Healing and Hope: A 21-Day Journey for PTSD from Infidelity



Explore God's truth and comfort in this 21-day Bible study designed to bring healing, peace, and restoration from PTSD caused by infidelity.





Table of contents

<u>Introduction</u>	4
Day 1: God Sees Your Pain	6
Day 2: Renewing Your Mind	12
<u>Day 3: </u>	18
Day 4: Peace That Surpasses	24
Day 5: A Hope in New Beginnings	30
Day 6: Speaking Truth Over Yourself	36
Day 7: X Your Identity in Christ	42
Day 8: Einding Support in Community	48
<u>Day 9: ♥ Letting Go of Bitterness</u>	54
Day 10: Embracing God's Grace	60
Day 11: 7 Trusting God's Timing	66
Day 12: © Embracing God's Light	72
Day 13: W Healing Your Heart	78
Day 14: B Rest for Your Soul	84
Day 15: Strength for the Journey	90
Day 16: Choosing Joy Amid Pain	96











Introduction

Trauma from infidelity can deeply affect your soul, emotions, and mental health. Feelings of betrayal, fear, anxiety, and hopelessness often linger long after the event has ended. This 21-day Bible study is crafted to guide you through Scripture's healing power and God's unfailing love as you process and recover from the wounds of PTSD related to infidelity. **God sees your pain and invites you to bring your burdens to Him** (*Matthew 11:28*).

Each day, you'll discover how to identify and surrender your thoughts and emotions to God while embracing promises that renew your mind and rebuild your hope. Scripture provides a safe refuge and reveals the path to restoration — and your healing journey is deeply personal but not alone. We walk alongside the Savior who understands our suffering and offers peace beyond understanding (*Philippians 4:7*).

This study includes daily Scripture readings, devotionals tailored to your situation, thoughtful reflections to deepen your connection with God, journaling prompts for self-awareness, and prayers asking God to mend the broken places in your heart. Whether anxiety, flashbacks, or shame weigh heavily on you, Scripture illuminates the truth that you are more than your pain and your identity is secure in Christ. Allow this time to be a sacred container for your healing — a spiritual and mental refuge where your heart can begin to breathe again.







Remember, healing is a journey with ups and downs, but God's love is relentless and His grace sufficient every step of the way. Journey in confidence that He is working in you to bring restoration, hope, and peace — one day at a time. Let's walk this path together, embracing God's truth, His presence, and His healing for your soul.









Day 1: V God Sees Your Pain









Day 1: V God Sees Your Pain

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: V God Sees Your Pain

Devotional: God Is Near to Your Broken Heart

When trauma from infidelity leaves us shattered, it can feel like no one understands the depth of our pain. But Scripture reminds us with comforting clarity that God is intimately near to those whose hearts are broken. *Psalm 34:18* tells us He is close to the brokenhearted and saves the crushed in spirit.

Sometimes the weight of betrayal and PTSD can make it hard to breathe or hope. Yet, God does not turn away or ignore our wounds. Instead, He draws near, offering healing and refuge. Like a loving physician, He binds our wounds — emotional, mental, and spiritual — as a tender-hearted healer.

Today, acknowledge your pain before God. You don't have to hide your brokenness or pretend you are okay. He knows your suffering, sees every tear, and is already near. Your feelings are valid, and your journey to restoration begins with the certainty of His presence.







Day 1: 🍑 God Sees Your Pain

Reflect and Apply

	How does knowing that God is near you in your brokenness change your perspective on your pain?
2.	What feelings or thoughts are you hesitant to bring before God right now?
3.	In what ways can you lean on God's promise of healing today despite your fears?







Day 1: 🍑 God Sees Your Pain

Journaling Prompts

	Write about a time when you felt God's presence during a difficult moment.
	List emotions you're experiencing related to the betrayal and how you'd like God to meet you in those feelings.
3.	Describe what healing looks like for you personally at this stage.







Day 1: V God Sees Your Pain

Prayer for Today

Dear Lord, thank You for being near to me in the midst of my pain. Even when I feel broken and overwhelmed, *help me to remember that You are close and ready to heal my wounded heart.* Teach me to lean on Your strength and find refuge in Your love today. Comfort my spirit and give me peace that transcends understanding. Restore hope where I feel despair, and guide my steps toward healing.

In Jesus' name, Amen. 🙏 💝 😂

















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 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."
- Philippians 4:8 "Whatever is true, noble, right, pure, lovely, admirable—think about such things."







Devotional: Capturing Thoughts for Christ's Healing

PTSD often fills our minds with distressing memories, lies, and repetitive negative thoughts. The battle for mental health is partly fought in the mind. Romans 12:2 calls us to transformation through renewing our minds, not conforming to the chaos around us.

God's Word invites us to intentionally replace harmful thought patterns with truth. *Taking captive every thought* means recognizing destructive narratives born from betrayal and entrusting them to God's control. You aren't powerless over your mind.

Begin to filter your thoughts: Are they true, noble, pure, or lovely? Or are they rooted in shame, fear, or blame? Each moment you choose to meditate on God's promises, you build a renewed mental foundation that fosters healing and peace. Embrace this transformative choice today, trusting God's Spirit to lead your mind into freedom.







Reflect and Apply

1.	What negative thoughts do you notice recurring in your mind?
2.	How can God's truth challenge or replace these thoughts?
3.	What practical steps can you take to renew your mind daily?







Journaling Prompts

1.	Identify and write down a thought you want to give to God today.
2.	Reflect on a Bible verse that brings peace and how it counters your fears.
3.	Commit to one mental practice that helps you focus on God's truth.







Prayer for Today

Heavenly Father, my mind feels overwhelmed by painful memories and confusion. Help me to take every anxious or harmful thought captive, surrendering them to You. Renew my mind with Your truth, wisdom, and peace. Teach me to dwell on things that uplift and strengthen my spirit. Fill me with clarity and hope, that I may not be consumed by fear but anchored in Your certainty.

In Jesus' name, Amen. 🔘 🔲 🖴

















Day 3: **(**) God's Protection Over You

Your Verse

Psalm 91:4 - "He will cover you with his feathers, and under his wings you will find refuge."

Supporting Scriptures

- Psalm 121:7 "The LORD will keep you from all harm—he will watch over your life."
- Isaiah 54:17 "No weapon forged against you will prevail."







Day 3: **(**) God's Protection Over You

Devotional: Resting Under God's Protective Wings

Feeling vulnerable after infidelity and PTSD is natural; it can seem like darkness is closing in. Yet **Psalm 91:4 paints a picture of God as a protective mother bird sheltering her young beneath His wings.** You are not left defenseless amid your struggles.

God actively watches over you, guarding your life and mind from ongoing harm and despair. His protection is a refuge where you can rest even when fear and anxiety threaten to overwhelm. This divine shelter is both physical and spiritual, providing safety and peace beyond human understanding.

Trust that God's protective presence surrounds you today. Lay down your fears and let His wings shield your heart and mind. You are precious and deeply cared for by the Creator who fights on your behalf.







Day 3: ① God's Protection Over You

Reflect and Apply

1.	Where do you currently feel unsafe or exposed in your healing journey?
2.	How can you invite God's protection into those vulnerable spaces?
3.	What does it mean to find refuge in God amid PTSD triggers?







Day 3: ① God's Protection Over You

Journaling Prompts

1.	Write about moments when you felt God's protection in past struggles.
2.	List ways you can remind yourself of God's safeguarding presence daily.
3.	Visualize and describe what resting under God's wings looks like for you.







Day 3: **(**) God's Protection Over You

Prayer for Today

Lord God, in the midst of my fears and vulnerabilities, I thank You that You are my refuge and shield. Cover me with Your feathers and hide me safely under Your wings. Protect me from harm, anxiety, and the lingering effects of betrayal. Strengthen my heart to trust in Your care and embrace Your peace even when storms rage around me.

In Jesus' name, Amen. 😢 🕡 💙









Day 4: Peace That Surpasses









Day 4: B Peace That Surpasses

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."







Day 4: **B** Peace That Surpasses

Devotional: Embracing God's Unmatched Peace Today

PTSD often robs us of peace, replacing calm with persistent turmoil. Yet Scripture offers a peace beyond human understanding — a divine tranquility that can guard both heart and mind amid distress.

Philippians 4:7 promises God's peace through Christ Jesus, a peace that shields us when anxiety threatens. This guarded peace doesn't mean pain disappears immediately, but it changes how we bear that pain. It anchors us firmly even in unsettling moments.

To experience this peace, we must turn our thoughts and worries over to God through prayer and trust. Today, as you breathe through difficult memories or emotions, ask God to fill you anew with His unmatched calm and assurance. His peace is a refuge that sustains you through every mental and emotional struggle.







Day 4: 💋 Peace That Surpasses

Reflect and Apply

	What are the primary sources of unrest in your heart and mind right now?
2.	How can you surrender these anxieties to God in prayer?
3.	In what ways could God's peace reshape your response to PTSD triggers?







Day 4: 💋 Peace That Surpasses

Journaling Prompts

1.	Write a prayer asking God for His peace over your mind and heart.
2.	Describe a past experience where God's peace comforted you.
3.	Identify steps you can take to cultivate peace daily, even in hardship.







Day 4: **B** Peace That Surpasses

Prayer for Today

Gracious Father, I long for Your peace to envelop my heart and mind. When anxiety and fear rise up, help me to lean into Your presence and trust Your promises. Guard me with a peace that surpasses understanding. Calm the storms of PTSD within me and remind me that You hold me safely in Your hands.

In Jesus' name, Amen. 🥬 😂 💙

















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

- Isaiah 43:19 "See, I am doing a new thing!"
- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."







Devotional: God's Mercy Brings New Beginnings

Betrayal and PTSD can make us feel trapped in pain, like there is no future beyond suffering. But God offers **new mercies every morning, fresh compassion, and a faithfulness that never quits.** This truth from *Lamentations 3:22–23* reminds us that the story isn't over.

Each day is a chance to embrace hope even if it feels faint. God is actively at work, making all things new — including your heart, mind, and circumstances. This hope is not based on feelings, but on the unchanging character of our loving God.

Be encouraged that healing and restoration can begin again each day. God's mercies renew you in the small steps of faith, in the prayers whispered, in the courage to face another day. Hold on to hope and look forward with the assurance that your brokenness is not permanent.







Reflect and Apply

1.	How have you experienced God's faithfulness in past challenges?
2.	What does it mean for you to start anew each morning in God's grace?
3.	Where do you sense God calling you to hope despite current pain?







Journaling Prompts

1.	Write about a moment when a new start felt possible.
2.	List practical ways you can remind yourself daily of God's mercies.
3.	Describe a prayer asking God to renew your hope right now.







Prayer for Today

Lord of New Beginnings, thank You that Your mercies are fresh each morning. Even when my heart feels tired and my pain feels heavy, remind me of Your unfailing compassion. Help me to trust in Your faithfulness and embrace the hope You give. Guide my steps into renewal and healing one day at a time.

In Jesus' name, Amen. 🕰 🙏 🍩







Day 6: Speaking Truth Over Yourself









Day 6: Speaking Truth Over Yourself

Your Verse

Proverbs 18:21 - "The tongue has the power of life and death."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths."
- Joshua 1:9 "Be strong and courageous... for the LORD your God will be with you wherever you go."







Day 6: 💁 Speaking Truth Over Yourself

Devotional: The Power of Life-Giving Words

Our words have incredible power—both to harm and to heal. After betrayal, self-talk can easily slip into condemnation, shame, and hopelessness. But **Proverbs 18:21 warns that the tongue holds the power of life and death.** What we say to ourselves matters deeply.

As believers, we are called to speak life-giving, uplifting words — even when it's hard. The Bible urges us to avoid unwholesome talk and instead encourage and build each other up. *Speaking God's truth over yourself is a vital step toward reclaiming your identity and mental peace.*

Today, be intentional in your self-talk. Replace lies with God's promises. Affirm your worth, courage, and hope found in Him. Speak aloud or write down life-filled declarations that reflect God's love and strength residing in you.







Day 6: 💁 Speaking Truth Over Yourself

Reflect and Apply

1.	What negative self-talk has taken root in your mind?
2.	How can you intentionally replace these with God's truth?
3.	What specific truths about yourself and God can you affirm today?







Day 6: 💁 Speaking Truth Over Yourself

Journaling Prompts

1.	Write down three affirmations reflecting God's love for you.
2.	Journal a conversation between the lies you hear and God's truth.
3.	Record how positive declarations impact your emotions after speaking them.







Day 6: Speaking Truth Over Yourself

Prayer for Today

God of Truth, I confess the times I have spoken words that tear myself down. Help me to honor You by speaking life and hope instead. Fill my mouth with Your truth and power. Teach me to bless myself with courage and love, recognizing Your image in me. May my words bring healing and peace today.

In Jesus' name, Amen. 🖵 💬 🖴

















Your Verse

2 Corinthians 5:17 - "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Devotional: Finding True Identity in Christ

Infidelity can cause us to question who we are and distort our self-worth. But the Bible offers a foundation of identity rooted in Christ alone. When we accept Him, we become a new creation — the old pain and shame do not define us anymore.

2 Corinthians 5:17 affirms this radical transformation and renewal of identity. Our past does not imprison us; God's redeeming work makes us whole and purposeful again. Your value is not found in someone else's betrayal but in the hands of your Creator.

Today, reflect on your identity as God's beloved, renewed and cherished. Let go of labels or lies from your past and embrace who you are in Christ, fully accepted and empowered to move forward in His strength and purpose.







Reflect and Apply

1.	How have feelings of betrayal challenged your sense of self?
2.	What does it mean to you to be a new creation in Christ?
3.	How can embracing your God-given identity influence healing?







Journaling Prompts

1.	Write a letter to yourself from God's perspective.
2.	List qualities or truths about who you are in Christ.
3.	Reflect on ways your identity in Christ has changed your life.







Prayer for Today

Father God, thank You for making me a new creation in Christ. Help me to release the old wounds and false identities that weigh me down. Root me firmly in the truth of who I am in You — loved, chosen, and purposeful. Strengthen me to live out this new identity with courage and hope each day.

In Jesus' name, Amen. 💸 💙 🙏

















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

- Hebrews 10:24–25 "Let us consider how we may spur one another on to love and good deeds."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Devotional: The Power of Shared Burdens

Healing from PTSD and betrayal doesn't have to be a lonely journey. God designed us for community — relationships where we can lean on others for encouragement, accountability, and support.

Ecclesiastes 4:9–10 highlights the strength that comes from walking with someone else. When one falters, another helps them up. The church and Christian friends become vital lifelines when internal struggles feel overwhelming.

Ask God to guide you toward safe, trustworthy people who speak truth and love into your life. Don't be afraid to share your story step by step with someone you trust. Community can bring freedom and restoration that isolation cannot.







Reflect and Apply

1.	Who in your life can you lean on during difficult times?
2.	What fears or barriers keep you from seeking support?
3.	How can you begin to build or deepen community around your healing?







Journaling Prompts

1.	Write about a time when someone helped you in a need.
2.	List qualities you desire in a support person or group.
3.	Journal a prayer asking God for courage to reach out.







Prayer for Today

Lord, thank You for creating us for relationship and community. When I feel alone in my pain, remind me that You have placed people around me to carry my burdens. Help me to find safe and loving support. Give me courage to reach out and receive healing through connection.

In Jesus' name, Amen. 💝 💙 🙏

















Day 9: W Letting Go of Bitterness

Your Verse

Ephesians 4:31–32 – "Get rid of all bitterness... 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."
- Matthew 6:14 "If you forgive others, your heavenly Father will also forgive you."







Day 9: W Letting Go of Bitterness

Devotional: Freedom Through Forgiveness

Betrayal naturally stirs anger, resentment, and bitterness. Holding onto these emotions can imprison your heart and slow your healing. Yet God's Word calls us to release bitterness and embrace forgiveness — not as a way to excuse wrongdoing, but to free ourselves.

Ephesians 4:31–32 encourages kindness, compassion, and forgiveness modeled after Christ's grace to us. Forgiveness is a process and a choice to no longer let bitterness control your soul.

Today, invite God to help you soften your heart toward those who hurt you, including yourself. Forgiveness is a powerful step toward reclaiming peace, freeing your mind, and living into God's healing plan.







Day 9: 🖏 Letting Go of Bitterness

Reflect and Apply

1.	What bitterness or anger do you sense still holds you back?
2.	How could forgiveness change your emotional and spiritual health?
3.	What practical steps can you take toward forgiving yourself and others?







Day 9: 🖏 Letting Go of Bitterness

Journaling Prompts

1.	Write about what forgiveness means to you right now.
2.	Journal a letter (not necessarily sent) forgiving the person who hurt you.
3.	Reflect on times God forgave you and what that forgiveness looked like.







Day 9: W Letting Go of Bitterness

Prayer for Today

Merciful God, bitterness and anger weigh heavily on my heart. Help me to release these burdens and forgive as You have forgiven me. Teach me kindness and compassion, even in the face of pain. Restore my heart's freedom and lead me into deeper healing by Your grace.

In Jesus' name, Amen. 😂 💙 🙏

















Your Verse

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

Supporting Scriptures

- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."
- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions."







Devotional: Strength Through God's Sufficient Grace

When PTSD and emotional wounds seem overwhelming, God's grace meets us right where we are — in our weakness and need. **2 Corinthians 12:9** reminds us that His grace is sufficient and His power is perfected through our weakness.

His grace isn't about superficial fixes but deep, sustaining strength to carry you through the hardest days. We can come to God's throne with confidence, knowing He is compassionate and eager to help.

Allow yourself to rest in God's grace today, accepting that you don't have to be strong on your own. You are held up and empowered by a love that never fails.







Reflect and Apply

1.	How do you usually respond when you feel weak or vulnerable?
2.	What does it mean for God's power to be made perfect in your weakness?
3.	How can you practice receiving God's grace daily?







Journaling Prompts

1.	Write about a time God's grace carried you in difficulty.
2.	List ways you can remind yourself of God's sufficient grace.
3.	Journal an honest prayer asking for strength through God's grace.







Prayer for Today

Lord Jesus, I confess my weakness and need for Your grace. Help me to rely fully on Your strength that sustains me, especially when I feel broken. Let Your power be made perfect in my weakness, and lead me forward step by step with confidence in Your unfailing love.

In Your name, Amen. 🎡 💪 🙏









Day 11: Frusting God's Timing









Day 11: 6 Trusting God's Timing

Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Psalm 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







Day 11: // Trusting God's Timing

Devotional: Patience in God's Perfect Timing

Healing from trauma and PTSD can be a slow and unpredictable process. It's easy to become frustrated wishing for faster relief or clarity. Yet, Scripture affirms that there is a season for every activity and purpose.

Ecclesiastes 3:1 invites you to trust God's perfect timing for your healing journey. Waiting doesn't mean inactivity but a hopeful endurance fueled by faith.

As you face ups and downs today, remember that God is working even when you can't see it. Strengthen yourself in hope and patience, knowing that restoration is coming at the right moment, led by His wisdom and love.







Day 11: 🌈 Trusting God's Timing

Reflect and Apply

1.	What emotions arise when you feel impatient in your healing?
2.	How can trusting God's timing bring peace to your heart?
3.	What practical ways can you cultivate patience and hope today?







Day 11: 🌈 Trusting God's Timing

Journaling Prompts

1.	Write about a time when waiting led to a good outcome.
2.	List things that make it hard for you to wait on God.
3.	Journal a prayer asking God to help you trust His timing.







Day 11: 6 Trusting God's Timing

Prayer for Today

Father, Your timing is perfect, even when my heart aches for quick answers. Teach me to wait with strength and hope, trusting You are working all things for my good. Renew my patience and fill me with peaceful assurance as I journey through healing at Your pace.

In Jesus' name, Amen. 🛚 🌈 🙏









Day 12: P Embracing God's Light









Day 12: P Embracing God's Light

Your Verse

John 8:12 - "I am the light of the world. Whoever follows me will never walk in darkness."

Supporting Scriptures

- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- Isaiah 42:16 "I will lead the blind by ways they have not known."







Day 12: P Embracing God's Light

Devotional: Walking in God's Guiding Light

Trauma can feel like a pervasive darkness clouding your path and distorting your view of the future. Jesus offers a powerful promise: to be the light that dispels darkness and guides you safely forward.

John 8:12 reminds us that those who follow Jesus will not walk in darkness. This light provides clarity, hope, and purpose amid uncertainty.

Engage with God's Word today as a source of illumination, helping you navigate confusing emotions and painful memories. Trust that God will lead you through the unseen and unknown ways toward healing and restoration, lighting each step with His love.







Day 12: 🖓 Embracing God's Light

Reflect and Apply

1.	Where do you feel surrounded by darkness or confusion?
2.	How can Jesus' light bring clarity and hope to those areas?
3.	What habits help you remain connected to God's light daily?







Day 12: 🖓 Embracing God's Light

Journaling Prompts

1.	Describe a time when God's Word gave you direction or comfort.
-	
-	
-	
2.	Write about areas in your life needing God's illumination now.
-	
-	
-	
3.]	Journal a prayer inviting Jesus' light into your darkest places.
<u>-</u>	







Day 12: PEmbracing God's Light

Prayer for Today

Jesus, Light of the World, when darkness feels overwhelming, guide me with Your radiant love. Help me to follow You closely so I do not stumble. Let Your Word illuminate my path and lead me confidently through this healing journey. Thank You that in Your light, I find hope and peace.

In Your name, Amen. 🖓 🛠 🗘









Day 13: Wealing Your Heart









Day 13: W Healing Your Heart

Your Verse

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

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds."
- Isaiah 61:1 "He has sent me... to bind up the brokenhearted."







Day 13: Wealing Your Heart

Devotional: God's Tender Healing of Your Heart

The emotional trauma from infidelity can leave deep wounds in your heart. Yet the Bible offers profound hope for healing and restoration.

Psalm 147:3 assures that God heals the brokenhearted and binds up their wounds. He is the ultimate healer — not rushing the process but gently mending the broken places over time.

Invite God today to tenderly touch your heart with His healing balm. Know that your pain is honored and not forgotten. Healing is possible because God is faithful and powerful to restore what has been broken.







Day 13: W Healing Your Heart

Reflect and Apply

1.	What hurts in your heart feel the heaviest right now?
2.	How can you give God permission to heal those areas?
3.	What does emotional healing look like to you in this season?







Day 13: W Healing Your Heart

Journaling Prompts

1.	Write about areas in your heart you want God to heal.
2.	List memories or emotions you feel ready to surrender to God.
3.	Journal a prayer asking God to bind your wounds and restore you.







Day 13: WHealing Your Heart

Prayer for Today

Healer of Hearts, I bring before You my brokenness and pain. Please touch the wounded places in my heart and heal them with Your love. Bind my hurts and lift my spirit. I trust Your faithful presence to restore me step by step on this journey of healing.

In Jesus' name, Amen. ♥ ☒ 🙏









Day 14: Best for Your Soul









Day 14: Best for Your Soul

Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 23:2-3 "He makes me lie down in green pastures, he leads me beside quiet waters."
- Hebrews 4:9-10 "There remains a Sabbath-rest for the people of God."







Day 14: Best for Your Soul

Devotional: Accepting Jesus' Invitation to Rest

PTSD often leaves the mind and soul weary from constant vigilance, anxiety, and emotional pain. Jesus extends a beautiful invitation in Matthew 11:28 to come to Him for rest.

This rest isn't just physical, but soul-deep restoration and peace. Just as God leads the Psalmist beside still waters and green pastures, He longs to bring refreshment to your spirit.

Take time today to accept Jesus' invitation. Slow down, breathe deeply, and rest in His presence. Let Him carry your burdens and renew your strength so that healing can continue in the atmosphere of His peace.







Day 14: 💋 Rest for Your Soul

Reflect and Apply

1.	How does exhaustion affect your healing journey?
2.	What prevents you from resting in Jesus' presence?
3.	What practices can help you experience soul rest regularly?







Day 14: 💋 Rest for Your Soul

Journaling Prompts

1.	Write about what rest means for your soul today.
2.	Describe a time you felt fully refreshed by God's care.
3.	Journal a prayer asking Jesus to carry your burdens and give rest.







Day 14: 🥦 Rest for Your Soul

Prayer for Today

Jesus, I come to You weary and burdened. Thank You for Your invitation to rest. Help me to lay down my anxieties and pain in Your care. Restore my soul and refresh my spirit. Teach me to find peace in You amid all that challenges me.

In Your name, Amen. 🥬 🛌 🙏

















Day 15: Strength for the Journey

Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 28:7 "The LORD is my strength and my shield."







Day 15: 6 Strength for the Journey

Devotional: God's Strength Sustains You

Recovery from trauma is often exhausting and discouraging. It's natural to feel weak or depleted at times. Yet God **promises to supply strength to the weary and multiply our power.** (Isaiah 40:29).

Through His joy, presence, and protection, God renews our inner resources to keep moving forward. You don't have to rely on your own abilities; God's strength is made available to you.

Ask God to fill you with His strength today, so you can face each challenge with courage. Let His joy be your source of power even when the journey feels long.







Day 15: 💪 Strength for the Journey

Reflect and Apply

1.	When do you most feel weak or discouraged?
2.	How have you experienced God's strength in these moments?
3.	What can you do to rely more on God's power than your own?







Day 15: 💪 Strength for the Journey

Journaling Prompts

1.	Write about a time God gave you unexpected strength.
2.	List scriptures or songs that encourage you to persevere.
3.	Journal a prayer asking God to renew your strength today.







Day 15: Strength for the Journey

Prayer for Today

Lord, I feel weak and weary on this path. Please give me strength beyond my own to keep going. Increase my power to face every obstacle and fill me with Your joy that fuels endurance. You are my shield and hope — I trust in You.

In Jesus' name, Amen. 💪 🕡 🙏

















Your Verse

James 1:2-3 - "Consider it pure joy... whenever you face trials of many kinds."

Supporting Scriptures

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 16:11 "In your presence there is fullness of joy."







Devotional: Joy as a Strength in Trials

It may seem impossible to find joy in the midst of PTSD and infidelity pain, but the Bible challenges us to discover a deeper joy rooted in God's presence.

James 1:2–3 invites us to consider trials as opportunities to develop perseverance, leading to maturity and joy. This joy doesn't deny the pain but acknowledges God's sustaining grace through it all.

Today, ask God to help you find moments of joy — in small blessings, in His presence, in hope for the future. Choose to anchor your heart in the joy of the Lord, a source of strength that transcends circumstances.







Reflect and Apply

1.	How do you typically respond emotionally to trials right now?
2.	What does it look like to choose joy despite pain?
3.	Where in your life can you invite God's joy today?







Journaling Prompts

Write about something that brings you joy even now.
Reflect on how God's presence influences your emotions.
Journal a prayer inviting God's joy into your heart.







Prayer for Today

Father, help me to discover Your joy even in difficult days. When trials press in, remind me that Your presence fills me with strength and hope. Teach me to choose joy that sustains and uplifts my spirit. Thank You for being my unchanging source of joy.

In Jesus' name, Amen. 🕸 😊 🙏

















Day 17: V Cultivating Self-Compassion

Your Verse

Psalm 103:8 - "The LORD is compassionate and gracious, slow to anger, abounding in love."

Supporting Scriptures

- Lamentations 3:22 "Because of the LORD's great love we are not consumed."
- Matthew 22:39 "Love your neighbor as yourself."







Day 17: V Cultivating Self-Compassion

Devotional: Reflecting God's Compassion to Yourself

Betrayal wounds can also breed harsh self-judgment and guilt. Yet God's heart is full of compassion, extending grace even to our imperfections. **Psalm** 103:8 reflects the tender and patient love God shows us.

In healing, we must also learn to treat ourselves with kindness and understanding. Self-compassion honors God's creation in you and opens the door to restoration and peace.

Take time today to reflect on how you speak to yourself. Practice extending the same grace and patience you would offer a dear friend. Accept God's compassion over your life and let it transform how you perceive yourself.







Day 17: 💙 Cultivating Self-Compassion

Reflect and Apply

1.	How do you typically treat yourself during difficult moments?
2.	What would self-compassion look like in your healing journey?
3.	How can God's love guide your self-talk and self-care?







Day 17: V Cultivating Self-Compassion

Journaling Prompts

1.	Write a kind letter to yourself from God's perspective.
2.	List ways you can practice self-compassion daily.
3.	Journal about areas where you struggle to accept God's grace.







Day 17: V Cultivating Self-Compassion

Prayer for Today

Compassionate God, thank You for Your patient and loving heart toward me. Help me to receive Your grace and extend that same compassion to myself. Teach me to be gentle with my emotions and kind in my self-talk. Restore my soul through Your tender love.

In Jesus' name, Amen. 💛 🙏 🥰







Day 18: W Freedom Through Forgiveness









Day 18: 😂 Freedom Through Forgiveness

Your Verse

Colossians 3:13 - "Forgive as the Lord forgave you."

Supporting Scriptures

- Matthew 6:14–15 "If you forgive others... your heavenly Father will also forgive you."
- Ephesians 4:32 "Be kind and compassionate, forgiving each other."







Day 18: W Freedom Through Forgiveness

Devotional: Choosing Forgiveness for Freedom

Forgiveness is a challenging but liberating step in healing PTSD from infidelity. It is a choice that frees your heart from the chains of bitterness and resentment.

Colossians 3:13 commands us to forgive just as God has forgiven us. This forgiving spirit reflects God's character and opens the door to peace and restoration.

Consider embracing forgiveness not for the sake of the one who hurt you only, but for your own soul's freedom. Ask God to soften your heart and empower you to release the hold of past wounds. Through forgiveness, God's healing flows most freely.







Day 18: 🐯 Freedom Through Forgiveness

Reflect and Apply

1.	What feelings or fears come up when you think about forgiving?
2.	How does God's forgiveness of you encourage forgiving others?
3.	In what ways could forgiveness transform your healing journey?







Day 18: 🐯 Freedom Through Forgiveness

Journaling Prompts

Write a letter of forgiveness to yourself or another person.
List what forgiveness is and is not for you personally.
Journal a prayer asking God to help you forgive and be free.







Day 18: 😂 Freedom Through Forgiveness

Prayer for Today

Lord, forgiveness feels hard and heavy, but I want to walk in freedom. Help me to forgive as You have forgiven me. Soften my heart, heal wounds, and release bitterness. Teach me to trust Your healing power in every step toward forgiveness.

In Jesus' name, Amen. 😂 🎔 🙏

















Your Verse

Romans 8:38-39 - "Nothing can separate us from the love of God..."

Supporting Scriptures

- Jeremiah 31:3 "I have loved you with an everlasting love."
- 1 John 4:16 "God is love. Whoever lives in love lives in God."







Devotional: Anchored in God's Everlasting Love

In the darkest seasons of PTSD and betrayal, one truth remains unwavering: God's love for you is eternal and inseparable.

Romans 8:38–39 powerfully declares that no circumstance or force can separate us from God's love. This love is not conditional on our feelings or mistakes — it endures forever.

Rest in this unchanging love today. Let it seep into your soul, healing fear, doubt, and rejection. God's love is your anchor and refuge, holding you securely no matter what.







Reflect and Apply

How do you experience God's love in your current season?
What doubts or fears challenge your belief in His steadfast love?
How can knowing God's unchanging love bring you comfort today?







Journaling Prompts

1.	Write about a time you deeply felt God's love.
2.	List scriptures that remind you of His steadfast love.
3.	Journal a prayer expressing thanks for God's unending love.







Prayer for Today

Father, thank You that nothing can separate me from Your love. In moments of pain and doubt, remind me that Your love holds me securely. Help me to rest fully in Your everlasting embrace, confident and unshaken.

In Jesus' name, Amen. 🗱 💙 🙏









Day 20: 😂 Living in Hope









Day 20: 😂 Living in Hope

Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."

Supporting Scriptures

- 1 Peter 1:3 "Born again to a living hope through the resurrection of Jesus Christ."
- Jeremiah 29:11 "I know the plans I have for you... plans to give you hope and a future."







Day 20: 🚨 Living in Hope

Devotional: Anchoring Your Life in Living Hope

Hope is the lifeline that keeps us moving forward through the lingering effects of trauma. The God of hope desires to fill you with joy and peace as you trust Him.

Romans 15:13 encourages us to live anchored in this hope — a confident expectation rooted in God's character and promises. Because of Jesus' resurrection, believers are born into a living hope that transcends circumstances.

Allow yourself to be filled with this hope today. Look forward by faith, knowing God has good plans for your future and is faithful to complete the healing He has begun.







Day 20: 😂 Living in Hope

Reflect and Apply

1.	What does hope mean to you in your healing journey?
2.	How can trusting God's plans bring peace amid uncertainty?
3.	What are practical ways to cultivate hope daily?







Day 20: 😂 Living in Hope

Journaling Prompts

Write about hopes and dreams God is placing in your heart.
List scriptures or verses that inspire hope for you.
Journal a prayer asking God to fill you with hope and joy.







Day 20: 🚨 Living in Hope

Prayer for Today

God of Hope, fill me with Your joy and peace as I place my trust in You. Help me to live anchored in the hope You provide, knowing You are faithful to fulfill Your good plans in my life. Strengthen my heart to persevere with confident expectation.

In Jesus' name, Amen. 😂 🛠 🙏

















Your Verse

Joel 2:25 - "I will restore to you the years that the swarming locust has eaten."

Supporting Scriptures

- Psalm 23:3 "He restores my soul."
- Revelation 21:5 "Behold, I am making all things new."







Devotional: God's Promise of Restoration

As you conclude this 21-day journey, God invites you to embrace restoration — the rebuilding and renewing of what trauma has seemed to consume.

Joel 2:25 offers hope that God can restore even the lost years and brokenness. He is the great Restorer, repairing souls and lives with His loving hands.

Celebrate how far you've come and hold tightly to the promise of newness and healing ahead. God is making all things new in your life. As you continue moving forward, lean on His strength and love, knowing restoration is real and attainable.







Reflect and Apply

1.	How have you experienced God's restoration during this study?
2.	What hopes do you hold for your ongoing healing journey?
3.	How will you continue to rely on God for restoration and strength?







Journaling Prompts

1.	Reflect on your progress and growth over these 21 days.
2.	Write a prayer of gratitude for God's restoration in your life.
3.	Journal your hopes and intentions moving forward in healing.







Prayer for Today

Restoring God, thank You for Your promise to restore what has been lost or broken. I am grateful for Your healing work in my heart and mind throughout this journey. Help me to keep trusting You as You continue making all things new. Strengthen me to walk forward with hope, courage, and peace.

In Jesus' name, Amen. 🛠 🥦 🙏







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.