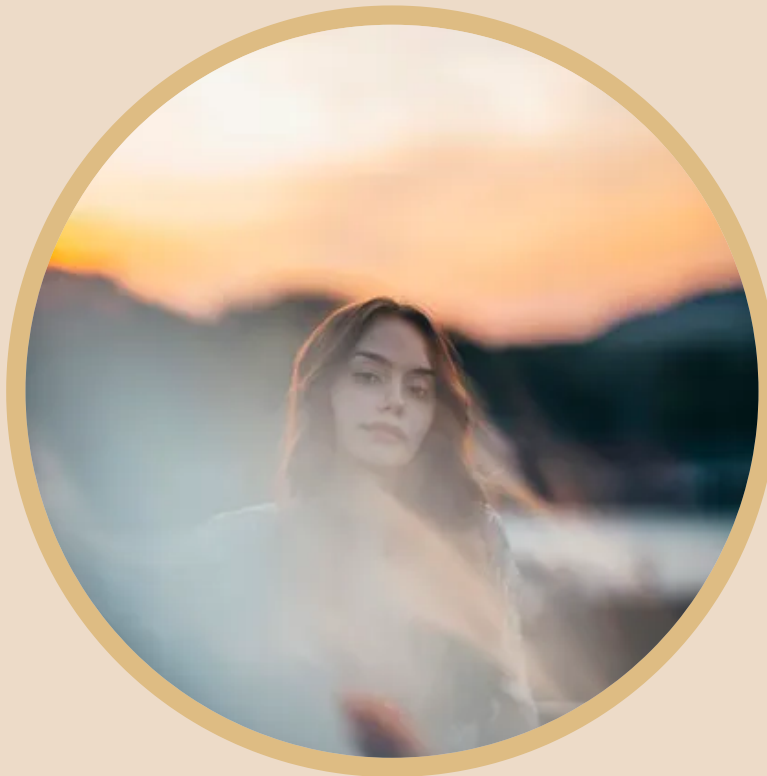
Prayer for Today

Lord Jesus, You see my broken heart and come to bind my wounds. Replace my ashes with Your beauty and give me rest for my weary soul. Teach me to trust Your healing power and receive Your loving restoration. May Your grace renew my heart day by day. *In Your name, Amen.* 🙌 🌸 ❤️ 🙏





Day 4: 🕊 Embracing Your Worth Beyond Abuse



Your Verse

Galatians 3:28 - "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."

Supporting Scriptures

- *Romans 8:38-39 - "Nothing can separate us from the love of God that is in Christ Jesus our Lord."*
- *1 Peter 2:9 - "You are a chosen people, a royal priesthood... called to declare the praises of him who called you out of darkness into his wonderful light."*



Day 4: ☞ Embracing Your Worth Beyond Abuse

Devotional: Your Worth is Secure in Christ Alone

Your worth in Christ transcends all circumstances, including the harsh realities of abuse. Galatians reminds us that our identity in Jesus unites and elevates us beyond labels or mistreatment. No external force, no broken relationship, can diminish the value God places on you.

Root yourself in the truth that you belong to God, chosen and loved beyond measure. The darkness you experienced does not define your future; God's wonderful light is your destiny.

This truth offers freedom to let go of shame and embrace a new beginning as a cherished daughter of God—worthy, strong, and radiant.



Reflect and Apply

1. How has your experience with abuse challenged your sense of worth?

2. What does being "one in Christ Jesus" mean for your personal identity?

3. In what ways can embracing your chosenness and royal identity empower you today?



Journaling Prompts

1. Write about what it means to you to be "called out of darkness into His wonderful light."

2. List ways God has shown His unending love to you.

3. Reflect on areas where you still feel separated from God's love and ask Him to reveal His truth there.



Day 4: 🙏 Embracing Your Worth Beyond Abuse

Prayer for Today

God of all comfort, remind me daily that my worth is not determined by my past or the people who have hurt me. I am chosen, loved, and united with You forever. Help me walk boldly in this truth, shedding shame and stepping into Your light as Your beloved daughter. *In Jesus' name, Amen.* ✨❤️🛡️🙌





Day 5: 💪 Strengthened to Overcome



Day 5: 📖 Strengthened to Overcome

Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- *Isaiah 40:31 - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles..."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 5:  Strengthened to Overcome

Devotional: God Empowers You to Rise Above Challenges

Recovering from gaslighting requires renewed strength—strength that comes not from self, but from God. Philippians 4:13 assures us that through Christ's power, we are capable of facing any challenge. This endurance is fueled by hope and the Holy Spirit.

Though your journey may be difficult, God equips you with power, love, and self-discipline to overcome the past. Trust in His promises to renew your strength and enable you to rise above despair.

Every step forward is a victory, and with God by your side, you can reclaim a life marked by freedom, confidence, and peace.



Day 5:  Strengthened to Overcome

Reflect and Apply

1. In what areas do you feel weak or worn down right now?

2. How does the promise of strength through Christ impact your outlook?

3. What practical ways can you rely on God's power daily?



Day 5:  Strengthened to Overcome

Journaling Prompts

1. Write about a recent struggle and how God helped or could help you overcome it.

2. List the ways God's Spirit empowers you with love and self-discipline.

3. Reflect on how hope in the Lord renews your strength.



Day 5: 🏹 Strengthened to Overcome

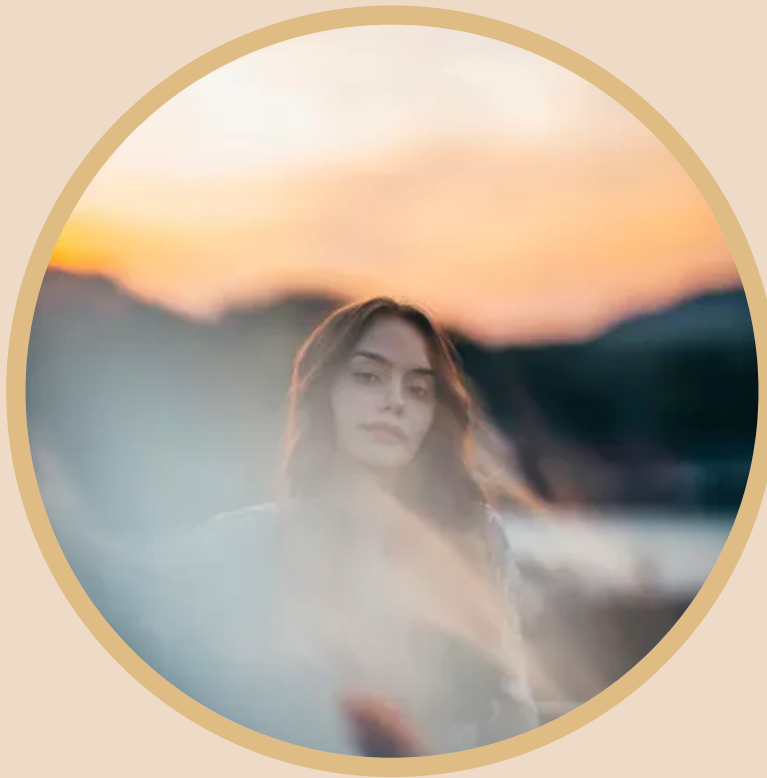
Prayer for Today

Heavenly Father, thank You for the strength You provide each day. When I feel weary or weak, remind me that through You I can do all things. Fill me with Your Spirit's power, love, and self-discipline so I can walk confidently in freedom and healing. *In Jesus' mighty name, Amen.* 💪🙏❤️🌈





Day 6: 🌸 Embracing Grace and New Beginnings



Your Verse

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; great is your faithfulness."

Supporting Scriptures

- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*
- *Ephesians 4:22-24 - "...put off your old self... and put on the new self, created to be like God in true righteousness and holiness."*



Devotional: God's Grace Enables Fresh New Starts

God's grace is abundant and always available for fresh starts. Even after painful experiences, His compassion pours over you anew each day. Lamentations encourages us to lean on His unfailing faithfulness for renewal.

In Christ, you are a new creation. Let go of the old lies and broken patterns. Embrace the new self God is cultivating within you—one marked by righteousness, holiness, and healing.

Today is an invitation to start again with God's empowering grace as the foundation for your life moving forward.



Reflect and Apply

1. How does knowing God's compassions are new every morning inspire hope for your healing?

2. What old patterns or lies do you need to let go of today?

3. How can you put on the 'new self' that God is creating in you?



Journaling Prompts

1. Write a letter to yourself embracing this new beginning in Christ.

2. List old beliefs or habits you want to release and replace with God's truth.

3. Reflect on a recent moment where you noticed God's faithfulness in your life.



Day 6: 🌸 Embracing Grace and New Beginnings

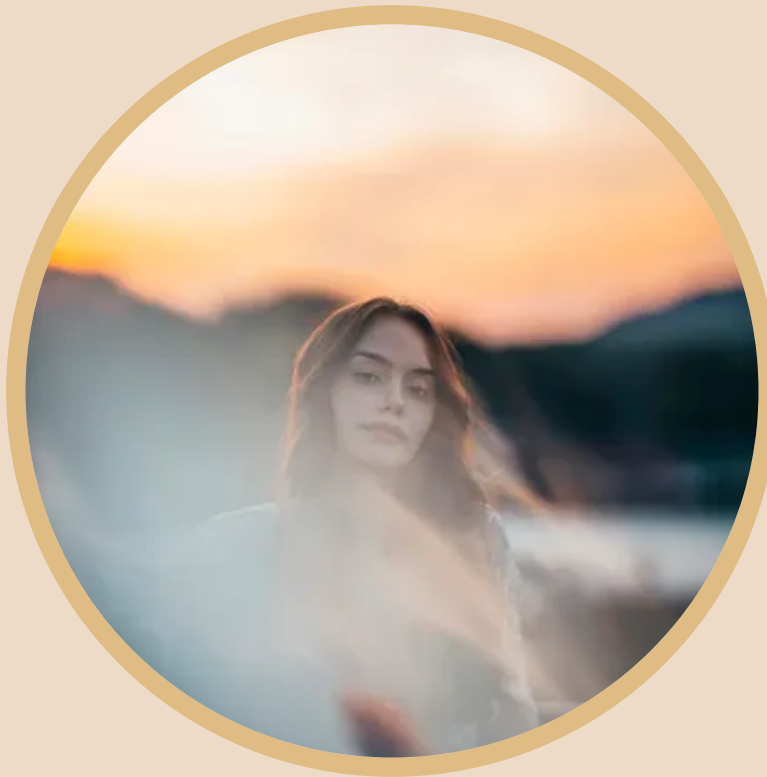
Prayer for Today

Gracious God, thank You that Your mercies are new every morning. Help me to release the pain and lies of my past and walk forward as a new creation in Christ. Fill me with hope, righteousness, and holiness as I embrace the fresh start You offer today. *In Jesus' name, Amen.* 🌅🌀🌸🙏





Day 7: Living Fully Loved and Free



Day 7: ❤️ Living Fully Loved and Free

Your Verse

Romans 8:1-2 – "Therefore, there is now no condemnation for those who are in Christ Jesus... because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."

Supporting Scriptures

- *John 15:9 – "As the Father has loved me, so have I loved you. Now remain in my love."*
- *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."*



Day 7:  Living Fully Loved and Free

Devotional: Rejoice in Freedom and God's Abiding Love

Today we celebrate the freedom and fullness of life found in God's love.

Romans assures us that in Christ, there is no condemnation—only liberation from the chains of sin, shame, and past wounds.

Jesus invites you to remain in His love, a place of safety, acceptance, and delight. The Mighty Warrior rejoices over you with singing, showing just how precious you are to Him.

Let this truth be your firm foundation as you continue your journey, confident that you are fully loved and free.



Day 7:  Living Fully Loved and Free

Reflect and Apply

1. What does freedom in Christ mean for your life today?

2. How can you practically "remain in His love" daily?

3. How might experiencing God's joy over you reshape your self-view?



Day 7: ❤️ Living Fully Loved and Free

Journaling Prompts

1. Describe what it feels like to live without condemnation in Christ.

2. Write a prayer expressing gratitude for God's love and freedom.

3. Reflect on ways you can share this new freedom with others.



Day 7: ❤️ Living Fully Loved and Free

Prayer for Today

Lord Jesus, thank You for setting me free from condemnation and shame. Help me remain in Your love each day and live as a daughter fully known, loved, and delighted in by You. May Your joy be my strength and Your freedom my daily reality. *In Your powerful name, Amen.* 🎵 ❤️ 🙌 ✨





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