Healing and Hope for Teens in Broken Homes



A 7-day Bible study guiding teens through prayer, healing, and hope in the midst of broken homes.





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Introduction

Welcome to this 7-day journey designed especially for teens navigating the challenges of broken homes. Family difficulties can feel overwhelming and lonely, but through God's Word, you can discover healing, hope, and strength to face each day. *No matter what you are experiencing, remember: God sees you, He loves you deeply, and He invites you to bring your pain and confusion to Him.*

Broken homes come in many forms — separation, divorce, conflict, or loss — and each situation can bring feelings of hurt, anger, or abandonment. This study will help you explore key Scriptures and prayers that guide you toward peace and restoration. We want you to know you aren't alone, and that God's promises are real and personal for you.

Throughout these seven days, you'll reflect on God's love, learn how to pray through difficult emotions, and find practical ways to cope and grow spiritually. The devotions encourage honesty with God, healing from pain, and hope for the future.

Remember — healing is a process, and God walks with you every step. Let's begin this journey together. \triangle









Day 1: V Facing the Pain Honestly









Day 1: V Facing the Pain Honestly

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."
- Revelation 21:4 "He will wipe every tear from their eyes."







Day 1: V Facing the Pain Honestly

Devotional: God Is Near to Your Broken Heart

Opening your heart to God is the first step toward healing. When your home feels broken, it's natural to feel sadness, anger, or confusion. But God tells us He is near to those who are brokenhearted. This means you are not alone, and your pain matters deeply to Him.

God invites you to be honest about how you feel. You don't have to hide your tears or pretend everything is okay. He welcomes your true emotions and wants to help you heal them. Instead of burying your pain, bring it to Him in prayer, trusting that He will be close and will comfort you.

As you pray today, ask God to help you feel His presence even in the hardest moments.







Day 1: 💔 Facing the Pain Honestly

Reflect and Apply

| 1. | What feelings are you holding inside about your family situation? |
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| 2. | How can you be honest with God about your pain today? |
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| | What does knowing God is close to the brokenhearted mean for you personally? |
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Day 1: 💔 Facing the Pain Honestly

Journaling Prompts

| 1. | Write about a moment when you felt deeply hurt in your home. |
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| 2. | Describe how you want God to comfort you right now. |
| | |
| 3. | List ways you can remind yourself that God is near when you feel alone. |
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Day 1: Facing the Pain Honestly

Prayer for Today

Dear God, thank You for being close to me when I feel broken inside. It's hard to face the pain of my family, but I am grateful that You see and care about my heart. Please help me be honest with You about how I truly feel. Surround me with Your peace and comfort today. Help me trust that You are healing me in Your perfect time. **In Jesus' name, Amen.** \bigwedge









Day 2: Finding Strength in God









Day 2: () Finding Strength in God

Your Verse

Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 2: V Finding Strength in God

Devotional: God's Strength Carries You Through Hard Times

When your home feels unstable and full of challenges, it's easy to feel weak and overwhelmed. **God reminds us today that we do not have to face fears alone.** The Creator of the universe promises to be with you, giving you courage and strength.

Turning to God taps into a supernatural strength beyond what you could find inside yourself. Even when you feel broken, He offers power for your daily struggles. This strength doesn't always mean everything will change immediately, but it means you won't be crushed by your circumstances.

Ask God to fill you with His strength today, especially when you feel like giving up.







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

Reflect and Apply

| 1. | What fears do you need to give to God today? |
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| | |
| 2. | How can you remember God's strength when you feel weak? |
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| 3. | What are practical ways to rely on God's power daily? |
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Day 2: **(**) Finding Strength in God

Journaling Prompts

| | Write about a time you felt God gave you strength during a tough situation. |
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| | List things that cause you to feel afraid and ask God for help with each one. |
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| 3. | Describe what it looks like for you to depend on God's strength in everyday life. |
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Day 2: Finding Strength in God

Prayer for Today

Lord, thank You that I don't have to carry my fears and burdens alone. You promise to be with me and make me strong. When I feel weak or overwhelmed, remind me to lean on You and receive Your strength. Help me live today with courage and hope because of Your great power working in me. In Jesus' name, Amen. 💪 🙏 😭







Day 3: SGrowing in Peace Amidst Chaos









Day 3: 🛱 Growing in Peace Amidst Chaos

Your Verse

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

Supporting Scriptures

- Philippians 4:6–7 "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 3: SGrowing in Peace Amidst Chaos

Devotional: Receiving God's Calm in the Storm

Chaos at home can create a storm inside your heart. Yet, Jesus offers a gift you can receive right now: His peace. This peace is not like the world's — it is calm, secure, and deeply comforting.

Choosing to lean into God's peace can feel difficult when your environment feels unstable. But God's peace guards your heart and mind, even when everything around you is uncertain.

Today, practice inviting God's peace into your anxious moments by pausing, praying, and breathing in His presence. Let His promise comfort you and shield your spirit.







Day 3: 😂 Growing in Peace Amidst Chaos

Reflect and Apply

| 1. | Where in your life do you feel the most chaos or anxiety? |
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| | |
| 2. | How can you access God's peace when those feelings come? |
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| 3. | What are some verses or prayers that help remind you of God's peace? |
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Day 3: 😂 Growing in Peace Amidst Chaos

Journaling Prompts

| 1. | Describe a moment you experienced God's peace despite trouble. |
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| | |
| 2. | Write a prayer asking God to fill your heart with His peace. |
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| 3. | List practical steps to help you focus on God's peace when stressed. |
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| | |







Day 3: SGrowing in Peace Amidst Chaos

Prayer for Today

Jesus, thank You for the peace You give — a peace that calms my heart even when things feel out of control. Help me to receive this gift every day and not be overwhelmed by my worries. Guard my heart and mind with Your tranquility, and teach me to trust You more and more. **In Your name, Amen.**



















Day 4: 7 Healing the Wounds Within

Your Verse

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

Supporting Scriptures

- Psalm 103:2-3 "He forgives all your sins and heals all your diseases."
- Isaiah 53:5 "By his wounds we are healed."







Day 4: 7 Healing the Wounds Within

Devotional: God Restores and Heals Your Heart

Emotional wounds left from broken homes can feel deep and lasting. Yet God promises to heal every hurt and restore your heart to health.

Healing begins with acknowledging the pain and allowing God to bring His restoration. Sometimes that means forgiveness — both for yourself and others — which can be one of the hardest steps.

Invite the Holy Spirit to work in you, gently mending broken places and bringing hope for a healthy future. Remember, healing is a process that God faithfully walks with you through.







Day 4: 🍞 Healing the Wounds Within

Reflect and Apply

| 1. | What wounds do you feel God inviting you to bring to Him for healing? |
|----|--|
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| 2. | How might forgiveness play a part in your healing journey? |
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| | In what ways can you trust God's restoration even when healing feels slow? |
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Day 4: 🍞 Healing the Wounds Within

Journaling Prompts

| 1. | Write about an emotional wound you want God to heal. |
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| 2 | |
| 2. | Journal your thoughts about forgiveness and what it means to you. |
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| 2 | Create a list of homeful truthe year one alimente during healing |
| 3. | Create a list of hopeful truths you can cling to during healing. |
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Day 4: 7 Healing the Wounds Within

Prayer for Today

Father God, thank You that You see the wounds in my heart and that You desire to heal me completely. Help me surrender my pain to You and trust Your restoration. Give me courage to forgive where I need to and to accept Your healing in my life. Surround me with Your love and peace as You make me whole again. **In Jesus' name, Amen.**

















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

- Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding."
- Romans 8:28 "In all things God works for the good of those who love him."







Devotional: Hope and Future in God's Hands

Sometimes, when your home feels broken, it's hard to imagine a hopeful future. But God assures you that He has good plans for your life, even when things seem dark.

Trust means choosing to believe God's promises over your circumstances. It means leaning on Him, even when you don't understand the reasons behind your pain.

Allow yourself to hope again and hold on to God's promise that He is working all things for your good. Your future is secure in His hands.







Reflect and Apply

| 1. | What fears about your future do you want to give to God? |
|----|--|
| | |
| 2. | How can you practice trusting God in difficult moments? |
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| 3. | What promises from God give you hope right now? |
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Journaling Prompts

| 1. | Write a letter to your future self about God's plans for you. |
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| | |
| 2. | List ways you've seen God work good things from hard situations. |
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| | |
| 3. | Journal about what hope feels like for you today. |
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Prayer for Today

God, thank You that Your plans for me are full of hope and goodness, even when I cannot see them. Help me to trust You with my future and rest in Your promises. When I feel uncertain, remind me that You are in control and that my life is held safely in Your hands. **In Jesus' name, Amen.** $\mbox{$\not \sim$}$ $\mbox{$\not \sim$}$







Day 6: Building Support and Community









Day 6: 🎔 Building Support and Community

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 "Encourage one another and build each other up."
- Galatians 6:2 "Carry each other's burdens."







Day 6: 🌣 Building Support and Community

Devotional: God Calls You Into Community

Healing and growth don't happen in isolation. God created us for community, where we support and encourage one another.

If your home feels broken, finding safe people to share your journey with can bring strength and hope. Trusted friends, mentors, or church leaders can walk alongside you, pray for you, and remind you of God's love.

Think about the people God has placed around you and how you might reach out for support today. You are not meant to carry your hurts alone.







Day 6: 🌣 Building Support and Community

Reflect and Apply

| | Who are the trusted people in your life that you can talk to about your feelings? |
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| 2. | What stops you from asking for help when you need it? |
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| | How can you also be a source of support for others going through hard times? |
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Day 6: 🌣 Building Support and Community

Journaling Prompts

| 1. | Write about someone you trust and how they have helped you. |
|----|--|
| | |
| | |
| 2. | List ways you can reach out to others when you need encouragement. |
| | |
| 3. | Journal about how community strengthens your faith. |
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| | |







Day 6: 🎔 Building Support and Community

Prayer for Today

Lord, thank You for the gift of community and people who care for me. Help me to reach out and accept support when I need it. Teach me to also encourage and uplift others around me. Build relationships in my life that point me to Your love and healing. **In Jesus' name, Amen.** \bigcirc















Your Verse

Ephesians 2:10 – "For we are God's handiwork, created in Christ Jesus to do good works."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come."







Devotional: You Are God's Masterpiece, Loved and Chosen

Your broken home does not define who you are. **God lovingly created you with purpose and value.** In Christ, you are a new creation — worthy, chosen, and deeply loved.

Embracing your identity in Christ can heal the lies and insecurities hurt by family struggles. You are God's handiwork, and He intends for you to do good things in this world.

Today, celebrate the unique and beautiful person God made you to be.







Reflect and Apply







Journaling Prompts

| 1. | Write a personal affirmation rooted in God's truth about you. |
|----|---|
| | |
| 2. | List qualities God has given you that you are thankful for. |
| | |
| 3. | Journal your dreams and how God's purpose fits into them. |
| | |







Prayer for Today

Father, thank You for creating me fearfully and wonderfully. Help me to see myself as You see me — loved, chosen, and full of purpose. Remind me that my family situation does not define me; You do. Help me live confidently in my identity as Your child and walk in the good plans You have for me. In Jesus' name, Amen. *







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