## Healing and Hope: A Teen's Journey from Abuse to Renewal



A 7-day Bible study offering healing, strength, and hope for teens recovering from sexual abuse.





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#### Introduction

Welcome to this carefully crafted 7-day Bible study designed for teens recovering from sexual abuse. This journey will guide you through God's Word, offering hope, healing, and strength to overcome pain and reclaim your identity in Christ. Many teens who have experienced such trauma carry deep wounds—emotional, spiritual, and physical. Recognizing God's love and truth during this season is vital for restoration.

Throughout this study, you will encounter Scriptures that affirm your value and remind you that you are not defined by what happened to you, but by who God says you are. God's Word serves as a lamp to illuminate the darkest places (Psalm 119:105), and His presence brings peace beyond understanding (Philippians 4:7). You are invited to walk gently with yourself and with God through these reflections and prayers, allowing the Holy Spirit to comfort, heal, and renew your soul.

Remember, healing is not linear—it is a process of grace. It's okay to feel vulnerable and gently take the time you need. Each day, you will find Scriptures, devotional thoughts, reflection questions, and journaling prompts to help you engage personally with God's truth. Finally, a prayer each day encourages your heart to rest in God's loving care.

May this study remind you that you are deeply loved, never alone, and uniquely precious in God's eyes. Let's begin this journey toward healing and hope together.















#### Your Verse

Psalm 139:13 – "For you created my inmost being; you knit me together in my mother's womb."

#### Supporting Scriptures

- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart."
- 1 Peter 2:9 "But you are a chosen people, a royal priesthood, a holy nation."







#### Devotional: Embracing Your God-Given Worth

**Today**, we begin by affirming your true identity in God's eyes. No matter what you've experienced, God's Word reminds us that you are wonderfully made. Psalm 139 paints a beautiful picture of God intimately creating every part of you with care and purpose. Even before you were born, He knew you and called you by name.

When trauma tries to define you by shame or fear, remember that God has marked you as precious and unique. Your value comes not from what others have done or what you have endured but from the One who knitted your very being and delights in you. God's love is constant; His design for you is sacred and good.

Healing begins with recognizing your worth in Him. Today, let this truth wash over your heart and begin to restore your soul.







## Reflect and Apply

	How does knowing God knitted you together change how you see yourself?
	What lies about your identity might you need to challenge with God's truth?
3.	In what ways can you remind yourself daily that God created you purposefully?







#### **Journaling Prompts**

	Write down three things you love about yourself that reflect God's handiwork.
2.	Describe a moment when you felt God's presence or peace in your pain.
3.	List any negative labels or feelings you want to give to God to heal.







#### Prayer for Today

Lord, thank You for creating me uniquely and lovingly. Help me believe I am fearfully and wonderfully made, just as Your Word says. Heal the wounds that have told me otherwise and show me my true value in Your eyes. Surround me with Your peace and remind me daily that I am Your beloved child. In Jesus' name, Amen.















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: God's Comfort in Your Pain

Feeling broken is a natural response to what you have endured. But today's Scripture offers profound comfort — God is near to the brokenhearted. When you feel crushed or overwhelmed, you are not alone because God draws close to you in those moments.

Jesus invites you to cast your burdens on Him and promises rest for your weary soul. It's okay to bring your pain, fears, and questions honestly to God. He doesn't turn away but listens with loving compassion. He wants to heal your broken places and renew your hope.

Recovery takes time, and it's a journey of trust. Let this truth sink deeply into your heart: God is not distant or unaware of your suffering. Instead, He walks with you, carrying you when you feel too weak to move forward on your own.







## Reflect and Apply

1. When have you felt closest to God during your hardest times?	
2. What feelings or pains do you need to bring honestly before God today?	
3. How can you allow God's presence to bring rest even amid your struggles?	







### **Journaling Prompts**

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#### Prayer for Today

Dear God, thank You for being close when I feel broken. Help me to trust You even when my heart is heavy and my spirit feels crushed. Give me rest and healing in the midst of my pain. Teach me how to lean on You more deeply each day. In Jesus' name, Amen. \*\*\sum \textstyle \







## Day 3: God's Healing Hands Are Upon You









Day 3: 💮 God's Healing Hands Are Upon You

#### Your Verse

Jeremiah 30:17 – "I will restore you to health and heal your wounds," declares the Lord.

#### **Supporting Scriptures**

- Isaiah 53:5 "By His wounds we are healed."
- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."







Day 3: 💮 God's Healing Hands Are Upon You

#### Devotional: Trusting God's Healing Power

**Healing is possible because God promises restoration.** Jeremiah 30:17 assures you that God is a healer who wants to restore your health and heal the wounds that trauma has caused.

Although the scars of abuse may remain, God's power can transform pain into new purpose and strength. Jesus paid a great price through His own suffering so that by His wounds, you can find true healing—spiritually, emotionally, and physically.

This doesn't mean the healing journey is instant or without challenges, but with God's help, you can move toward wholeness step by step. Pray for courage to face the hard places and trust God's hands to gently mend your heart and spirit.







Day 3: 🔅 God's Healing Hands Are Upon You

## Reflect and Apply

1.	What healing do you feel God is inviting you to receive right now?
2.	How can Jesus' sacrifice encourage you on your recovery journey?
3.	In what ways are you open to trusting God with your wounds?







Day 3: 🏟 God's Healing Hands Are Upon You

### **Journaling Prompts**

1.	Write about what healing looks like for you personally.
2.	Recall a time when God brought restoration in a difficult area of your life.
3.	List any fears you have about healing and give them to God in writing.







Day 3: 💮 God's Healing Hands Are Upon You

#### **Prayer for Today**

**Lord, I believe You are the healer of my heart and soul.** Please restore what has been broken and mend the wounds that pain has left behind. Help me to trust in Your timing and to lean on Your strength daily. Thank You for Your unfailing love and healing grace. In Jesus' name, Amen. 🍄 🚹 🙏 🌮















#### Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







#### Devotional: Receiving God's Invincible Peace

In the aftermath of trauma, anxiety and fear often seek to overwhelm. However, God offers a supernatural peace that shields you from despair.

Philippians 4:7 encourages you to receive God's peace, which is beyond human understanding yet powerful enough to guard your heart and mind. This peace is not dependent on circumstances but on your relationship with Jesus.

Choosing to focus on Jesus and His promises can transform your inner turmoil into calm trust. Practicing prayer, worship, or simply resting in His presence invites that divine peace into your life. Allow yourself to rest today, knowing God's peace surrounds you even in uncertainty.







### Reflect and Apply

1.	When have you experienced God's peace in difficult times?
2.	What thoughts or fears do you want to invite God's peace to guard today?
3.	How can you more intentionally welcome God's peace into your daily life?







#### **Journaling Prompts**

1.	Describe what peace feels like for you or what hinders it.
2.	Write down any worries you want to surrender to God.
3.	Make a gratitude list of God's blessings that bring you peace.







#### Prayer for Today

God, fill my heart with Your peace today. Guard my thoughts from fear and anxiety. Teach me to rest in Your promises and to trust Your perfect love. Help me embrace the peace You freely give, even when I can't fully understand it. In Jesus' name, Amen. 🔑 😂 🗭 🙏

















Day 5: 💸 Your Future Is Full of Hope

#### Your Verse

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

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in Him."
- Psalm 31:24 "Be strong and take heart, all you who hope in the Lord."







Day 5: 🗱 Your Future Is Full of Hope

#### Devotional: Embracing God's Hope for Tomorrow

It can be hard to see beyond the pain, but God's promises offer a bright future filled with hope. Jeremiah 29:11 reassures you that God's plans are good and full of purpose for your life.

Despite the trauma and hardship, God desires to prosper you and give you hope. His plans are not for harm but for restoration and blessing.

Today, focus on trusting God's goodness for your future. He is a God who specializes in turning brokenness into beauty, despair into joy, and darkness into light.







Day 5: 🎇 Your Future Is Full of Hope

### Reflect and Apply

	What hopes do you have for your future, and how does God's promise encourage you?
	Are there fears that keep you from trusting God's plans? How can you surrender them?
2	How can you actively nurture hope as you heal?
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Day 5: 🎇 Your Future Is Full of Hope

### **Journaling Prompts**

1.	Write about what a hopeful future looks like for you.
2.	List goals or dreams you want to give to God.
3.	Reflect on ways God has already brought hope into your life.







Day 5: 💸 Your Future Is Full of Hope

#### **Prayer for Today**

Father, thank You for the hope and future You promise. Help me trust Your plans, even when the path is unclear. Fill me with joy and peace as I learn to lean on You. Strengthen my heart to keep hoping and believing in Your goodness. In Jesus' name, Amen. 🜈 🛠 🚨 🙏

















Day 6: Strength for the Journey

#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength." They will soar on wings like eagles."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 6: Strength for the Journey

#### Devotional: Renewed Strength Through God's Grace

Healing often requires strength beyond what we feel we have. Isaiah 40:31 reminds you that when you place your hope in God, He renews your strength.

God's grace is most powerful in our weakness. When you feel vulnerable or exhausted, rely on His strength. Like an eagle soaring above storms, God's power lifts you up.

Remember, you don't have to face your healing alone. God is your refuge, ready to help and sustain you through every challenge. Receive His strength today as you continue moving forward.







Day 6: 💪 Strength for the Journey

### Reflect and Apply

1.	When have you experienced God's strength in your weakest moments?
2.	How can you remind yourself to depend on God's power instead of your own?
3.	What areas of your healing need God's renewing strength most today?







Day 6: 💪 Strength for the Journey

### **Journaling Prompts**

1.	Write about a time God gave you unexpected strength.
2.	List ways you can invite God's power into your healing journey.
3.	Reflect on feelings of weakness and ask God for renewed strength.







Day 6: Strength for the Journey

#### Prayer for Today

**Lord, I am weak but I trust in Your strength.** Renew my energy and courage as I continue this road to healing. Help me soar above my struggles by relying on Your grace. Be my refuge and help in times of trouble. In Jesus' name, Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

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







#### Devotional: Living as God's New Creation

As you conclude this study, embrace the beautiful truth of your new identity in Christ. 2 Corinthians 5:17 reminds you that in Christ, you are made new. The pain and shame of the past do not define you anymore.

Your true self is found in Jesus—a beloved child, a new creation with a bright future. God's work in you is ongoing, crafting you for a life filled with purpose and hope.

Celebrate the freedom and restoration found in Him. As you step forward, commit to living in the truth of who God says you are, empowered and loved beyond measure.







## Reflect and Apply

1.	How does being a new creation in Christ affect your self-perception?
2.	What old burdens can you relinquish today to embrace your new identity?
3.	How can you walk daily in the freedom and purpose God gives you?







## **Journaling Prompts**

1.	Write a declaration of who you are in Christ.
2.	List any old wounds or shame you want to leave in the past.
3.	Describe your hopes as you live out your new identity.







#### Prayer for Today

**Jesus, thank You for making me new.** Help me live fully in my identity as Your beloved child. Remove any memories or feelings that hold me back and fill me with Your love and purpose. Empower me to walk confidently in the freedom and hope You provide. In Your precious name, Amen.  $\blacksquare$ 







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