



Healing and Hope: Restoring Faith in Family



A 7-day Bible study guiding those recovering from spiritual abuse in family, focusing on healing, restoration, and God's truth.



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Introduction

Family is meant to be a sanctuary of love, support, and spiritual growth—a place where faith flourishes under the guidance of God's Word. Yet, for many who have experienced *spiritual abuse* within their home, family can be a place of pain, manipulation, and confusion. Spiritual abuse often involves the misuse of Scripture or faith to control, shame, or harm loved ones, leaving deep wounds in the heart and challenging one's relationship with God.

Restoring faith after such experiences requires intentional healing and renewed understanding of God's truth and love. This study is designed to walk alongside you in processing the hurt, reclaiming your identity in Christ, and seeing family—the one you have and the one God may be shaping—through His eyes of grace.

Over the next seven days, you'll explore Biblical passages that affirm God's care, expose falsehoods used in manipulation, and highlight the healing power found in community and forgiveness. Each day includes Devotionals that encourage reflection and growth, opportunities to journal your journey, and prayers to invite God's peace and restoration into your heart.

Remember, your faith and identity are never dependent on the flawed actions of others. God's truth and love remain unchanging and will guide you to renewed hope in your family relationships and spiritual walk. This journey is about healing, freedom, and embracing the family of God as your true refuge and source of lasting faith.





Day 1: 🌿 Recognizing Falsehoods and Finding Truth



Day 1: 🌿 Recognizing Falsehoods and Finding Truth

Your Verse

John 8:32 - "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- *Ephesians 4:25 - "Therefore each of you must put off falsehood and speak truthfully to your neighbor."*
- *2 Timothy 3:16 - "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."*



Day 1: 🌿 Recognizing Falsehoods and Finding Truth

Devotional: Freedom Begins in Knowing the Truth

Spiritual abuse often distorts God's Word and manipulates scripture for control rather than freedom. On this first day, we focus on **truth as the pathway to healing**. Jesus said that knowing the truth sets us free, but that freedom comes only by testing teachings against the Word of God in its full context.

When family members misuse Scripture, it can feel confusing and damaging, causing you to doubt not only your faith but also your identity and worth. The enemy thrives on lies that cause fear and shame.

Today, invite the Holy Spirit to help you discern truth from distortion. Let God's Word be a lamp that shines light into the shadows of manipulation. Truth does not accuse or degrade; it restores and encourages. Your first step toward healing is recognizing the difference and embracing God's pure Word.

Take courage: God's truth is your weapon and shield against spiritual harm.



Day 1: 🌿 Recognizing Falsehoods and Finding Truth

Reflect and Apply

1. What lies have you been told about God or yourself through Scripture misuse?

2. How does Jesus' promise of freedom speak into your current experience?

3. In what ways can God's Word be a source of healing rather than hurt?



Day 1: 🌿 Recognizing Falsehoods and Finding Truth

Journaling Prompts

1. Write about a scripture that was misused in your family and how it made you feel.

2. List truths about God and yourself that you want to hold onto as healing begins.

3. Describe what freedom in Christ looks like for you personally.



Day 1: 🌿 Recognizing Falsehoods and Finding Truth

Prayer for Today

Lord, help me to discern Your truth and separate it from the lies that have hurt me. Teach me to recognize and embrace Your Word as a source of freedom and hope. Heal the wounds caused by spiritual abuse and let Your Spirit guide me into healing and peace. May Your truth be my foundation and strength every day. *Amen.* 🙏📖🔄✨





Day 2: 🛡️ God's Protection Amid Brokenness



Your Verse

Psalm 91:4 – "He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart."

Supporting Scriptures

- *Psalm 34:18 – "The LORD is close to the brokenhearted and saves those who are crushed in spirit."*
- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Devotional: Finding Refuge in God's Faithfulness

When family becomes a source of spiritual harm, it is natural to feel **vulnerable and exposed**. Instead of protection and love, you may have faced manipulation or emotional pain. Yet, God is your ultimate protector, a refuge you can trust when human relationships fail.

This Psalm reminds us that God's care is tender and powerful. Like a mother bird shielding her young under her wings, God's faithfulness protects and restores those broken by hurt. You are not alone or abandoned—even in the darkest moments of family strife.

God's shield might not erase pain immediately but it offers a safe place for healing. Lean into His faithfulness and allow Him to guard your heart and mind from the damage of spiritual abuse. Trust that His love covers your wounds and will rebuild your brokenness.

Today, picture yourself nestled safely in God's wings, surrounded by His unchanging protection.



Reflect and Apply

1. How does knowing God is your refuge change the way you view your family situation?

2. Where do you feel most vulnerable, and how might you invite God's protection there?

3. What does it mean to you that God's faithfulness is your shield?



Journaling Prompts

1. Write about a time you felt surrounded or protected by God despite painful family experiences.

2. Reflect on what it would mean to surrender your hurts to God's care today.

3. Draw or describe an image that symbolizes God's protection for you.



Day 2: 🛡️ God's Protection Amid Brokenness

Prayer for Today

Father God, You are my refuge and protector. When I feel broken and unsafe within my family, remind me that You surround me with Your faithful love. Cover me with Your wings, shelter my heart, and give me peace. Help me lean on You fully today. *In Jesus' name, Amen.* 🕊️ 🛡️ 💖 🙏





Day 3: Healing from Spiritual Wounds



Day 3: ❤️ Healing from Spiritual Wounds

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," declares the LORD.*
- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted."*



Day 3: ❤️ Healing from Spiritual Wounds

Devotional: God's Tender Mending of Your Heart

Spiritual abuse wounds the soul deeply, often leaving invisible scars that affect faith and family trust. But God's heart is moved by your pain. He is the divine healer who gently mends broken hearts and restores what was lost.

The Psalms and Prophets offer beautiful promises that God not only understands your hurt but is actively at work healing and restoring you. The healing process may take time and vulnerable moments, but God's commitment to your wholeness is unwavering.

Allow yourself to acknowledge your pain without shame or pressure. Bring your wounds honestly before God. His love is a soothing balm that nurtures growth even in the toughest seasons.

Healing begins in being known and loved by the Great Physician of our souls.



Reflect and Apply

1. What spiritual wounds do you need to bring before God for healing?

2. How might God's healing work in your life look and feel realistically?

3. In what ways can you be gentle with yourself as you heal?



Day 3: ❤️ Healing from Spiritual Wounds

Journaling Prompts

1. List the emotions you experience when you think of your spiritual wounds.

2. Write a letter to God expressing your desire for healing and restoration.

3. Describe a time when you sensed God's healing touch in your life.



Day 3: ❤️ Healing from Spiritual Wounds

Prayer for Today

Dear Healer, I come with a broken heart, trusting You to bind my wounds and restore my soul. Help me to receive Your gentle love and strength as You mend what has been hurt. Teach me patience through the healing journey and fill me with hope each day. *Thank You, Lord, for Your unfailing care.* Amen. ❤️





Day 4: 💡 Reclaiming Your Identity in Christ



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 – "For we are God's handiwork, created in Christ Jesus to do good works."*



Day 4: 💡 Reclaiming Your Identity in Christ

Devotional: You Are a New Creation Loved by God

Spiritual abuse within families often distorts personal identity, leaving individuals feeling worthless or trapped in shame. But in Christ, you are **more than your past experiences. You are a new creation.**

Paul reminds us that when we accept Jesus, the old—pain, lies, and manipulation—can be replaced by a renewed sense of purpose and dignity. Your worth is not defined by others' misuse of Scripture or mistreatment, but by God's unconditional love and intentional design for you.

Today is about reclaiming the identity God has given you. Celebrate that you are deeply loved, crafted with care, and empowered to live freely. This truth can break the chains of spiritual abuse and open the door to a hopeful future.

Let God's Word rewrite your story from brokenness to beautiful newness.



Day 4: 💡 Reclaiming Your Identity in Christ

Reflect and Apply

1. How has spiritual abuse affected your self-worth and view of God?

2. What does it mean to you that you are a new creation in Christ?

3. Which of God's descriptions of you feels most powerful right now?



Day 4: 💡 Reclaiming Your Identity in Christ

Journaling Prompts

1. Write a declaration of who you are in Christ today.

2. Reflect on the old beliefs you want to release and the new truths you want to embrace.

3. List ways you can remind yourself of your God-given identity each day.



Day 4: 💡 Reclaiming Your Identity in Christ

Prayer for Today

Gracious God, thank You for making me new in Christ. Help me to let go of old wounds and false labels. Fill me with confidence in who You say I am—your beloved child and masterpiece. May my identity rest fully in You and Your grace. *In Jesus' name, Amen.* 🌸 ✨ ❤️ 🙌





Day 5: 🌈 Rebuilding Trust Through God's Faithfulness



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

- *Psalm 33:4 - "For the word of the LORD is right and true; he is faithful in all he does."*
- *Deuteronomy 7:9 - "The LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations."*



Devotional: Trusting God's Constant Love and Faithfulness

When family relationships are strained or have broken trust, it can be hard to believe in lasting security or dependable love. However, God's faithfulness remains steadfast, even when human bonds falter.

The prophet Jeremiah reminds us that God's mercies are renewed daily. No matter how deep the wounds, you can entrust your healing journey and family restoration to God's unchanging love and covenant promises.

Rebuilding trust begins with resting in God's faithfulness. His record of love and reliability offers a firm foundation from which you can approach both yourself and others with grace and hope.

Ask God to help you take small steps toward trust—wrapped in His compassion—and to lead you in forgiveness and wisdom.

God's faithfulness is the unshakable anchor of your healing and hope.



Reflect and Apply

1. Where do you need God's faithfulness to anchor your hope today?

2. How can you begin to rebuild trust in yourself and God's promises?

3. What does forgiveness look like in your journey toward family restoration?



Journaling Prompts

1. Write about a situation where God demonstrated faithfulness in your life.

2. Reflect on what rebuilding trust means for you personally.

3. Create a list of steps or prayers you want to use as you work toward forgiveness.



Day 5: 🌈 Rebuilding Trust Through God's Faithfulness

Prayer for Today


Faithful God, thank You for Your never-ending love and mercy that renews every day. Help me to rest securely in Your faithfulness as I rebuild trust in my family and in myself. Teach my heart to forgive and to hope with courage, trusting Your perfect timing. *Amen.* 🌞🕊️❤️🚤





Day 6: Speaking Truth in Love



Day 6:  Speaking Truth in Love


Your Verse

Ephesians 4:15 - "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

Supporting Scriptures

- *Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."*
- *Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt."*



Day 6:  Speaking Truth in Love

Devotional: Healing Words for Healing Relationships


Communication is vital to healing family wounds. Spiritual abuse often silences or twists truthful expression, but God invites us to **speak truth in love** as a pathway to restoration.

This balance honors both honesty and compassion. Gentle, grace-filled words calm hostility and open hearts to understanding. In challenging family dynamics, choosing your words carefully can break cycles of manipulation and misunderstanding.

Let today be a practice in discerning when and how to share your feelings and boundaries with courage and kindness. Doing so nurtures maturity and healing in yourself and others.

Remember, love does not cover up truth but presents it as a gift for growth and peace.



Day 6:  Speaking Truth in Love


Reflect and Apply

1. How can you speak truth with grace in your family relationships?

2. What fears or barriers do you face in communicating honestly?

3. In what ways can you model Christlike communication today?



Day 6:  Speaking Truth in Love

Journaling Prompts

1. Write a letter expressing truth and love to a family member (you may decide to send it later).

2. Reflect on moments when gentle words changed a difficult situation.

3. List phrases or verses that help you maintain grace in conversations.



Day 6: 💬 Speaking Truth in Love

Prayer for Today

Lord Jesus, guide my words to be truthful and loving. Help me to communicate with grace and courage, breaking cycles of hurt with Your peace. Give me wisdom to know when to speak and when to listen. May my words build bridges and bring healing where there has been pain. *Amen.* 🙏





Day 7: ✨ Embracing God's Family of Faith



Your Verse

Romans 8:15-16 - "...you received the Spirit of sonship. And by him we cry, 'Abba, Father.' The Spirit himself testifies with our spirit that we are God's children."

Supporting Scriptures

- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*
- *1 John 3:1 - "See what great love the Father has lavished on us, that we should be called children of God!"*



Day 7: ✨ Embracing God's Family of Faith

Devotional: Finding Belonging and Love in God's Family

After walking through the pain of spiritual abuse and the journey toward healing, it is vital to remember you are deeply loved and accepted in God's family—a family that welcomes, nurtures, and carries each other's burdens.

The Spirit confirms your identity as God's child, and you can cry out to Him intimately as “Abba, Father.” This personal and tender relationship offers a belonging that transcends earthly family struggles.

God calls His people to share love, grace, and support, creating a new spiritual family that replaces brokenness with unity. Embracing this family provides ongoing healing and hope.

Step into the fullness of God's love today and celebrate your place in His eternal family.



Day 7: ✨ Embracing God's Family of Faith

Reflect and Apply

1. What does it mean to you to belong to God's family?

2. How can you begin to build supportive, loving connections within your faith community?

3. In what ways might God be inviting you to both receive and extend grace?



Day 7: ✨ Embracing God's Family of Faith

Journaling Prompts

1. Reflect on your current or past experiences with faith community—what brings you hope?

2. Write about how you can pursue deeper relationships within God's family.

3. List the qualities of a healthy spiritual family environment.



Day 7: ✨ Embracing God's Family of Faith

Prayer for Today

Heavenly Father, thank You for adopting me into Your family. Help me to rest in this belonging and to find strength in Your love. Surround me with brothers and sisters who reflect Your grace and truth. Teach me to carry others' burdens with compassion, and to grow in faith together. *Amen.* ✨





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