# Healing and Hope: A Journey to Recovery After Church Hurt



Discover God's healing power and restore your faith with these 21 days of scripture-driven encouragement and hope after church hurt.





#### Table of contents

<u>Introduction</u>	4
Day 1: Facing the Pain	5
Day 2: Finding Refuge in God	11
<u>Day 3: ∰ God's Unfailing Love</u>	17
<u>Day 4: ♥ Embracing God's Peace</u>	23
Day 5: Wisdom for Healing	29
Day 6: Forgiving Others	35
Day 7: Renewing Your Spirit	41
Day 8: Finding Your Voice	47
<u>Day 9:  Embracing Healthy Relationships</u>	53
Day 10: X Restoring What Was Broken	59
Day 11: ¾ Clinging to Hope	65
<u>Day 12: A Setting Healthy Boundaries</u>	71
Day 13: S Choosing Joy in Recovery	77
Day 14: B Rest in God's Timing	83
Day 15: Embracing New Beginnings	89
<u>Day 16:  Refocusing Your Purpose</u>	95











#### Introduction

Experiencing hurt within the church can leave deep emotional and spiritual wounds. Whether caused by betrayal, misunderstanding, or neglect, **church hurt** often shakes the foundation of our faith and trust in the body of Christ. Yet, *God's Word* offers us healing, restoration, and hope even in the darkest moments.

This 21-day Bible study invites you to embark on a transformative journey from pain to peace, focusing on recovery after church hurt. Through daily scripture readings, reflections, and prayers, you will find God's promises to mend what is broken, renew your spirit, and guide you back to fellowship with Him and His people.

**Each day** is crafted to gently lead you toward understanding, forgiveness, and rebuilding trust. You will explore themes like God's unfailing love, the power of grace, the importance of healthy boundaries, and the joy of restored relationships.

As you read and meditate, remember you are not alone in this journey. Many have walked this path and found hope anew. In these pages, *may you encounter the God who heals, restores, and carries all our burdens.* 









Day 1: V Facing the Pain









Day 1: V Facing the Pain

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed… I will strengthen you and help you."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 1: V Facing the Pain

#### Devotional: God Is Close to the Brokenhearted

Today begins the journey by acknowledging the deep hurt caused by church wounds. Feeling betrayed or abandoned can be heartbreaking. But scripture makes it clear: **God is especially near to the brokenhearted**. His presence does not abandon us in our pain but offers comfort and salvation.

It is okay to feel sorrow and to honestly bring those feelings before God. He is our refuge and strength, always ready to support us when we are weak. In this first step, let your heart cry out to Him, trusting that He hears you and will walk with you during this recovery.

*Remember*, healing often starts with accepting where you are instead of suppressing the pain.







Day 1: 💔 Facing the Pain

## Reflect and Apply

	What feelings about your church hurt are hardest to admit to yourself or God?
2.	How have you tried to cope with this pain so far?
3.	In what ways do you sense God's presence even in the midst of your hurt?







Day 1: V Facing the Pain

## **Journaling Prompts**

	Write honestly about your current feelings regarding your church experience.
2.	List ways God has comforted you in other difficult times.
3.	Describe what you hope to find through this recovery journey.







Day 1: V Facing the Pain

#### Prayer for Today









# Day 2: Finding Refuge in God









Day 2: V Finding Refuge in God

#### Your Verse

Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."

#### **Supporting Scriptures**

- Nahum 1:7 "The Lord is good, a refuge in times of trouble..."
- Proverbs 18:10 "The name of the Lord is a fortified tower; the righteous run to it and are safe."







Day 2: Finding Refuge in God

#### Devotional: God Is Your Ever-Present Refuge

After the initial pain, it's important to find a safe place to rest and recover — a refuge that can protect your heart. **The Bible calls God our refuge and strength**, a shelter where we can find real peace amid chaos.

Church hurt can feel isolating, but God offers Himself as a sanctuary. He is an "ever-present help" who does not abandon or hide. When feelings of fear or loneliness rise, remember you can run to Him — like a child running into a parent's arms — where you will be safe.

Taking refuge in God means leaning on His promises and rest instead of trying to push pain away or fix things on your own. He welcomes you with open arms, ready to uphold you.







Day 2: **(**) Finding Refuge in God

## Reflect and Apply

1.	How have you tried to find refuge outside of God up to now?
2.	What does God's protection and strength mean to you personally?
3.	How can you invite God into your daily struggles during recovery?







Day 2: **(**) Finding Refuge in God

## **Journaling Prompts**

1.	. Write about moments when you have felt God's protective presence.
2.	List ways you can turn to God when feelings of hurt arise.
3.	. Describe what it would feel like to fully rest in God's refuge.







Day 2: **(**) Finding Refuge in God

#### Prayer for Today

**Father God,** You are my refuge and strength. When the hurt inside feels overwhelming, help me to run to You without hesitation. Thank You for being an ever-present help when I am troubled. Teach me to rest in Your protection daily and to trust Your care. Surround me with Your peace as I continue to heal. In Jesus' name, Amen.

















#### Your Verse

Romans 8:38-39 - "Nothing will be able to separate us from the love of God..."

#### **Supporting Scriptures**

- Jeremiah 31:3 "I have loved you with an everlasting love..."
- Psalm 136:26 "Give thanks to the God of heaven. His love endures forever."







Day 3: **\$\frac{1}{2}\$** God's Unfailing Love

#### Devotional: Reminded of God's Everlasting Love

One of the deepest wounds from church hurt is feeling unloved or rejected by God's people — and sometimes even questioning God's love for us. Yet the Bible assures us that God's love is unchanging and relentless.

**Nothing can separate us from His love.** Even when people fail us, God's love is steadfast. His commitment to us is eternal, never suffering fatigue or waning with circumstances.

Allow this truth to seep deep into your heart: You are loved with an everlasting, unfailing love. Healing begins when we remember where our true identity and worth come from — not from others but from God alone.







## Reflect and Apply

1.	How has church hurt challenged your understanding of God's love?
2.	What does God's unwavering love mean to your healing?
3.	How can embracing God's love reshape your self-view and trust?







## **Journaling Prompts**

Vrite about times you have experienced God's love despite pain.
ist scriptures that affirm God's unfailing love for you.
Reflect on what it means to be loved 'everlastingly' by God.







#### Prayer for Today

**Lord,** remind me today of Your unfailing, everlasting love. When I feel rejected or hurt, help me to cling to Your promises that nothing can separate me from Your love. Heal the places where I feel unloved. Fill me with Your perfect love that casts out all fear. I trust in You alone. In Jesus' precious name, Amen. **\$\varphi\$** 



















#### Your Verse

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

#### **Supporting Scriptures**

- Philippians 4:6-7 "The peace of God, which transcends all understanding, will guard your hearts..."
- Colossians 3:15 "Let the peace of Christ rule in your hearts..."







#### Devotional: Receiving the Peace of Christ

The turbulence of church hurt often stirs anxiety, anger, and confusion. Yet, **Jesus invites us to receive His peace** — a peace unlike any the world can give. This divine peace calms restless hearts and steadies our soul.

Accepting Christ's peace means surrendering fears and doubts to Him. It is not ignoring pain but trusting that He walks with us, bringing serenity in the midst of chaos.

As you move through recovery, meditate on God's peace. Let it guard your heart as a protective shield, helping you to respond with grace rather than bitterness.







## Reflect and Apply

1.	What thoughts or emotions are robbing you of peace right now?
2.	How can you practice surrendering these to God daily?
3.	In what situations can you invite Christ's peace today?







## **Journaling Prompts**

1.	Describe what Jesus' peace feels like to you personally.
2.	Write down worries you need to hand over to God.
3.	List practical ways to nurture God's peace throughout your day.







#### Prayer for Today

**Prince of Peace,** I surrender my anxieties, confusion, and anger to You. Fill me with Your calm and steady peace that nothing can disrupt. Guard my heart and mind as I heal from hurt. Help me to rest in Your presence and carry this peace into each day. Thank You for Your faithful, comforting love. In Jesus' name, Amen. 😂 🔾 🙏

















#### Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God..."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart..."
- Psalm 32:8 "I will instruct you and teach you in the way you should go..."







#### Devotional: Asking God for Healing Wisdom

Recovering from church hurt requires not only emotional healing but also wise choices moving forward. God generously gives wisdom when we ask in faith.

**God promises to guide our steps**, directing us away from harm and toward restoration. Wisdom helps us to understand when to forgive, when to set healthy boundaries, and how to rebuild trust without repeating past mistakes.

Today, invite God to illuminate the path ahead with His loving guidance. Trust Him to teach you how to heal correctly — with patience, grace, and discernment.







## Reflect and Apply

1.	What decisions about recovery feel unclear or overwhelming?
2.	How comfortable are you in seeking God's guidance?
3.	What steps can you take to listen more attentively to God's wisdom?







#### **Journaling Prompts**

Write a prayer asking God for specific wisdom regarding your recovery.
Reflect on past experiences where God provided good guidance.
List obstacles you face and invite God to help navigate them wisely.







#### Prayer for Today

**Lord,** I come before You asking for wisdom in my healing journey. Help me to trust You fully and listen to Your guidance. Teach me how to wisely navigate this season of recovery, making choices that honor You and protect my heart. Lead me gently on the path to restoration. In Jesus' name, Amen.  $\bigcirc$   $\bigcirc$ 









## Day 6: Forgiving Others









Day 6: Forgiving Others

#### Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

#### **Supporting Scriptures**

- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Colossians 3:13 "Forgive as the Lord forgave you."







#### Devotional: The Freedom Found in Forgiveness

One of the hardest steps in church hurt recovery is forgiveness — forgiving those who caused the pain. Forgiveness does not mean denying the hurt or excusing wrongdoing, but releasing anger and bitterness that weigh us down.

**God's Word\* calls us to forgive as He forgave us.\*** This is a process, not a one-time event. Forgiveness opens the door to emotional freedom and healing. It frees your heart from the prison of resentment.

Remember, forgiveness is for your own restoration. Trust God to remove the bitterness and fill the space with His kindness and love.







# Reflect and Apply

1.	What feelings or thoughts make forgiveness difficult for you?
2.	In what ways have you seen God's forgiveness in your life?
3.	How might forgiving others benefit your own healing?







### **Journaling Prompts**

Write about someone you need to forgive and your feelings toward them.
List steps you can take to work toward forgiveness gradually.
Reflect on how God's forgiveness has brought you hope.







### Prayer for Today

Heavenly Father, I ask for the strength to forgive those who have hurt me. Help me to release the bitterness and anger that block my healing. Thank You for forgiving me completely and teaching me how to extend grace. Work in my heart to bring peace and freedom through forgiveness. In Jesus' name, Amen.









# Day 7: **?** Renewing Your Spirit









Day 7: 7 Renewing Your Spirit

#### Your Verse

2 Corinthians 4:16 – "Though outwardly we are wasting away, yet inwardly we are being renewed day by day."

#### **Supporting Scriptures**

- Isaiah 40:31 "Those who hope in the Lord will renew their strength."
- Psalm 51:10 "Create in me a pure heart, O God..."







Day 7: **?** Renewing Your Spirit

### Devotional: God's Daily Spirit Renewal

Recovery is a daily journey of renewal. Even when you feel broken or weary, God is at work restoring your spirit.

**Inward renewal is a promise to hold onto.** Each day offers a fresh start to hope, to strength, and to a purified heart. God's grace is sufficient to rebuild your soul piece by piece.

Invite God to renew your spirit with His presence and power. Be patient with yourself as healing unfolds. Celebrate small victories and growth.







Day 7: 7 Renewing Your Spirit

# Reflect and Apply

1.	What areas of your spirit feel worn down or depleted?
2.	How have you experienced God's renewal in the past?
3.	What daily habits can support spiritual renewal moving forward?







Day 7: 🍞 Renewing Your Spirit

# **Journaling Prompts**

1.	Describe what a renewed spirit looks like for you.
•	
2.	Write about a moment when you felt God's refreshing power.
3.	Plan simple daily actions to nurture your inner renewal.
•	







Day 7: 🍞 Renewing Your Spirit

### Prayer for Today

**God of Restoration,** thank You for renewing my spirit each day even when I feel weak. Create in me a pure heart and strengthen my hope. Help me to embrace Your healing process with patience and trust. Let me rise renewed and restored by Your grace. In Jesus' name, Amen.









# Day 8: 🕿 Finding Your Voice









Day 8: 🙎 Finding Your Voice

#### Your Verse

Psalm 107:2 - "Let the redeemed of the Lord tell their story..."

#### **Supporting Scriptures**

- Psalm 116:1 "I love the Lord, for he heard my voice..."
- Jeremiah 29:11 "I know the plans I have for you..."







Day 8: Significant Finding Your Voice

#### Devotional: Reclaiming Your Story in God's Plan

Part of healing is reclaiming your voice — openly expressing your truth and story. Suppressed pain can isolate and deepen wounds. God encourages His redeemed to tell their story of healing and hope.

Sharing your experience can be a powerful step toward recovery. It invites God's healing light into dark places. Speaking out, either through prayer, journaling, or trusted friends, validates your feelings and awakens strength.

Remember, your story matters and can inspire others. Trust God's plan for your life, which includes wholeness and purpose beyond your hurt.







Day 8: 🗣 Finding Your Voice

# Reflect and Apply

1.	Have you been able to express your hurt openly? Why or why not?
2.	What might it look like for you to share your recovery story?
3.	How does God's plan encourage you in moments of silence?







Day 8: 🙎 Finding Your Voice

# **Journaling Prompts**

1.	Write your story of hurt and initial steps toward healing.
2.	List people or outlets where you feel safe sharing your journey.
3.	Reflect on God's promises for your future beyond today's pain.







Day 8: Significant Finding Your Voice

### Prayer for Today

**Lord,** thank You for hearing my voice and knowing my story. Help me to speak truthfully about my pain and healing. Give me courage to share my journey when the time is right, trusting You will use it for good. Guide my words and open hearts to receive Your love. In Jesus' name, Amen.







# Day 9: C Embracing Healthy Relationships









Day 9: 🎔 Embracing Healthy Relationships

#### Your Verse

Ecclesiastes 4:9 – "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... meeting together."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 9: 🎔 Embracing Healthy Relationships

#### Devotional: Healing Through Healthy Connections

After experiencing church hurt, it can be hard to trust others again. Yet God created us for community and encourages healthy, uplifting relationships.

**Embracing supportive friendships can accelerate healing,** providing encouragement, accountability, and love. These bonds sharpen our faith and help carry burdens.

Seek relationships that reflect God's kindness and honesty. Set boundaries to protect your heart while allowing connection. Remember, healthy connections don't rush; they grow with patience and respect.







Day 9: 🂢 Embracing Healthy Relationships

# Reflect and Apply

1.	How have church hurt experiences affected your ability to trust others?
2.	What qualities do you value in healthy friendships?
3.	How can you nurture relationships that support your recovery?







Day 9: 🂢 Embracing Healthy Relationships

# **Journaling Prompts**

1.	List qualities of healthy relationships you want to cultivate.
2.	Write about people who have positively impacted your healing.
3.	Plan intentional steps to connect with uplifting community.







Day 9: 🎔 Embracing Healthy Relationships

### Prayer for Today

**God of Community,** thank You for creating us to live in relationship. Help me to embrace healthy friendships that encourage healing and growth. Guide me to people who reflect Your love and truth. Teach me to set boundaries without fear, and to give and receive grace. In Jesus' name, Amen.  $\heartsuit$   $\diamondsuit$   $\diamondsuit$ 







# Day 10: X Restoring What Was Broken









Day 10: K Restoring What Was Broken

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 61:3 "To grant to those who mourn... a crown of beauty instead of ashes..."
- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."







Day 10: K Restoring What Was Broken

### Devotional: Trusting God to Restore Fully

The pain caused by church hurt can feel like stolen time, shattered trust, and lost joy. But God offers restoring grace to reclaim and rebuild what was broken.

**God is the ultimate Restorer,** able to bring beauty from ashes and hope from despair. His healing is comprehensive — emotional, spiritual, and relational.

Trust that though your heart may be fragile, God's power is greater. Begin small steps toward restoration, knowing that every moment invested in healing counts.







Day 10: **%** Restoring What Was Broken

# Reflect and Apply

What areas of your life feel broken or lost because of church hurt?
How does knowing God can restore hope impact you?
What small restoration steps could you take this week?







Day 10: **%** Restoring What Was Broken

# **Journaling Prompts**

1.	Write about what you long to see restored within yourself.
2.	Record scriptures that speak of God's restoration power.
3.	Outline practical actions toward emotional or spiritual renewal.







Day 10: 🛠 Restoring What Was Broken

## **Prayer for Today**

**Restoring God,** You promise to restore what has been lost or broken. Today, I surrender my brokenness to You, trusting You can redeem every hurt and disappointment. Heal my heart and renew my hope. Help me take steps toward wholeness with courage and faith. In Jesus' name, Amen. **22** 









# Day 11: 🎇 Clinging to Hope









Day 11: X Clinging to 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**

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed... His mercies are new every morning."
- Hebrews 11:1 "Now faith is confidence in what we hope for..."







Day 11: 🎇 Clinging to Hope

#### Devotional: God Fills Us with Living Hope

Hope is vital fuel in the recovery journey. Even when days are dark, clinging to hope anchors the soul and shapes our outlook.

**God is called the God of hope** — the source of joy and peace that surpasses circumstances. His mercies renew us daily, offering fresh strength and confidence.

Hold tightly to God's promises. Let His hope be a steady light guiding you forward, reminding you that your story is not finished and that healing is real and possible.







Day 11: 🎇 Clinging to Hope

# Reflect and Apply

1.	Where do you find hope amid your hurt and confusion?
2	How can you nurture greater hope in your daily life?
۷.	riow can you nurture greater nope in your daily me:
3.	What promises from God encourage you to press on?







Day 11: 🗱 Clinging to Hope

### **Journaling Prompts**

1.	Write about a time when hope helped you overcome hardship.
2.	List verses or truths that strengthen your hope.
3.	Describe how hope affects your attitude toward recovery.







Day 11: 🎇 Clinging to Hope

### Prayer for Today

**God of Hope,** fill me with Your joy and peace as I continue this healing path. Help me to trust You deeply and hold steadfastly to Your promises. Renew my strength each morning and guard my heart with hope that does not disappoint. Thank You for being my faithful guide. In Jesus' name, Amen. \*\*











# Day 12: Setting Healthy Boundaries









Day 12: A Setting Healthy Boundaries

#### Your Verse

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

#### **Supporting Scriptures**

- Galatians 6:5 "Each one should carry their own load."
- Matthew 5:29 "If your right eye causes you to stumble, gouge it out..."







#### Devotional: Guarding Your Heart with Boundaries

Part of protecting your heart during recovery is setting healthy boundaries. These limits help prevent further harm and create space for healing.

Guarding your heart means being wise about what and who you allow in. It may involve saying no, limiting contact, or redefining relationships that have caused pain.

Boundaries are an act of self-care and spiritual obedience. They honor the sanctity of your heart and invite God's protection.

Pray for wisdom to know where boundaries are needed and courage to enforce them lovingly.







## Reflect and Apply

1.	Where in your life do you feel boundaries are necessary?
2.	How do healthy boundaries contribute to healing?
3.	What fears or challenges do you face in establishing boundaries?







## **Journaling Prompts**

1.	Identify relationships or situations where boundaries are needed.
2.	Write a prayer asking God for strength to uphold healthy limits.
3.	Plan practical steps to implement and maintain boundaries.







### Prayer for Today

**Lord,** help me to guard my heart with wisdom and love. Teach me to set healthy boundaries that protect me from further hurt and promote healing. Give me courage to say no when needed and grace to enforce limits kindly. Surround me with Your protection as I nurture my heart back to health. In Jesus' name, Amen.

















Day 13: 3 Choosing Joy in Recovery

#### Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

#### **Supporting Scriptures**

- Philippians 4:4 "Rejoice in the Lord always... the Lord is near."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







Day 13: 3 Choosing Joy in Recovery

### Devotional: Joy as Strength Through Healing

Recovery can sometimes feel heavy and exhausting. Yet God reminds us that joy is a vital source of strength—a gift we can choose despite circumstances.

Choosing joy does not erase pain, but it invites God's light into your journey. It sustains your soul and gives you energy to keep moving forward.

Today, look for moments of gratitude and rejoicing. Let God's nearness be a wellspring of delight, even amid challenges.







Day 13: 😂 Choosing Joy in Recovery

## Reflect and Apply

1.	How easy or difficult is it for you to find joy during this season?
2.	What small joys can you cultivate daily?
3.	How does joy affect your outlook on recovery?







Day 13: 4 Choosing Joy in Recovery

### **Journaling Prompts**

1.	Write about moments when you felt joy despite hardships.
2.	List things you are grateful for today.
3.	Reflect on ways to intentionally embrace joy amid healing.







Day 13: 😂 Choosing Joy in Recovery

### Prayer for Today

God of Joy, thank You for the gift of joy that strengthens my soul. Help me to choose joy even when recovery feels hard. Open my eyes to see Your goodness and to rejoice in Your presence. Sustain me with Your strength and fill my heart with gladness. In Jesus' name, Amen.









# Day 14: 🌽 Rest in God's Timing









Day 14: 🥬 Rest in 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 14: Best in God's Timing

### Devotional: Trusting God's Perfect Timing

Healing does not follow a set timeline. Sometimes recovery feels slow or uneven, which can bring frustration or doubt.

**God's timing is perfect** — each season has a purpose in shaping you and preparing you for renewal.

Rest in His timing. Be gentle with yourself during slower days. Trust that God's process is intentional and full of grace.







Day 14: Best in God's Timing

## Reflect and Apply

1.	How have you reacted to the pace of your healing so far?
2.	What fears surface when healing feels delayed?
3.	How can you cultivate patience and trust in God's timing?







Day 14: Best in God's Timing

## **Journaling Prompts**

1.	Write about times when waiting led to growth in your life.
2.	List truths about God's faithfulness to hold onto.
3.	Reflect on ways to rest more fully during this recovery season.







Day 14: 🥬 Rest in God's Timing

### Prayer for Today

**Patient God,** help me to rest in Your perfect timing. Teach me to trust Your process of healing, even when progress seems slow. Renew my strength and fill me with peace as I wait. Thank You for Your constant presence and love through every season. In Jesus' name, Amen.

















Day 15: 🌈 Embracing New Beginnings

#### Your Verse

Isaiah 43:19 – "See, I am doing a new thing! Now it springs up; do you not perceive it?"

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Lamentations 3:22-23 "His mercies are new every morning..."







Day 15: 🌈 Embracing New Beginnings

#### Devotional: God's Invitation to New Life

The journey of recovery opens the door to new beginnings — a fresh chapter marked by hope and transformation.

**God delights in doing new things in our lives.** In Christ, we become new creations, swept into His redemptive plan.

Embrace this new season with open hearts. Let go of past hurts and step forward with faith into the life God is creating within you.







Day 15: @ Embracing New Beginnings

## Reflect and Apply

1.	What new beginnings do you sense God inviting you toward?
2.	How might releasing the past open space for growth?
3.	What fears or hopes come with starting anew?







Day 15: 🌈 Embracing New Beginnings

## **Journaling Prompts**

1.	Write a letter to yourself embracing this new season.
2.	List new opportunities or mindsets you want to welcome.
3.	Reflect on how God's mercy renews you each day.







Day 15: 🌈 Embracing New Beginnings

### Prayer for Today

**Creator God,** thank You for the new things You are doing in my life. Help me to perceive and embrace Your fresh beginnings. Give me courage to release the past and walk forward in faith. Fill me with hope as I become the new creation You have called me to be. In Jesus' name, Amen.

















#### Your Verse

Jeremiah 29:11 – "I know the plans I have for you... plans to prosper you and not to harm you, plans to give you hope and a future."

#### **Supporting Scriptures**

- Proverbs 19:21 "Many are the plans in a person's heart, but it is the Lord's purpose that prevails."
- Romans 8:28 "In all things God works for the good of those who love him."







Day 16: Refocusing Your Purpose

#### Devotional: Aligning with God's Hopeful Plans

Church hurt can cloud your sense of purpose and direction. But God's purpose for your life remains clear and full of hope.

**Refocusing on God's plans restores direction and meaning.** Though pain may have shaken your path, God promises to prosper you and give you hope.

Commit to seeking God's guidance daily. Watch as He works all things, including your hurt, for your ultimate good.







## Reflect and Apply

1.	How has hurt affected your sense of purpose?
2.	What areas need realignment with God's plan?
3.	How can trusting God's sovereignty give you peace?







## **Journaling Prompts**

1.	Write about God's promises for your future.
2.	List ways you can intentionally seek God's purpose daily.
3.	Reflect on how God has turned past challenges into blessings.







Day 16: Refocusing Your Purpose

### Prayer for Today

God of Purpose, thank You for Your perfect plans for me filled with hope and a future. Help me to refocus on You and trust in Your sovereignty over my life. Align my heart with Your purpose and grant me peace amid uncertainty. Lead me forward in faith and trust. In Jesus' name, Amen.

















#### Your Verse

Psalm 9:10 - "Those who know your name trust in you..."

#### **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast..."
- Hebrews 11:6 "Without faith it is impossible to please God..."







### Devotional: Building Steadfast Faith in God

Church hurt often shakes our trust not only in people but in God Himself. Yet faith can be renewed and strengthened through God's faithfulness.

Knowing God deeply helps us trust Him even when circumstances are hard. Steadfast faith brings peace and confidence in God's goodness and control.

Let today be a commitment to grow in faith, connecting with God through prayer, scripture, and worship. Trust that God honors those who seek Him wholeheartedly.







## Reflect and Apply

1.	How has your faith been challenged or strengthened by church hurt?
2.	What practices help you grow in trust with God?
3.	In what areas do you desire greater peace and faith?







## **Journaling Prompts**

1.	Write about moments God proved faithful in your life.
2.	List spiritual disciplines that nurture your trust in God.
3.	Reflect on what it means to 'know God's name.'







### Prayer for Today

**Faithful God,** help me to trust You with my whole heart. Renew my faith and steady my mind in Your perfect peace. Teach me to seek You daily and find joy in Your presence. Thank You for Your constant love and faithfulness. In Jesus' name, Amen. 🙌 🙏 💙

















Day 18: Serving with a Healed Heart

#### Your Verse

1 Peter 4:10 – "Each of you should use whatever gift you have received to serve others..."

#### **Supporting Scriptures**

- Galatians 5:13 "Serve one another humbly in love."
- Mark 10:45 "The Son of Man did not come... to be served, but to serve..."







#### Devotional: Serving Others from a Place of Healing

As healing progresses, serving others becomes a joyful expression of recovery and faith renewed.

A healed heart serves with humility and love, reflecting Christ's example. Giving of your gifts to build others encourages both you and those you serve.

Consider how God might be calling you to serve in new or renewed ways, with a heart shaped by healing.







# Reflect and Apply

1.	How might serving others help you continue to heal?
2.	What gifts has God given you to encourage others?
3.	How can humility and love guide your service?







# **Journaling Prompts**

1.	Write about ways you feel called to serve now.
2.	List gifts and talents you can offer to others.
3.	Reflect on Jesus' example of humble service.







### Prayer for Today

**Lord Jesus,** thank You for the gift of service. Help me to use my gifts to serve others with a healed and loving heart. Teach me humility and grace as I follow Your example. Bless the work of my hands to bring glory to You and encouragement to others. In Your name, Amen. 😩 💭 🙏

















#### Your Verse

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

#### **Supporting Scriptures**

- Ephesians 2:8 "For it is by grace you have been saved... not by works."
- Romans 3:23–24 "All have sinned... and are justified freely by his grace..."







### Devotional: Strength Through God's Grace

Grace is the foundation of recovery. It covers our weaknesses, failures, and wounds with God's power and love.

Accepting God's grace daily empowers us to live renewed lives. It frees us from striving and fear, reminding us that healing is a gift, not earned.

Rest in God's grace today, allowing it to shape how you see yourself and others.







# Reflect and Apply

How has understanding God's grace impacted your healing?
Where do you struggle to accept grace for yourself or others?
How can grace influence your relationships going forward?







# **Journaling Prompts**

1.	Write about experiences of receiving undeserved grace.
2.	List ways you can extend grace to yourself and others.
3.	Reflect on what grace means in your daily recovery.







### Prayer for Today

**Gracious God,** thank You for Your sufficient grace that covers my weakness. Teach me to live fully in this grace, releasing fear and striving. Help me to extend grace to myself and others as I continue healing. May Your power be perfect in my weakness. In Jesus' name, Amen.  $\triangle$ 

















#### Your Verse

Philippians 1:6 - "He who began a good work in you will carry it on to completion..."

#### **Supporting Scriptures**

- Psalm 126:3 "The Lord has done great things for us, and we are filled with joy."
- 2 Timothy 4:7 "I have fought the good fight, I have finished the race..."







#### Devotional: Gratitude for God's Healing Work

As you near the end of this study, take a moment to celebrate how far you have come. Recovery is often slow, but progress is real and valuable.

God began a good work in you and promises to complete it. Every small step forward is cause for gratitude and joy.

Celebrate victories, no matter how small, and give God glory for His faithfulness and healing power.







# Reflect and Apply

1.	What progress in healing can you celebrate today?
2.	How have you seen God's faithfulness along the way?
3.	What lessons from this journey will you carry forward?







# **Journaling Prompts**

1.	Write down milestones you have reached in your recovery.
2.	List ways God showed up each day during this study.
3.	Reflect on personal growth and changes in perspective.







## **Prayer for Today**

**Thankful God,** I celebrate the progress You have made in my heart and life. Thank You for never giving up on me and for carrying me through each step. Fill me with joy and gratitude as I continue this healing journey with You. May my heart always praise Your faithful love. In Jesus' name, Amen.















#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength..."

#### **Supporting Scriptures**

- Psalm 31:24 "Be strong and take heart, all you who hope in the Lord."
- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."







#### Devotional: Hope-Fueled Strength for Tomorrow

Today marks a new beginning — a commitment to move forward with hope and strength supplied by God alone.

Though the journey may still have ups and downs, God empowers you to persevere. Hope in the Lord renews your strength and courage.

Keep faith alive through prayer, patience, and joy. Trust that God's plans for you are good and filled with promise.

You are not defined by past hurt but by God's redeeming love and purpose.







# Reflect and Apply

1.	How will you maintain hope in ongoing recovery?
2.	What spiritual practices will support your continued healing?
3.	How does God's strength equip you for tomorrow's challenges?







# **Journaling Prompts**

1.	Write a commitment prayer for moving forward in hope.
2.	List spiritual habits that nurture your faith and strength.
3.	Reflect on the promises of God you want to remember daily.







### Prayer for Today

**Lord,** thank You for renewing my strength as I hope in You. Empower me to move forward with courage and joy, trusting Your good plans. Help me remain patient in trials and faithful in prayer. May hope ever fuel my heart, and Your love guide every step. In Jesus' name, Amen. \*







### Where God's Word Meets Your Daily Life



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:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

© 2025 HolyJot LLC. All Rights Reserved.