Healing and Forgiveness: A Journey for Women



A 7-day Bible study plan for women seeking healing and forgiveness after betrayal by another woman.





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Introduction

Healing from betrayal is a painful and complicated journey, especially when it comes from someone close, like another woman. This 7-day study invites you to delve into Scripture for comfort, strength, and restoration. *Through God's Word, you will discover pathways to forgiveness and inner peace,* allowing healing to take root deeply in your soul.

Whether the betrayal was a breach of trust, harsh words, broken friendship, or any act of hurt, the Bible offers timeless wisdom on how to respond in grace, how to overcome bitterness, and how to embrace God's healing power.

Each day's devotional is designed to guide you gently but firmly toward releasing the pain, understanding forgiveness from a Godly perspective, and reclaiming your identity and joy in Christ. You will encounter women from Scripture who faced betrayal and learned to walk forward empowered, and you will be encouraged to open your heart to God's transforming love.

This study is a safe space to process your emotions and seek spiritual renewal. As you engage with the passages and questions, allow the Holy Spirit to minister to your wounded places, and take small but vital steps on the path toward emotional and spiritual freedom.

Remember: Healing is a process, not a destination, and God's grace is sufficient for every step.

















Day 1: 💔 Facing the Pain of Betrayal

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.
- John 14:27 Peace I leave with you; my peace I give you.







Day 1: Facing the Pain of Betrayal

Devotional: Acknowledging Our Hurt Before God

Betrayal wounds deeply, especially when it comes from someone you trusted. It stings not just because of the act but because it unsettles our sense of safety and belonging. However, the Bible reminds us that we do not have to carry this pain alone.

Psalm 34:18 assures us that God is close to the brokenhearted, not distant or indifferent. When we feel crushed in spirit, He is near, ready to comfort and begin the healing process. Letting God into your pain is the first step in healing.

It's okay to be honest with God about your feelings — anger, confusion, sadness — and to bring those emotions before Him in prayer. Doing so creates space for God's peace, which surpasses human understanding, to start to replace the turmoil in your heart (John 14:27).

Today, rest in the truth that your pain is seen and your heart is precious to God. Healing begins by facing the hurt with God's loving presence.







Day 1: 🂔 Facing the Pain of Betrayal

Reflect and Apply

1.	How have you allowed yourself to truly feel the pain of betrayal?
2.	What does it mean to you that God is close to the brokenhearted?
3.	Are you willing to bring your raw emotions before God honestly?







Day 1: 🍑 Facing the Pain of Betrayal

Journaling Prompts

1.	Write down the emotions you feel from the betrayal.
2.	Describe how you imagine God's presence near your broken heart.
3.	List any fears about starting the healing process.







Day 1: 💔 Facing the Pain of Betrayal

Prayer for Today

Dear Lord, thank You for being near when my heart is broken. I bring my pain and confusion to You, trusting You will heal and comfort me. Help me to surrender my hurt and begin to experience Your peace today. In Jesus' name, Amen. **\mathref{Y} \mathref{P} \mathref{A}

















Day 2: W Embracing God's Peace

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.

Supporting Scriptures

- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast.
- Matthew 11:28 Come to me, all you who are weary, and I will give you rest.







Day 2: W Embracing God's Peace

Devotional: Finding Calm in the Midst of Turmoil

Betrayal often brings anxiety, restlessness, and a flood of unwanted thoughts. Philippians 4:6-7 teaches us a powerful antidote to this turmoil: instead of being anxious, we are invited to take everything to God in prayer.

When we approach God with our worries, fears, and unanswered questions—offering them with thanksgiving despite pain—His peace acts as a guard around our hearts and minds. This peace is not dependent on circumstances but on the steadfastness of our trust in God (Isaiah 26:3).

Jesus offers rest to the weary (Matthew 11:28). As you start your healing journey, imagine laying your burdens at His feet, receiving His calm assurance. Peace is a gift, and embracing it daily softens the harsh edges left by betrayal.







Day 2: 😂 Embracing God's Peace

Reflect and Apply

1.	How does anxiety show up for you after betrayal?
2.	What steps can you take to present your worries to God regularly?
3.	What might it look like to live with God's peace guarding your heart?







Day 2: 😂 Embracing God's Peace

Journaling Prompts

1.	Write a prayer where you hand over your anxieties to God.
2.	Describe what God's perfect peace feels like to you.
3.	List situations where you can practice trusting God instead of worry.







Day 2: W Embracing God's Peace

Prayer for Today

Father, I come to You with all my anxieties and worries about betrayal. Help me to surrender them fully and receive Your perfect peace that guards my heart and mind. Teach me to rest in Your presence daily. In Jesus' name, Amen. 🥰 🙏 💗

















Day 3: Forgiveness Breaks the Chains

Your Verse

Ephesians 4:31-32 - Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Supporting Scriptures

- Colossians 3:13 Bear with each other and forgive one another if any of you has a grievance.
- Matthew 6:14 For if you forgive other people when they sin against you, your Heavenly Father will also forgive you.







Day 3: Forgiveness Breaks the Chains

Devotional: Extending Forgiveness as God Forgives Us

Forgiveness is both a command and a gift. It can feel impossible after betrayal, especially when the hurt runs deep. Yet, Scripture is clear that forgiving releases us from bitterness and anger that weigh down the soul.

Ephesians 4:31–32 challenges us to rid ourselves of corrosive emotions and replace them with kindness and compassion, mirroring God's forgiveness toward us. *Forgiveness is not excusing wrongdoing but choosing freedom over resentment.*

Colossians 3:13 reminds us that forgiveness is a process and a daily choice. Jesus Himself teaches that forgiving others unlocks God's forgiveness in our own lives (Matthew 6:14).

As difficult as it is, taking steps toward forgiveness opens doors for inner healing and deeper connection with God's love.







Day 3: V Forgiveness Breaks the Chains

Reflect and Apply

1.	What are your current struggles with forgiveness toward the woman who betrayed you?
2.	How can understanding God's forgiveness toward you help you forgive others?
3.	What practical steps might you take to cultivate kindness and compassion?







Day 3: V Forgiveness Breaks the Chains

Journaling Prompts

1.	Write about what forgiveness means to you personally.
2.	List barriers that keep you from forgiving the hurtful person.
3.	Describe a small way you can begin to extend kindness today.







Day 3: V Forgiveness Breaks the Chains

Prayer for Today

Lord Jesus, Your forgiveness toward me is overwhelming and inspiring. Help me to forgive in the same way, releasing bitterness and embracing compassion. Heal my heart and guide me as I seek to forgive the one who hurt me. In Your mercy, I pray. Amen. **ZZZ**









Day 4: Bestoring Our Hearts









Day 4: Bestoring Our Hearts

Your Verse

Jeremiah 30:17 - I will restore you to health and heal your wounds.

Supporting Scriptures

- Isaiah 61:1 He has sent me to bind up the brokenhearted.
- Psalm 147:3 He heals the brokenhearted and binds up their wounds.







Day 4: **B** Restoring Our Hearts

Devotional: God's Power to Heal Emotional Wounds

Healing is not merely forgetting or ignoring pain but being restored to wholeness. Jeremiah 30:17 is a profound promise that God will restore our health and heal our wounds, including those from emotional betrayal.

Isaiah 61:1 speaks of God's mission to heal broken hearts and set captives free. This healing involves gently knitting broken pieces together and renewing hope.

Psalm 147 reinforces that God sees every wound and acts compassionately to mend us. You are not alone in your process—He is working in and through your pain to bring restoration and peace.

Trust that healing is happening even when it feels slow. God's timing is perfect, and His love is relentless.







Day 4: 🥦 Restoring Our Hearts

Reflect and Apply

1.	In what ways do you feel wounded and in need of restoration?
2.	How does it encourage you that God actively heals your broken heart?
3.	What might restoration look like for you in practical terms?







Day 4: 🥦 Restoring Our Hearts

Journaling Prompts

1.	Describe your current emotional state and areas needing healing.
2.	Record any signs of progress or moments of peace you have experienced.
3.	Write a prayer asking God to restore your heart.







Day 4: B Restoring Our Hearts

Prayer for Today

Heavenly Father, You know my wounds and see my pain. I ask You to restore my health and heal the brokenness within me. Help me to trust in Your healing process and to be patient with myself. Thank You for Your unfailing love. Amen.















Your Verse

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

Supporting Scriptures

- Psalm 34:4 I sought the Lord, and he answered me; he delivered me from all my fears.
- Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding.







Devotional: Finding Strength in Humble Surrender

Healing often requires us to lean into vulnerability—to admit our weakness and need for God. Paul's words in 2 Corinthians 12:9 remind us that God's grace is made perfect when we are weak.

It is in surrendering control and acknowledging our limitations that God's strength is most evident. Psalm 34:4 assures us that God listens and rescues us when we seek Him earnestly.

Trusting in God rather than our own understanding (Proverbs 3:5–6) allows us to navigate the complicated emotions of betrayal without losing heart. Vulnerability becomes a bridge to authentic healing and supernatural strength.

Allow yourself to be honest and open with God today, and lean fully on His sustaining power.







Reflect and Apply

1.	How comfortable are you with being vulnerable about your pain?
2.	What might it mean to find strength through your acknowledged weakness?
3.	Where do you need to trust God more fully right now?







Journaling Prompts

1.	Write about a time God showed His strength in your weakness.
2.	List ways you can surrender control to God in your healing process.
3.	Describe what trusting God looks like in your current situation.







Prayer for Today

Lord Jesus, I am weak and weary, but Your grace is enough for me. Help me to let go of my need to control and to trust You fully. Make Your strength perfect in my weakness today. Amen.

















Day 6: Embracing New Beginnings

Your Verse

Isaiah 43:18-19 - Forget the former things; do not dwell on the past. See, I am doing a new thing!

Supporting Scriptures

- Lamentations 3:22–23 Because of the Lord's great love we are not consumed, for his compassions never fail.
- 2 Corinthians 5:17 If anyone is in Christ, the new creation has come.







Day 6: Embracing New Beginnings

Devotional: Moving Forward with Hope and Renewal

Healing invites us toward new beginnings. Isaiah 43:18–19 encourages us not to dwell on past hurts but to open our eyes to the new things God is doing in our lives.

God's compassion is unfailing (Lamentations 3:22–23) and renews us daily. As a new creation in Christ (2 Corinthians 5:17), you are invited to step into fresh hope, freedom, and purpose beyond the betrayal.

Celebrating new beginnings does not mean forgetting pain but trusting that God redeems it, making all things new. Let today be a day to embrace forward movement, no longer bound by the past but energized by God's transformative love.







Day 6: 😩 Embracing New Beginnings

Reflect and Apply

1.	What previous things do you need to let go of to heal fully?
2.	How do you perceive the 'new thing' God is doing in your life?
3.	What hopes do you have for your future after this healing?







Day 6: 😩 Embracing New Beginnings

Journaling Prompts

1.	Write about what 'new beginnings' look like for you.
2.	List ways God's compassion has shown to you recently.
3.	Describe how being a new creation changes your identity.







Day 6: Embracing New Beginnings

Prayer for Today

Gracious God, thank You for making all things new. Help me to release my focus on past hurts and to embrace Your new work in my life with hope and joy. Renew my heart each day, and guide me forward in Your love. Amen.

















Your Verse

Romans 12:17–18 – Do not repay anyone evil for evil. Live at peace with everyone as far as it depends on you.

Supporting Scriptures

- Galatians 6:1 Restore gently those caught in sin.
- Hebrews 12:14 Make every effort to live in peace with everyone.







Devotional: Choosing Peace and Grace for the Future

As your healing journey culminates, Romans 12:17-18 calls you to respond with grace and pursue peace, even toward those who caused you pain. This can be one of the most challenging steps but is vital for lasting healing.

Galatians 6:1 speaks of restoration done with gentleness, reminding us to approach relationships with kindness rather than bitterness. Hebrews 12:14 urges us to make every effort to live peaceably.

Walking forward in grace does not mean forgetting or allowing harm again, but it means choosing a heart posture that frees you from the cycle of revenge or resentment. It is a daily decision that honors God and protects your own well-being.

Step courageously into this new chapter, empowered by God's love and strength.







Reflect and Apply

1.	How can you pursue peace while protecting your heart?
2.	What does grace toward others look like in your situation?
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3.	How will choosing peace impact your future relationships?







Journaling Prompts

1.	Write about your commitments for walking forward in grace.
2.	Describe any fears or hopes about making peace with others.
3.	List ways you can practice gentle restoration in relationships.







Prayer for Today

Lord God, help me to repay evil with good and to live at peace with others as much as possible. Teach me to walk forward in grace, choosing restoration over resentment. May Your peace rule in my heart always. In Jesus' name, Amen. \bigcirc







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