# Freedom and Healing: Overcoming Self-Harm Through Christ



A 21-day Bible study offering hope, comfort, and strength for those seeking freedom from cutting and self-mutilation through God's Word.





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#### Introduction

Welcome to this 21-day Bible study on overcoming addiction to self-harm. If you or someone you love struggles with cutting or self-mutilation, this plan is designed to walk alongside you with biblical truth, compassion, and hope. These days will guide you gently through Scripture, enabling healing and transformation through God's love.

*Self-harm* often arises from deep pain, feelings of helplessness, or a need to regain control. It can feel isolating, shameful, or even hopeless. Yet the Bible offers a profound message of freedom and restoration. God's Word reminds us we are deeply loved, perfectly known, and profoundly valued, far beyond any moment of brokenness.

Over the next three weeks, you will explore God's heart toward healing, protection, and renewal. Each day focuses on a Scripture passage anchored in God's promises, with supporting verses to reinforce key truths. You will find devotions aimed at addressing your struggles with empathy and grace — helping you confront pain, embrace hope, and step courageously into wholeness.

As you engage with the Scriptures, you will discover how the Holy Spirit gently strengthens the ache to change, inviting you into a daily journey of trusting God's power to heal and comfort. This process is not quick or easy; healing from self-harm addiction is a path walked step-by-step, often with







setbacks and victories. Yet every step forward carried by God's love is progress.

**Remember, you are not alone.** God's presence is unwavering, and there is a hopeful community beyond this study ready to support you. The prayers, reflections, and journaling prompts included each day will help you process your emotions and grow in understanding.

May this study be a balm to your soul, a lamp to your path, and a reminder that Jesus came to offer freedom—in body, mind, and spirit. Let's begin this journey together, trusting the One who binds up the brokenhearted and sets the captives free.









# Day 1: God's Unfailing Love









Day 1: W God's Unfailing Love

#### Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: W God's Unfailing Love

#### Devotional: God's Nearness To Our Brokenness

Starting our journey, we meet the God who is close to those who are hurting. If self-harm has left your heart feeling broken and crushed, take comfort—Psalm 34:18 reminds us that God is near in these very moments of pain. He doesn't look from afar; rather, He draws near to save and heal.

When overwhelming emotions tempt you to harm yourself, it's easy to feel alone. But God's presence is a constant promise, enveloping even your darkest emotions. Like a loving parent who holds their child through tears, He binds up your wounds—both visible and invisible.

Do you feel distant from God right now? Allow this truth to sink deeply: He has not withdrawn. He is ready to meet you in your brokenness with compassion and healing. It may help to speak these verses aloud as declarations of God's steadfast love for you today.

Remember, your pain does not disqualify you from God's care. Instead, it draws His heart closer to you. This is the beginning of restoration, rooted in divine closeness.







Day 1: 💙 God's Unfailing Love

# Reflect and Apply

| 1. | Where in your life do you feel God's nearness right now?                                 |
|----|--|
|    |  |
| 2. | How does knowing God is close to the brokenhearted challenge your feelings of isolation? |
|    |  |
| 3. | What wounds do you need God to bind up today?  |
|    |  |
|    |  |







Day 1: 💙 God's Unfailing Love

# **Journaling Prompts**

| 1. | Write about a time when you felt God's comfort amid pain. |
|----|---|
|    |   |
| 2. | Describe what 'God's nearness' means personally to you.   |
|    |   |
| 3. | List fears or doubts you want God to address this week.   |
|    |   |







Day 1: W God's Unfailing Love

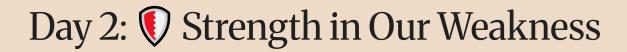
### Prayer for Today

**Dear God,** thank You for being close to my broken heart. When I feel crushed by pain, remind me that You are near, ready to heal and save. Help me to trust Your presence even when I feel alone or overwhelmed. Surround me with Your unfailing love and give me courage to seek Your comfort. Heal my wounds, visible and unseen, and lead me gently toward restoration. *In Jesus'* name, Amen.

















Day 2: V Strength in Our Weakness

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 2: V Strength in Our Weakness

#### Devotional: God's Power Perfected In Our Weakness

In moments when self-harm seems like the only way to cope, you may feel powerless or broken. Yet Scripture assures us that God's grace meets us right there. As 2 Corinthians 12:9 says, 'My grace is sufficient for you, for my power is made perfect in weakness.'

This means your weakness is not the end of your story, but the place where God's strength shines brightest. You do not need to muster strength on your own; God's power is available to hold you up and bring healing.

How freeing it is to know you are not expected to be perfect or strong on your own! In fact, admitting weakness opens the door to God's supernatural strength, helping you resist urges and find new ways to cope.

When you feel weary, Isaiah 40:29 reminds us that God specifically gives strength to the weary. Instead of condemning your struggles, lean into this promise. Let God's grace be the strong foundation beneath your fragile moments.







Day 2: **()** Strength in Our Weakness

# Reflect and Apply

|    | What weaknesses do you feel most acutely in your struggle with self-harm?         |
|----|---|
|    |   |
| 2. | How can you invite God's grace into those weak places today?                      |
|    |   |
|    | What practical steps can you take to rely on God's strength rather than your own? |
|    |   |
|    |   |







Day 2: **()** Strength in Our Weakness

# **Journaling Prompts**

|    | Write about a moment when God's strength helped you through a difficult time. |
|----|---|
|    |   |
| 2. | List areas where you can surrender control to God this week.                  |
|    |   |
| 3. | Describe what 'God's grace being sufficient' means for your healing.          |
|    |   |
|    |   |







Day 2: V Strength in Our Weakness

### Prayer for Today

**Lord,** I admit my weakness to You. My own strength is not enough, but Your grace is sufficient. Please empower me where I feel powerless. Help me to trust that Your strength is perfect in my weakness. Teach me to lean on You daily, and fill me with courage to walk the path You have for me. Thank You for being my refuge and strength. *In Jesus' name, Amen.*









Day 3: 🌽 New Life 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**

- Romans 6:4 "We were therefore buried with him through baptism into death... so that, just as Christ was raised from the dead, we too may live a new life."
- Ezekiel 36:26 "I will give you a new heart and put a new spirit in you."







### Devotional: Embracing Our Identity As New Creations

One of the most life-changing promises God offers is the chance for a fresh start. 2 Corinthians 5:17 declares that those who are in Christ become new creations—your past does not define you. Whatever pain, shame, or habits you carry from self-harm, God offers renewal.

This doesn't mean struggles disappear instantly. But it means God has begun a transformation that rewrites your story. The 'old'—patterns of pain and harm—are being replaced with hope, dignity, and life.

Take a moment to let this truth sink in: God offers you a new heart and a new spirit (Ezekiel 36:26), making you whole in ways brokenness never could. Baptism and spiritual rebirth symbolize this profound change, but you can experience renewal step-by-step every day as you walk with Jesus.

Let today be marked by choosing to see yourself as God sees you: a beloved new creation, treasured and empowered to heal.







# Reflect and Apply

| 1. | In what ways do you feel 'old' hurts or habits trying to define you?   |
|----|--|
|    |  |
| 2. | What does it mean for you to be a 'new creation' in Christ?            |
|    |  |
| 3. | How can you cooperate with God's transforming work in your daily life? |
|    |  |
|    |  |







# **Journaling Prompts**

| 1. | Write about what new life in Christ means to you personally.           |
|----|--|
|    |  |
| 2. | List habits or thoughts you want to surrender to God's renewing power. |
|    |  |
| 3. | Describe how you can remind yourself daily of your identity in Christ. |
|    |  |







### Prayer for Today

**Father,** thank You for making me a new creation. I surrender my past hurts and harmful habits to You. Fill me with Your Spirit and create in me a new heart. Help me walk daily in the freedom and hope found in Christ alone. Let Your renewal be visible in my life and healing be my testimony. *In Jesus'* name, 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."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







#### Devotional: God's Peace Guards Our Hearts And Minds

Anxiety, guilt, and emotional turmoil often accompany the cycle of self-harm. Yet the Bible offers a peace that defies logic or circumstance. Philippians 4:7 promises a divine peace that guards your heart and mind in Christ Jesus.

This peace is not just calm feelings—it is a powerful guard that protects you from despair and intrusive negative thoughts. When you find yourself tempted by harmful urges, invite this peace to fill your inner being.

Jesus promised His peace, a peace unlike what the world offers (John 14:27). To receive it, focus your mind on God and His promises, allowing Isaiah 26:3's assurance to anchor your thoughts. This doesn't mean your problems vanish immediately, but your reaction to them transforms.

Let today's prayer be for this supernatural peace to strengthen you and break the chains of fear and shame around your heart.







# Reflect and Apply

| What anxieties or fears weigh heaviest on your heart today?        |
|--|
|  |
| How can you practically seek God's peace when feeling overwhelmed? |
|  |
| What thoughts or habits do you need God's peace to guard against?  |
|  |
|  |







# **Journaling Prompts**

| 1. | Describe moments when you have experienced God's peace before.       |
|----|--|
|    |  |
| 2. | Write down Scriptures that bring you comfort and meditate on them.   |
|    |  |
| 3. | List ways you can cultivate a 'steadfast mind' focused on God daily. |
|    |  |
| 3. | List ways you can cultivate a 'steadfast mind' focused on God daily. |







### Prayer for Today

**Lord Jesus,** I ask You for the peace that surpasses all understanding. Guard my heart and mind from fear, shame, and despair. Calm the storms within me and fill me with Your perfect peace. Teach me to fix my eyes on You, trusting Your presence even in difficulty. Thank You for Your gift of peace that sustains me. *In Your mighty name, Amen.* 

















#### 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 8:28 "In all things God works for the good of those who love him."
- Psalm 138:8 "The Lord will work out his plans for my life; your love, Lord, endures forever."







### Devotional: Embracing God's Hopeful Plans

It can be hard to believe that God cares about your future when you're battling the urge to self-harm. But Jeremiah 29:11 offers a powerful promise: God has plans for you—plans that include hope and prosperity, not harm.

This verse reminds us that God is relentlessly good and intentional about your life. Even in your pain and mistakes, He is working for your ultimate good.

Sometimes pain makes us doubt our worth or purpose, but God's Word reassures us that your story is not finished. Romans 8:28 confirms that God weaves all things together, including struggles, for good. Cling to this hope today.

Let this truth encourage you to let go of self-destructive behaviors and open your heart to the brighter future God has prepared—a future filled with joy, purpose, and healing.







# Reflect and Apply

| 1. | How have you seen God work good out of difficult situations in your life? |
|----|---|
|    |   |
| 2. | What hopes or dreams does God's promise awaken in you?                    |
|    |   |
| 3. | In what ways can you align your daily choices with God's plans for you?   |
|    |   |
|    |   |







# **Journaling Prompts**

| Write a letter to your future self about God's plans for you.         |
|---|
|   |
| List areas where you need to trust God's timing and purpose.          |
|   |
| Reflect on how self-harm might be hindering God's plans in your life. |
|   |
|   |







### Prayer for Today

**Father**, thank You for the plans You have for me—plans to prosper me and give me hope. Help me to trust in Your good purpose even when I cannot see the full picture. Lead me away from harm and towards wholeness. Strengthen my faith to hold onto Your promises for a bright future. *In Jesus' name, Amen.* 



















Day 6: W Healing From Emotional Pain

#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Isaiah 53:4 "Surely he took up our pain and bore our suffering."







Day 6: W Healing From Emotional Pain

### Devotional: Finding Rest For The Weary Heart

Self-harm often stems from a deep emotional ache—a pain that feels unbearable. Psalm 147:3 offers the beautiful assurance that God is a healer of these wounds.

You do not have to carry your pain alone or try to silence it through harm. Jesus invites you to come to Him with your burdens and find rest (Matthew 11:28). He understands your suffering intimately because He bore our pain on the cross.

This means your pain is not ignored or insignificant to God. Rather, He walks with you through it, offering healing and restoration step by step.

Today, let yourself gently bring your emotional wounds before Him, trusting that His loving hands are ready to bind them up with grace and mercy.







Day 6: 🤎 Healing From Emotional Pain

# Reflect and Apply

| 1. | What emotional pains do you need to give over to God today? |
|----|---|
|    |   |
|    |   |
|    |   |
| 2. | How can you practice receiving Jesus' invitation to rest?   |
|    |   |
|    |   |
| 3. | What would it look like for God to heal your broken heart?  |
|    |   |
|    |   |







Day 6: 🤎 Healing From Emotional Pain

# **Journaling Prompts**

| 1. | Write about the burdens you want to surrender to Christ.                 |
|----|--|
|    |  |
| 2. | Describe how Jesus' understanding of suffering comforts you.             |
|    |  |
| 3. | List practical ways to seek emotional healing through God and community. |
|    |  |
|    |  |







Day 6: 🧡 Healing From Emotional Pain

# **Prayer for Today**

**Jesus,** I bring my broken heart and heavy burdens to You. Please heal my emotional wounds and help me find rest in Your presence. Thank You for bearing my suffering and inviting me to receive Your comfort. Teach me to trust Your loving touch and to walk in the healing You provide. *In Your name, Amen.* \(\mathbf{Y}\) \(\mathbf{Y}\)

















#### 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**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







# Devotional: God's Compassion Brings New Hope Daily

Days of struggle can feel endless, but Lamentations 3:22–23 reminds us that God's mercies renew every morning. His compassion is fresh and faithful, offering hopeful new beginnings no matter how dark the past or present may be.

Self-harm can trap you in cycles of despair, but God's love breaks through the darkness with light and joy. Romans 15:13 encourages believers to be filled with hope, joy, and peace by trusting God.

Even when nights are long with tears, God promises that joy will come in the morning. This cycle of renewal invites you to face each new day with expectation for healing and freedom.

Let today be one where you embrace hope and lean into God's faithful compassion, trusting that brighter days lie ahead.







# Reflect and Apply

| 1. | How have you experienced God's compassion in moments of despair?     |
|----|--|
|    |  |
| 2. | What does 'new mercies every morning' mean for your healing journey? |
|    |  |
| 3. | How can hope transform your outlook on current struggles?            |
|    |  |







# **Journaling Prompts**

| 1. | Journal about the seasons of darkness and light in your life.      |
|----|--|
|    |  |
| 2. | Write down ways to remind yourself daily of God's new mercies.     |
|    |  |
| 3. | List hopeful affirmations grounded in Scripture for your recovery. |
|    |  |







# **Prayer for Today**

**Merciful God,** thank You that Your compassion never fails and Your mercies are new every morning. Fill me with hope and joy as I trust in You. Help me to believe that even the darkest nights will give way to Your light. Sustain me with Your faithfulness and hold me close in every circumstance. *In Jesus'* name, Amen.

















Day 8: Breaking Chains of Addiction

#### 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**

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Romans 6:14 "For sin shall no longer be your master."







Day 8: Breaking Chains of Addiction

### Devotional: Walking In The Freedom Christ Provides

The addiction to self-harm can feel like a yoke, binding you tightly and blocking freedom. But Scripture declares boldly that Christ has set you free (Galatians 5:1). This freedom offers deliverance from the slavery of destructive habits and sin.

Freedom does not mean addiction disappears overnight, but God empowers you to stand firm and resist old burdens. Reject the lies that say you are powerless; Jesus breaks sin's control (Romans 6:14).

*Jesus' words in John 8:36 assure us that when He sets someone free, they are free indeed.* Lean into this truth as you practice new ways of coping and seek support. Each step in faith resists the chains of addiction.

Remember, freedom is a continuous journey sustained by grace and community.







Day 8: 

Breaking Chains of Addiction

# Reflect and Apply

| 1. | What 'yokes' or chains do you feel holding you in bondage?               |
|----|--|
|    |  |
| 2. | How does knowing Christ has set you free affect your outlook?            |
|    |  |
| 3. | What practical steps can you take to stand firm against addiction today? |
|    |  |
|    |  |







Day 8: 

Breaking Chains of Addiction

# **Journaling Prompts**

| 1. | Write about areas where you want to claim freedom in Christ.         |
|----|--|
|    |  |
| 2. | List temptations or struggles to give to God in prayer.              |
|    |  |
| 3. | Reflect on how community or accountability can support your freedom. |
|    |  |







Day 8: Breaking Chains of Addiction

# **Prayer for Today**

**Lord Jesus,** thank You for the freedom You give from sin's bondage. Help me to stand firm and reject the yoke of addiction. Empower me with Your Spirit to resist temptation and walk in newness of life. Surround me with support and remind me daily that in You, I am truly free. *In Your powerful name, Amen.* 

Amen.

















Day 9: OGod's Comfort In Our Pain

#### Your Verse

2 Corinthians 1:3-4 - "The God of all comfort, who comforts us in all our troubles..."

#### **Supporting Scriptures**

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."
- Isaiah 66:13 "As a mother comforts her child, so will I comfort you."







Day 9: OGod's Comfort In Our Pain

### Devotional: Finding Refuge In God's Comfort

Suffering and pain can leave you feeling isolated and misunderstood. Yet God identifies with your hurt and offers Himself as the ultimate Comforter.

2 Corinthians 1:3-4 speaks of God as the source of all comfort, who comforts us so we can comfort others. This divine comfort is abundant and available amidst every trouble.

Psalm 23:4 reminds us that even in our darkest valleys, God's presence dispels fear. Imagine God's tender love as described in Isaiah 66:13, soothing your deep wounds like a mother's embrace.

Today, pour out your pain to God, and allow His comfort to enfold you. Let His peace begin to heal where hurting once ruled.







Day 9: 👌 God's Comfort In Our Pain

# Reflect and Apply

| 1. | When have you experienced God's comfort most deeply?                      |
|----|---|
|    |   |
| 2. | How can you invite God's comforting presence into painful moments?        |
|    |   |
|    | What might it mean to become a source of comfort for others in suffering? |
|    |   |
|    |   |







Day 9: 👌 God's Comfort In Our Pain

# **Journaling Prompts**

| 1. | Write a prayer asking God to comfort your pain deeply.         |
|----|--|
|    |  |
| 2. | Reflect on times God's presence calmed your fears.             |
|    |  |
| 3. | List ways you can extend God's comfort to yourself and others. |
|    |  |







Day 9: OGod's Comfort In Our Pain

# Prayer for Today

**God of Comfort,** thank You for being near in my pain and offering rest to my soul. Please surround me with Your tender love and help me feel Your presence in my hurts. Heal my wounds through Your comforting Spirit and teach me to rely on You daily. May I also learn to comfort others as You comfort me. *In Jesus' name, Amen.*  $\lozenge$ 

















#### Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

### **Supporting Scriptures**

- 2 Timothy 1:7 "God gave us a spirit not of fear but of power and love and self-control."
- Ephesians 4:23 "Be made new in the attitude of your minds."







### Devotional: Transformation Through Mind Renewal

One healing step from addiction is changing the way we think. Romans 12:2 encourages believers to be transformed by renewing their minds—not conforming to patterns of pain or harmful coping.

This renewal is a spiritual process involving God's truth replacing lies and destructive thoughts. God's Spirit gives power, love, and self-control (2 Timothy 1:7), vital tools in resisting urges to harm.

Renewing your mind also means shifting your attitudes daily (Ephesians 4:23). Replace shame with forgiveness, hopelessness with hope, and fear with faith.

Though challenging, this mental transformation is key to growth and freedom. Begin by memorizing Scripture and filling your mind intentionally.







# Reflect and Apply

| What patterns of thought have contributed to your self-harm behaviors? |
|--|
|  |
| How can you invite God to renew your mind today?                       |
|  |
| Which truths from Scripture can replace lies or negative beliefs?      |
|  |
|  |







# **Journaling Prompts**

| 1. | Write down lies you want to discard and truth to embrace.     |
|----|---|
|    |   |
| 2. | Create a list of encouraging Scriptures to meditate on daily. |
|    |   |
| 3. | Describe how a renewed mind could affect your choices.        |
|    |   |







# **Prayer for Today**

Holy Spirit, please renew my mind with Your truth. Help me reject old patterns and harmful thoughts and embrace the power, love, and self-control You provide. Transform my attitudes and help me see myself through Your eyes. Teach me to fix my thoughts on what is true and pure. *In Jesus' name, Amen.*









# Day 11: KG God's Healing Process









Day 11: K God's Healing Process

#### Your Verse

James 1:2-4 - "Consider it pure joy...because you know that the testing of your faith produces perseverance."

#### **Supporting Scriptures**

- Romans 5:3-5 "Suffering produces perseverance; perseverance, character; and character, hope."
- Psalm 30:11 "You turned my wailing into dancing."







Day 11: **%** God's Healing Process

### Devotional: Persevering Through Healing Journeys

Healing from self-harm addiction often involves seasons of trial and perseverance. James 1:2–4 encourages believers to consider testing as an opportunity for growth, producing endurance and maturity in faith.

Romans reminds us that suffering shapes character and cultivates hope, making us stronger and more resilient.

During discouraging times, Psalm 30:11 speaks to God's power to turn sorrow into joy. Trust that healing is a process and each step, even painful ones, moves you closer to freedom.

God uses these experiences to refine you; embrace perseverance and hold onto the promise that joy will return.







Day 11: K God's Healing Process

# Reflect and Apply

| 1. | How have challenges deepened your faith or character so far?             |
|----|--|
|    |  |
|    | What encouragement can you draw from knowing perseverance produces hope? |
|    |  |
| 3. | How can you find joy amid your healing process?                          |
|    |  |
|    |  |







Day 11: K God's Healing Process

# **Journaling Prompts**

| 1. | Write about a difficult experience that resulted in growth. |
|----|---|
|    |   |
| 2. | List ways to encourage yourself when facing setbacks.       |
|    |   |
| 3. | Reflect on steps you've taken toward healing and freedom.   |
|    |   |







Day 11: **%** God's Healing Process

# Prayer for Today

**Gracious God,** help me see trials as part of Your refining work in my life. Give me perseverance when healing feels slow or painful. Strengthen my faith and fill me with hope that does not waver. Turn my sorrow into joy and let me dance in Your deliverance. *In Jesus' name, Amen.* &









Day 12: 🖰 Guarding The Heart









#### Your Verse

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

### **Supporting Scriptures**

- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."
- Matthew 6:21 "For where your treasure is, there your heart will be also."







### Devotional: Protecting The Inner Life

Our inner hearts shape all we think, feel, and do. Proverbs 4:23 warns us to guard our hearts diligently because everything flows from them. This includes the urges and wounds connected to self-harm.

Guarding your heart means protecting it from harmful influences like negative thoughts, toxic relationships, or triggers. Psalm 119:11 reminds us that hiding God's Word in our hearts equips us to resist sin and pain.

Where you place your treasure impacts where your heart stays (Matthew 6:21). Intentionally invest in God's truth, love, and healing to safeguard your emotions and choices.

Today, reflect on ways to better protect your heart and create space for God's healing to flourish.







# Reflect and Apply

| 1. | What things currently influence your heart negatively?               |
|----|--|
|    |  |
| 2. | How can you build spiritual and emotional boundaries for protection? |
|    |  |
| 3. | What treasures do you want to nurture in your heart?                 |
|    |  |







### **Journaling Prompts**

| 1. | Identify triggers that lead to self-harm and ways to avoid them. |
|----|--|
|    |  |
|    |  |
| 2. | Write down Scriptures to memorize for strength and protection.   |
|    |  |
|    |  |
| 3. | Describe habits that nurture a healthy, guarded heart.           |
|    |  |
|    |  |







### Prayer for Today

**Lord,** teach me to guard my heart with wisdom. Help me to turn away from influences that harm and instead treasure Your Word and love. Protect my mind and emotions from temptation and pain. Fill me with Your Spirit so I live from a place of peace and healing. *In Jesus' name, Amen.* \(\begin{align\*} \lambda \lambda









# Day 13: 2 Patience In The Journey









Day 13: 🕰 Patience In The Journey

#### Your Verse

Psalm 27:14 - "Wait for the Lord; be strong and take heart and wait for the Lord."

### **Supporting Scriptures**

- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Day 13: A Patience In The Journey

### Devotional: Waiting With Strength And Hope

**Healing takes time, and patience is often the hardest part.** Psalm 27:14 encourages us to wait on the Lord with strength and courage.

Recognizing that God has seasons for everything (Ecclesiastes 3:1) can help ease frustration during slow healing phases. Hope in God renews your strength (Isaiah 40:31).

Waiting doesn't mean being passive; it means actively trusting God's timing and purpose. Surrender control and embrace the journey as a meaningful experience shaped by God's faithfulness.

Take heart today, knowing your steady hope pleases God and sustains your soul.







Day 13: 🙇 Patience In The Journey

# Reflect and Apply

| 1. | How do you handle feelings of impatience or discouragement?      |
|----|--|
|    |  |
| 2. | In what ways can waiting on God be an active spiritual practice? |
|    |  |
| 3. | What hopes are you holding onto for your healing journey?        |
|    |  |







Day 13: 🙇 Patience In The Journey

# **Journaling Prompts**

| 1. | Write about a time when waiting led to positive growth.       |
|----|---|
|    |   |
|    |   |
| 2. | List scriptures or prayers you can use when patience is hard. |
|    |   |
|    |   |
| 3. | Describe how you can encourage yourself to stay hopeful.      |
|    |   |
|    |   |







Day 13: 🙇 Patience In The Journey

### Prayer for Today

















#### Your Verse

Ecclesiastes 4:9–10 – "Two are better than one... If either of them falls down, one can help the other up."

### **Supporting Scriptures**

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Proverbs 11:14 "Where there is no guidance, a people falls, but in an abundance of counselors there is safety."







### Devotional: The Strength Of Community

#### Healing from addiction and self-harm is not meant to be faced alone.

Ecclesiastes 4:9-10 highlights the value of companionship, helping each other up when one falls.

God designed us for connection and mutual support. Galatians 6:2 calls us to carry each other's burdens, reflecting Christ's love.

Seeking wise guidance and accountability offers safety and encouragement. Don't hesitate to reach out to trusted friends, family, counselors, or faith leaders.

Community provides strength, perspective, and motivation that can sustain you through difficult moments.







# Reflect and Apply

| 1. | Who in your life can support you on this healing journey?                         |
|----|---|
|    |   |
| 2. | How comfortable are you with asking for help and why?                             |
|    |   |
|    | What barriers might keep you from seeking support, and how can you overcome them? |
|    |   |
|    |   |







## **Journaling Prompts**

| 1. | List people you can trust and talk with honestly about your struggles. |
|----|--|
|    |  |
| 2. | Reflect on past times when support made a difference.                  |
|    |  |
| 3. | Write a plan for how to build a stronger support network.              |
|    |  |







### Prayer for Today

**God,** thank You for the gift of community. Help me to be honest about my needs and brave enough to seek support. Lead me to people who can walk with me in healing and hold me accountable. Strengthen existing relationships and open new doors of encouragement. *In Jesus' name, Amen.* 











# Day 15: 1 Light Over Darkness









Day 15: 🐧 Light Over Darkness

#### Your Verse

John 1:5 - "The light shines in the darkness, and the darkness has not overcome it."

### **Supporting Scriptures**

- Psalm 18:28 "You, Lord, keep my lamp burning; my God turns my darkness into light."
- Isaiah 9:2 "The people walking in darkness have seen a great light."







Day 15: 🐧 Light Over Darkness

### Devotional: Christ, The Unconquered Light

Darkness is real and often feels overwhelming for those struggling with self-harm. But John 1:5 assures us the light of Christ shines in that darkness and it cannot be overcome.

God's light exposes truths, brings hope, and transforms despair into joy—Psalm 18:28 says God turns darkness into light.

Jesus is the great light to those walking in darkness (Isaiah 9:2). Call on Him to illuminate your path when shadows threaten to consume.

Let today be one of embracing this light, refusing to let darkness reign. Even small flickers can grow into full illumination with God.







Day 15: 🗘 Light Over Darkness

# Reflect and Apply

| 1. | What areas of darkness feel most overwhelming to you?           |
|----|---|
|    |   |
| 2. | How can you invite Jesus' light into these areas today?         |
|    |   |
| 3. | What visible or invisible 'lights' encourage you to keep going? |
|    |   |







Day 15: 🗘 Light Over Darkness

## **Journaling Prompts**

| Write about moments when God's light pierced your darkness.           |
|---|
|   |
| Describe practical ways to keep God's light shining in your life.     |
|   |
| List thoughts or habits that dim your light and how to overcome them. |
|   |
|   |







Day 15: 🐧 Light Over Darkness

### Prayer for Today

**Jesus,** You are the light that darkness cannot overcome. Shine brightly in my heart and mind today. Dispel hopelessness and fear, and fill me with Your radiant hope. Help me to walk confidently in Your light and to reflect it to others. *In Your name, Amen.* 1

















#### Your Verse

Matthew 6:31-33 - "Do not worry... seek first his kingdom and his righteousness, and all these things will be given to you as well."

### **Supporting Scriptures**

- Philippians 4:19 "God will meet all your needs according to the riches of his glory in Christ Jesus."
- Psalm 37:25 "I was young and now I am old, yet I have never seen the righteous forsaken."







#### Devotional: God Will Provide Our Needs

Worry about emotional and physical needs often exacerbates self-harm urges. Matthew 6:31–33 encourages us to trust God's provision rather than be consumed by anxiety.

God promises to supply everything necessary when we prioritize His kingdom and righteousness. Philippians assures us He will meet all our needs abundantly.

Remembering God has never forsaken the righteous brings deep comfort (Psalm 37:25). You are known and cared for beyond measure. Rest in God's faithfulness and provision as you walk toward healing.







# Reflect and Apply

| 1. | What worries about your needs or future weigh you down?   |
|----|---|
|    |   |
| 2. | How can focusing on God's kingdom lessen these anxieties? |
|    |   |
| 3. | Where have you seen God's provision in your life before?  |
|    |   |







## **Journaling Prompts**

| 1. | List needs you want to surrender to God's care.    |
|----|--|
|    |  |
|    |  |
| 2. | Write about a time when God provided unexpectedly. |
|    |  |
|    |  |
| 3. | Describe ways to seek God first daily.             |
|    |  |
|    |  |







### Prayer for Today







# Day 17: Day Loving Yourself As God Loves You









Day 17: Day 17: Loving Yourself As God Loves You

#### Your Verse

Mark 12:31 - "Love your neighbor as yourself."

### **Supporting Scriptures**

- Psalm 139:14 "I am fearfully and wonderfully made."
- Ephesians 2:10 "We are God's handiwork, created to do good works."







Day 17: Day 17: Loving Yourself As God Loves You

### Devotional: Discovering God's Love Reflected In You

**It's hard to stop harmful behaviors if you don't value yourself deeply.** Yet God's Word commands us to love our neighbors as ourselves, implying self-love is also essential.

Psalm 139:14 celebrates you as wonderfully made—divinely crafted and precious.

Understanding yourself as God's handiwork (Ephesians 2:10) nurtures a foundation of dignity and worth. You are not your mistakes or scars but a beloved child with a unique purpose.

Embrace God's love for you as the beginning of loving yourself better, which supports breaking free from self-harm.







Day 17: Day 17

# Reflect and Apply

| 1. | How do you currently view yourself in light of God's love?        |
|----|---|
|    |   |
| 2. | What barriers exist that make self-love difficult?                |
|    |   |
| 3. | How can embracing your God-given worth change your daily choices? |
|    |   |
|    |   |







Day 17: Day 17: Loving Yourself As God Loves You

## **Journaling Prompts**

| 1. | Write affirmations grounded in Scripture about your worth. |
|----|--|
|    |  |
|    |  |
| 2. | Describe how God's creativity and love are visible in you. |
|    |  |
|    |  |
| 3. | List steps you can take to practice self-compassion.       |
|    |  |
|    |  |







Day 17: Day 17: Loving Yourself As God Loves You

### Prayer for Today

**God,** thank You for creating me fearfully and wonderfully. Help me to see myself as You see me—as valuable, loved, and purposeful. Teach me to love myself in healthy ways that honor You. Replace shame with Your love and dignity. *In Jesus' name, Amen. ♠* 人 ❖

















#### Your Verse

1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."

### **Supporting Scriptures**

- Matthew 11:28–30 "Come to me, all you who are weary...and I will give you rest."
- Psalm 55:22 "Cast your cares on the Lord and he will sustain you."







## Devotional: Relinquishing Anxiety To God's Care

**Self-harm often arises from carrying unbearable burdens and anxiety.** 1 Peter 5:7 invites us to cast all anxieties onto Jesus because He cares deeply for us.

This is a daily surrender, not a one-time act. Matthew 11:28-30 promises that Jesus gives rest to the weary and burdened.

Psalm 55:22 assures that when burdens are cast on God, He sustains us. Rather than self-inflicting pain, bring your fears and stresses to Him, allowing His peace to replace anxiety.

Practice this surrender actively—whenever anxiety creeps in, remember Christ's loving invitation to release control and receive rest.







# Reflect and Apply

| 1. | What burdens are you currently holding onto tightly?        |
|----|---|
|    |   |
| 2. | How willing are you to cast these anxieties on Jesus today? |
|    |   |
| 3. | What does it look like for you to rest in Jesus' care?      |
|    |   |







# **Journaling Prompts**

| 1. | Write a list of worries you want to give to God.         |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | Describe how you can remind yourself to surrender daily. |
|    |  |
|    |  |
| 3. | Reflect on how anxiety affects your self-harm urges.     |
|    |  |
|    |  |







# Prayer for Today

Jesus, I bring my anxieties and burdens to You. Help me to give them fully to You and accept Your rest and peace. Thank You for caring for me so deeply. Teach me to turn to You first when I feel overwhelmed. In Your name, Amen.















# Day 19: 🗱 Walking By Faith









Day 19: 🗱 Walking By Faith

#### Your Verse

2 Corinthians 5:7 - "For we live by faith, not by sight."

### **Supporting Scriptures**

- Hebrews 11:1 "Faith is confidence in what we hope for and assurance about what we do not see."
- Romans 8:24–25 "Hope that is seen is no hope at all... we wait for it patiently."







Day 19: 🞇 Walking By Faith

#### Devotional: Trusting God Beyond What We See

Healing can sometimes feel invisible or too slow, tempting us to give up. 2 Corinthians 5:7 encourages living by faith, trusting in God though we do not see complete transformation yet.

Hebrews describes faith as a confident hope and assurance in unseen realities.

Romans reminds us to wait patiently on these promises with hope. You may not yet feel free from self-harm, but God is at work beneath the surface.

Keep walking by faith today, knowing God's promises are certain even when sight feels uncertain.







Day 19: 🗱 Walking By Faith

# Reflect and Apply

| 1. | What areas challenge your faith the most right now?               |
|----|---|
|    |   |
|    |   |
| 2. | How can you nurture confidence in God's unseen work in your life? |
|    |   |
|    |   |
| 3. | What encourages you to patiently wait for God's healing?          |
|    |   |
|    |   |







Day 19: 🎇 Walking By Faith

# **Journaling Prompts**

| 1. | Write about what faith means to you personally.   |
|----|---|
|    |   |
| 2. | List Bible promises that build your hope.         |
|    |   |
| 3. | Reflect on practical ways to live by faith daily. |
|    |   |







Day 19: 🗱 Walking By Faith

## Prayer for Today

**Faithful God,** increase my faith to trust You more each day, even when I cannot see the full picture. Help me hope patiently and believe in Your transforming power. Walk with me as I live by faith and not by sight. *In Jesus' name, Amen.* 🎇 🙏 🌈

















#### Your Verse

Zechariah 4:10 - "Do not despise these small beginnings..."

### **Supporting Scriptures**

- Psalm 118:24 "This is the day the Lord has made; let us rejoice and be glad in it."
- 1 Thessalonians 5:16–18 "Rejoice always, pray continually, give thanks in all circumstances."







## Devotional: Recognizing Progress In Healing

Recovery is often marked by small, incremental victories rather than big leaps. Zechariah 4:10 reminds us not to despise these humble beginnings.

Each day you resist urges, seek help, or choose hope is worthy of celebration.

Psalm 118:24 calls us to rejoice and be glad each day, and Thessalonians encourages continual joy and thankfulness. Cultivating gratitude over progress fuels motivation and peace.

Take time today to acknowledge your efforts and give thanks for each step toward freedom.







# Reflect and Apply

| 1. | What small victories have you experienced recently?      |
|----|--|
|    |  |
| 2. | How can celebrating progress encourage you forward?      |
|    |  |
| 3. | In what ways can gratitude support your healing journey? |
|    |  |







# **Journaling Prompts**

| 1. | List three small successes you want to celebrate.       |
|----|---|
|    |   |
| 2. | Write a gratitude prayer focused on your healing steps. |
|    |   |
| 3. | Describe how noticing progress affects your attitude.   |
|    |   |







## Prayer for Today

**God,** thank You for the small victories and beginnings in my healing journey. Help me to rejoice and be grateful for each step You make possible. Fill me with joy and hope as I continue trusting You daily. *In Jesus' name, Amen.* 



















#### Your Verse

1 Corinthians 15:57 – "But thanks be to God! He gives us the victory through our Lord Jesus Christ."

#### **Supporting Scriptures**

- Romans 8:37 "We are more than conquerors through him who loved us."
- Revelation 21:4 "He will wipe every tear from their eyes."







### Devotional: Embracing Our Complete Victory

As this study concludes, remember the ultimate truth: victory over addiction and self-harm is found in Jesus. 1 Corinthians 15:57 rejoices in the victory God grants through Christ.

We are not just survivors; Romans 8:37 calls us more than conquerors through God's love.

One day, Revelation assures us, God will wipe away every tear and remove all pain. Until then, rest in the assurance that victory begins now and will be fully realized in Him.

Walk forward with hope, courage, and confidence that Jesus leads you to freedom, healing, and abundant life.







# Reflect and Apply

|    | How has your perspective on victory and healing changed over this study? |
|----|--|
|    |  |
| 2. | What does being 'more than a conqueror' mean for your daily life?        |
|    |  |
| 3. | How can you live in the hope of God wiping away all tears?               |
|    |  |
|    |  |







# **Journaling Prompts**

| 1. | Write about victories you hope to see moving forward.         |
|----|---|
|    |   |
| 2. | Reflect on how God's love has empowered you during this time. |
|    |   |
| 3. | Describe your vision for a healed and free future in Christ.  |
|    |   |







## Prayer for Today

**Lord Jesus,** thank You for the victory You give me over addiction and pain. Help me walk confidently in Your love and power. Remind me that I am more than a conqueror through You. Sustain me until the day You wipe away every tear and bring full healing. I trust in Your ultimate promise of freedom. *In Your triumphant name, Amen.*  $\Sigma$ 







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