From Gaslit to Grounded: Women Standing Firm in God's Truth



A 7-day journey for women to move from confusion to confidence by standing firm in God's unshakable truth.





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Introduction

Welcome to this transformative 7-day Bible study focused on women and the journey *From Gaslit to Grounded*. Today, many women face voices, expectations, and messages that shake their sense of identity, worth, and truth. Being "gaslit" means doubting our reality, often by influences that cause confusion, insecurity, and emotional turmoil. But God invites us into a different story: one of strength, clarity, and unshakable truth.

This study aims to help women recognize false narratives and replace them with the truth found in Scripture. We will journey through stories of women in the Bible who stood firm despite trials, wrestled with their identity, and ultimately found freedom in God's promises. Whether you're feeling overwhelmed by lies about your worth, purpose, or calling, or simply want to deepen your faith and ground yourself in God's Word, this study offers encouragement, reflection, and prayer to help you stand tall as a beloved daughter of the King.

Each day includes a key passage, supporting Scriptures, a devotional to inspire and challenge, reflection questions to dig deeper, journaling prompts to explore your heart, and a prayer to invite God's presence and peace. Together, we will learn what it means to stand firm not on shifting feelings, cultural messages, or doubt, but on the solid rock of Christ's love and truth.

Get ready to be empowered, restored, and grounded in God's unshakable truth. Your journey from confusion to confidence starts now! 💪 🛄 🖴















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

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord.







Devotional: Embracing Your God-Given Identity

Who do you say you are? The world often tries to define women by appearance, expectation, and performance, but God's Word reveals your true identity is much deeper and glorious. Psalm 139 reminds us that from the very beginning, God intimately crafted and designed each of us with great care and purpose. You are not an accident or a mistake; you are *fearfully and wonderfully made*.

When we feel gaslit by voices doubting our worth or calling, it's vital to turn back to this truth. The enemy often tries to scream lies that make us question who we are—but God's voice speaks louder. Ephesians 2:10 reveals that you are God's handiwork, purposefully created for good works He prepared just for you. Your identity rests in Him, not in what others say or expect.

Reflect on Jeremiah 29:11 today: God knows the plans He has for you—plans to prosper, hope, and a future. Your identity as a beloved daughter is secure and unshakable because it is rooted in the heart of your Creator. As you stand firm on this truth, let go of the lies and cling to the God who formed you.







Reflect and Apply

1.	What are some lies you have believed about your identity?
2.	How does Psalm 139:13-14 change the way you view yourself?
	In what areas do you need to remind yourself that God has good plans for you?







Journaling Prompts

	Write down the ways you have experienced God's intentional design in your life.
2.	List lies or negative messages that have shaken your sense of identity.
3.	Articulate how embracing God's truth can transform those thoughts.







Prayer for Today

Father, thank You for knitting me together with love and purpose. Help me to hear Your voice over the lies that try to define me. Remind me who I am in You—a beloved daughter fearfully and wonderfully made. Ground me in Your truth and give me courage to stand firm in Your plans. Teach me to embrace the unique calling You have for me and to walk confidently in Your grace. Amen.









Day 2: V Strength in Vulnerability









Day 2: Strength in Vulnerability

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..."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart... He directs your paths."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 2: Strength in Vulnerability

Devotional: Finding Power Through Vulnerability

Vulnerability is often mistaken for weakness, but God shows us it can be the very source of strength. When we feel gaslit—maybe doubting ourselves or our emotions—we can be tempted to hide or pretend. Yet 2 Corinthians 12:9 reveals a powerful paradox: God's strength shines brightest in our weakness.

Embracing vulnerability does not mean embracing defeat; it means trusting that God's grace is enough. This trust allows us to lean into Him, not away from Him. Proverbs 3:5–6 reminds us to trust the Lord wholeheartedly and lean not on our own understanding, especially when feelings confuse us or voices contradict God's truth.

In those moments of struggle, Psalm 46:1 promises God as our refuge and strength—an ever-present help when we face internal or external storms. Rather than hiding, bring your authentic self to God. In vulnerability, you create space for His power to work deeply, grounding you well beyond any momentary doubt.







Day 2: V Strength in Vulnerability

Reflect and Apply

1.	When have you felt weak but experienced God's strength?
2.	How can vulnerability be a pathway to deeper faith?
	What fears keep you from being fully honest with God about your struggles?







Day 2: **(**) Strength in Vulnerability

Journaling Prompts

1.	Write about a time you were vulnerable and saw God work in that situation.
2.	Identify areas where you feel pressured to hide your true feelings.
3.	Pray over these areas, inviting God's strength into your vulnerability.







Day 2: **(**) Strength in Vulnerability

Prayer for Today

Lord, thank You that Your grace covers my weaknesses. Teach me to be brave in vulnerability, knowing Your power is made perfect in those times. Help me to trust You fully when feelings and doubts arise. Be my refuge, my strength, and my steady ground today. Amen. 😩 🕒

















Day 3: 🖰 Embracing Courage Like Esther

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."
- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear?"







Day 3: 🖰 Embracing Courage Like Esther

Devotional: Standing Courageous in God's Purpose

Esther's story is a profound testament to courage rooted in faith. Like many women, she faced uncertainties and pressures but chose to stand firm for God's purposes. When threatened by oppression and fear, Esther boldly stepped forward, trusting God's plan instead of her fears.

Do you feel gaslit by fear or doubt, wondering if you can stand strong in difficult times? Esther 4:14 reminds us that God places us exactly where we need to be—in our seasons, roles, and battles—for His purposes. Your presence in your current situation is not an accident; it's divine placement.

Joshua 1:9 encourages you to be strong and courageous because God's presence is constant and sure. Fear loses its grip when you recognize God as your light and salvation (Psalm 27:1). Embrace the challenges as moments to grow courage by standing on God's promises, just as Esther did.







Day 3: 🔥 Embracing Courage Like Esther

Reflect and Apply

1.	What fears make you hesitate to take a stand?
2.	How does Esther's story encourage you to face your challenges?
3.	Where do you sense God is calling you to courageous action?







Day 3: 🔥 Embracing Courage Like Esther

Journaling Prompts

1.	Recall a moment when God called you to courage—how did it turn out?
2.	Write down fears and doubts that hold you back from stepping out boldly.
3.	List ways you can rely on God's promises to overcome fear.







Day 3: 6 Embracing Courage Like Esther

Prayer for Today

God, thank You for Esther's example of courage. Help me to rise up boldly in the places You have placed me, trusting Your plan for my life. Replace fear with confidence rooted in Your presence. Be my light when darkness threatens, and give me strength for each step ahead. Amen.







Day 4: Finding Rest and Renewal Like Mary









Day 4: 💋 Finding Rest and Renewal Like Mary

Your Verse

Luke 10:38-42 - "Mary...sat at the Lord's feet listening to what he said."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 23:1-3 "He refreshes my soul..."







Day 4: 💋 Finding Rest and Renewal Like Mary

Devotional: Resting in the Presence of Jesus

In a world that often demands constant doing, Mary's choice to sit and listen by Jesus' feet reminds us of the power of rest and presence. Many women experience pressure to perform and prove themselves, which can gaslight their peace and identity. Mary's peaceful posture contrasts with Martha's busy worry, showing us God values our connection with Him above all else.

Jesus invites the weary to come and find rest (Matthew 11:28), offering renewal for our souls. When you invest time in Him, you ground yourself in God's unshakable truth, enabling you to stand firm against any lies or doubts.

Psalm 23 assures us the Lord refreshes our souls and restores our paths. Let this be a reminder to pause, breathe, and listen to Jesus's voice today. Your worth is found not in busyness or demands but in being His beloved child at rest in His presence.







Day 4: 🥬 Finding Rest and Renewal Like Mary

Reflect and Apply

1.	How do you usually find rest or renewal in your busy life?
2.	What distractions might be keeping you from sitting at Jesus' feet?
3.	How can you cultivate a daily habit of resting in God's presence?







Day 4: 🥬 Finding Rest and Renewal Like Mary

Journaling Prompts

1.	Describe a time you felt refreshed by spending quiet time with God.
2.	Note the activities or thoughts that keep you from resting well.
3.	Plan a daily rhythm that includes intentional rest with God.







Day 4: 💋 Finding Rest and Renewal Like Mary

Prayer for Today

Jesus, thank You for the gift of rest and renewal. Teach me to slow down and sit at Your feet, listening and receiving Your peace. Refresh my soul and guide my steps as I lean into Your presence daily. Help me find my worth in You alone. Amen. ******















Your Verse

1 Peter 3:3-4 - "Your beauty should not come from outward adornment... rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit."

Supporting Scriptures

- Proverbs 31:30 "Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised."
- Song of Solomon 4:7 "You are altogether beautiful, my darling; there is no flaw in you."







Devotional: Embracing Inner Beauty in God's Eyes

In a culture obsessed with external appearance, Scripture points women to a deeper and lasting form of beauty. 1 Peter 3 highlights the unfading beauty of a gentle and quiet spirit—qualities that reflect a heart surrendered to God. This kind of beauty stands firm against the shifting standards of the world.

Proverbs 31:30 reminds us that while charm and physical beauty may fade, reverence for God is forever worthy of praise. Your worth and attractiveness are deeply tied to the condition of your heart and your relationship with God.

Song of Solomon celebrates the wonder of God's creation in you: no flaw, no imperfection in His eyes. Embracing this truth frees you from striving to meet external expectations and grounds you in God's love, nourishing an inner beauty that can never be gaslit or shaken.







Reflect and Apply

1.	What messages about beauty have you struggled to believe or resist?
2.	How does focusing on inner beauty change your daily choices or self-talk?
3.	What steps can you take to nurture a gentle and quiet spirit?







Journaling Prompts

	Write down qualities of your character you want to cultivate for God's glory.
	Reflect on moments when you felt most truly beautiful—not because of looks, but because of your spirit.
3.	Identify one practical way to cultivate inner beauty this week.







Prayer for Today

Lord, help me to desire and cultivate beauty that comes from within. Teach me to nurture a gentle and quiet spirit that honors You. Remove any lies that make me doubt my worth. Remind me that I am fearfully made and beautiful in Your sight. Amen. ****** \mathbb{P} \mathbb{P} \mathbb{P}

















Day 6: "Building Supportive Sisterhood

Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor..."

Supporting Scriptures

- Hebrews 10:24–25 "Encourage one another—and all the more as you see the Day approaching."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 6: W Building Supportive Sisterhood

Devotional: Finding Strength in Godly Community

God did not design women to walk their journeys alone. Ecclesiastes 4 beautifully teaches that two are better than one, highlighting the importance of relationship, encouragement, and accountability.

In times when gaslighting invites isolation and doubt, sisterhood is a lifeline. Hebrews 10 calls believers to intentionally encourage one another, especially as challenges come. You are not meant to bear burdens silently or alone.

Proverbs 27:17 reminds us that community sharpens and strengthens us. Surrounding yourself with godly sisters provides a mirror of truth, affirmation, and shared strength. Ground yourself in relationships that ignite faith, promote health, and deepen your confidence in God's unshakable truth.







Day 6: 🌣 Building Supportive Sisterhood

Reflect and Apply

1.	Who are your spiritual encouragers or trusted sisters in faith?
2.	How have supportive relationships helped you stand firm before?
3.	What steps can you take to deepen or establish godly friendships?







Day 6: 🌣 Building Supportive Sisterhood

Journaling Prompts

1.	List women who have encouraged you in your faith journey.
2.	Reflect on how community has shaped your identity in Christ.
3.	Pray and journal about opening your heart to new relationships of support.







Day 6: W Building Supportive Sisterhood

Prayer for Today

Father, thank You for the gift of sisterhood. Lead me to relationships that encourage and sharpen me. Help me to be a source of strength and truth for other women as well. Teach me to lean into community and stand firm together in Your love. Amen. \bigcirc \bigwedge

















Day 7: 🗱 Standing Firm in God's Unshakable Truth

Your Verse

1 Corinthians 15:58 – "Therefore, my dear brothers and sisters, stand firm. Let nothing move you... always give yourselves fully to the work of the Lord."

Supporting Scriptures

- Isaiah 40:31 "But those who hope in the Lord will renew their strength."
- James 1:12 "Blessed is the one who perseveres under trial... after they have stood the test, that person will receive the crown of life."







Day 7: 🎇 Standing Firm in God's Unshakable Truth

Devotional: Rooted and Unshakable in Faith

After a week of exploring identity, courage, rest, beauty, vulnerability, and community, today we focus on standing firm in God's unshakable truth. Life will bring challenges, doubts, and attempts to gaslight or sway you—but God calls you to a steadfast faith. 1 Corinthians 15:58 encourages believers to be immovable, always abounding in the Lord's work.

When you anchor your identity and purpose in God's promises, you build resilience. Isaiah 40:31 reminds us that those who hope in the Lord continuously renew their strength. Perseverance is not merely endurance; it is anchored hope and continual renewal.

James 1:12 assures that standing firm—despite trials—brings blessing and reward. Your faith is precious, and God delights in your perseverance. As you wrap up this study, commit to grounding yourself daily in God's Word and to standing firm as a woman empowered by His truth.







Day 7: 🎇 Standing Firm in God's Unshakable Truth

Reflect and Apply

1.	Where do you find the most difficulty standing firm in your faith?
2.	How can daily hope in the Lord renew your strength to persevere?
3.	What practical steps will you take to remain grounded in truth?







Day 7: 🎇 Standing Firm in God's Unshakable Truth

Journaling Prompts

1.	Reflect on the truths from this study that have most encouraged you.
2.	Identify any lingering doubts or fears you want to surrender to God.
3.	Write a commitment prayer to stand firm in God's unshakable truth.







Day 7: 🗱 Standing Firm in God's Unshakable Truth

Prayer for Today

Lord, help me to stand firm and unshakable in Your truth. Renew my strength daily as I place my hope in You. Guard my heart against doubt and lies that seek to move me. Empower me to abound in Your work with joy and perseverance. Amen.







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