Healing and Restoration for Women After Broken Engagements



A 7-day Bible study helping women find healing, restoration, and trust in God's perfect plan after a broken engagement.





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Introduction

Healing after a broken engagement can feel overwhelming and isolating. Such a significant loss often shatters dreams and shakes one's confidence in future relationships and God's plan. But God's Word offers deep encouragement and hope, showing that even in the midst of heartbreak, restoration is possible.

Throughout this study, we will explore the stories, promises, and grace God provides specifically for women navigating this difficult season. We'll discover examples of God's faithfulness when things don't go as planned, learn how to surrender pain to Him, and cultivate trust in His perfect timing. Healing is a journey, and every step moves us closer to freedom and renewed purpose.

Whether your broken engagement feels recent or you are still carrying its weight after months or years, God's heart remains toward you—to comfort, restore, and lead you onto hope-filled paths. This 7-day plan will guide you through Scripture reflections, prayers, and prompts designed to invite God's peace and restoration into your story.

You are not alone, and God's plans for you remain good and full of hope. Let's walk toward healing together.

















Your Verse

2 Corinthians 1:3-4 (NIV): "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

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: God's Comfort Heals Broken Hearts

A broken engagement leaves wounds that run deep, often causing heartache that feels unbearable. Yet, **God's promise to comfort us in every trouble** reminds us we don't journey through pain alone. He is the *Father of compassion*, ever attentive and ready to heal the brokenhearted.

When disappointment overwhelms, lean into God's comfort. His closeness fills the lonely moments, and His presence strengthens the weak parts of our souls. Remember, the comfort you receive is not just for you—it equips you to help others navigating their own heartbreaks.

Let this truth sink deeply: your pain matters to God, and He welcomes your tears. Trust that in His timing, He will turn your mourning into dancing and restore your joy.







Reflect and Apply

1.	How do you currently experience God's comfort in your pain?
2.	What feelings or thoughts are hardest to bring before God right now?
3.	How can receiving God's comfort empower you to support others?







Journaling Prompts

1.	Write about a time God comforted you during a difficult season.
2.	Describe your emotions surrounding your broken engagement today.
3.	List ways you can invite God's presence to soothe your heart.







Prayer for Today

Heavenly Father, thank You for being the God of all comfort. In my brokenness and sorrow, I come to You, seeking peace for my aching heart. Help me feel Your embrace and calming presence. Teach me to lean on You instead of my own strength. Restore my hope and give me patience as I wait for Your healing. Mold me into a source of comfort to others who suffer deeply, just as You comfort me. I trust Your perfect plans and hold onto Your faithful love. *In Jesus' name, Amen.*

















Your Verse

Jeremiah 29:11 (NIV): "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 8:28 "And we know that in all things God works for the good of those who love him."
- 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."







Devotional: Trusting God's Hopeful Future

Broken engagements can cause us to question the future and feel hopeless. But **God's promise stands firm:** He has specific plans designed to prosper you and give you hope. Even when a door closes, He is orchestrating pathways you cannot yet see.

It is natural to grieve the loss of what you hoped for. Yet, God invites us to cling to His faithfulness, trusting He is working all things—both good and painful—into something beautiful and redemptive.

Each new day brings fresh mercy, a reminder that God's love never runs dry. Your future belongs to Him, and no broken plans can thwart His perfect purpose for your life. Hold fast to this truth as you rebuild trust in His timing.







Reflect and Apply

1.	What hopes or dreams have been hardest to release to God?
	How does knowing God has good plans affect your perspective on lost relationships?
3.	What steps can you take to embrace hope one day at a time?







Journaling Prompts

1.	Write a letter to God about your hopes for the future.
2.	List areas where you need more trust in God's plan.
3.	Describe how God has shown faithfulness to you in past challenges.







Prayer for Today

Lord, help me surrender my disappointments and place my future fully in Your hands. Teach me to trust that Your plans for me are good, even when I cannot see the way ahead. Fill me with hope and renew my spirit each morning. May Your love remind me that I am never alone. Guide my steps as I heal and rebuild with faith in Your perfect timing. *In Jesus' name, Amen.* \(\begin{align*} \text{\text{\text{Post}}} \\ \text{\text{\text{\text{\text{\text{Post}}}}} \\ \text{\text{\text{\text{\text{\text{Post}}}}} \\ \text{\text{\text{\text{Post}}}} \\ \text{\text{\text{\text{Post}}}} \\ \text{\text{\text{\text{Post}}}} \\ \text{\text{\text{Post}}} \\ \text{\text{Post}} \

















Day 3: V Overcoming Fear and Doubt

Your Verse

Psalm 56:3 (NIV): "When I am afraid, I put my trust in you."

Supporting Scriptures

- Isaiah 43:1 "Do not fear, for I have redeemed you; I have summoned you by name; you are mine."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."







Day 3: V Overcoming Fear and Doubt

Devotional: Replacing Fear with Trust in God

Broken relationships often bring an increase in fear and doubt about the future, self-worth, and God's plans. Yet, the psalmist's example encourages us: when fear comes, we have a choice—to place our trust in God.

God reminds you that you are His beloved, redeemed and called by name. Your worth does not come from past relationships or canceled plans but from Him. Trusting God means surrendering the urge to control every detail and accepting His guidance even when circumstances feel confusing.

Take captive every doubt and fear, and exchange it for God's truth. He will be your shield and strength, offering peace beyond understanding.







Day 3: ① Overcoming Fear and Doubt

Reflect and Apply

	What fears about the future or yourself arise after your broken engagement?
2.	How can you actively choose trust over anxiety today?
	In what ways does God's ownership of you change how you see your worth?







Day 3: ① Overcoming Fear and Doubt

Journaling Prompts

	Write about moments when fear threatens your peace and how you can respond with trust.
2.	List verses or truths from Scripture that help you combat doubt.
3.	Describe what it means for you personally that God calls you His own.







Day 3: ① Overcoming Fear and Doubt

Prayer for Today

Faithful God, when fear tries to overwhelm me, help me to fix my eyes on You. Remind me daily that I am redeemed and precious in Your sight. Teach me to trust You fully and lean not on my own understanding. Strengthen my heart to walk forward with courage, knowing You hold my future. Cover me with Your peace that surpasses all knowledge. *In Jesus' name, Amen.* ① ② ↓

















Your Verse

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

Supporting Scriptures

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







Devotional: New Identity Through Christ's Love

After a broken engagement, it can feel like your identity is fractured or uncertain. Yet, God offers a complete newness through Christ—your identity is not defined by relationship status but by His redemptive work.

You are a new creation, crafted by God with purpose and love. Your value is rooted in being His handiwork, created for good works uniquely tailored to you. The past does not have the final say.

By embracing who you are *in Christ*, you unlock freedom and confidence to move ahead. You are deeply loved, fully accepted, and intimately known. No broken relationship can erase that.







Reflect and Apply

1.	How has your broken engagement impacted how you see yourself?
2.	What does it mean to you to be a new creation in Christ?
3.	What steps might you take to embrace your God-given identity daily?







Journaling Prompts

	Write a declaration of your identity based on Scripture, not circumstances.
2.	Describe areas where you need God's help to see yourself as He does.
3.	List ways you can reflect Christ's love to yourself and others.







Prayer for Today

Lord Jesus, thank You for making me a new creation and giving me an unshakable identity. Help me to see myself through Your eyes — fully loved and accepted. Break any lies that tell me otherwise. Empower me to walk confidently in who I am in You and to live out the good works You prepared. May my story glorify You, even amidst trials. *In Your name, Amen.* 🗳 🛠 👄

















Your Verse

Ecclesiastes 3:1 (NIV): "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."
- Habakkuk 2:3 "For the revelation awaits an appointed time; it speaks of the end and will not prove false."







Devotional: Joy Comes in God's Perfect Timing

It's easy to feel impatient or discouraged when your hopes seem delayed or altered. Yet, Scripture reminds us that every season in life has its perfect timing ordained by God.

Learning to wait on God's timing cultivates a deeper joy and peace beyond circumstances. Waiting is not passive—it is an active trust in God's wisdom and sovereignty.

As you recover from a broken engagement, recognize the season you're in as preparation for what God is doing inside you. Joy can be found even in waiting, as you grow stronger in faith and discover new depths of God's love.







Reflect and Apply

1.	How do you usually respond to waiting or delays in life?
2.	What might God be teaching you during this season of waiting?
3.	How can you choose joy even when circumstances seem discouraging?







Journaling Prompts

1.	Write about what 'waiting on the Lord' looks like for you today.
2.	Describe moments when God's timing proved best in your life.
3.	List practical ways you can cultivate joy during waiting periods.







Prayer for Today

Gracious God, teach me to trust Your perfect timing. Help me to be patient and strong as I wait on You. Turn my impatience into joy and my doubt into faith. Use this season of waiting to grow my character and deepen my love for You. May I rest in Your timing and delight in Your plans. *In Jesus' name, Amen.* \bigcirc \square \bigcirc















Your Verse

Proverbs 3:5-6 (NIV): "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."
- Jeremiah 17:7 "But blessed is the one who trusts in the Lord, whose confidence is in him."







Devotional: Choosing to Trust God Daily

Losing trust in God's plans after heartbreak is natural but does not have to be permanent. Scripture urges us to **lean away from our own understanding** and fully rely on His wisdom.

Trust is a daily decision to submit your fears, doubts, and broken dreams into God's hands. When you do, He promises to guide your steps and make your path straight.

This restoration of trust is the key to moving forward with confidence, peace, and hope. God is not distant; He is intimately involved in every detail of your life, and His plans remain perfect.







Reflect and Apply

1.	What areas challenge your ability to trust God fully?
2.	How can submitting to God change your outlook on your future?
3.	What practical habits might help you grow in trust this week?







Journaling Prompts

	Write about moments you have struggled to trust God and how He responded.
2.	List ways you can remind yourself of God's faithfulness daily.
3.	Describe what surrendering control to God means personally for you.







Prayer for Today

Lord, I choose to place my trust in You wholeheartedly. Help me to let go of my own understanding and lean on Your perfect wisdom. Guide my path and straighten my steps as I commit my life to You. Heal my heart from doubt and help me walk confidently in Your plans. Renew my faith daily, so I may live boldly in Your peace. *In Jesus' name, Amen.* 💸 🛕 🙏

















Your Verse

Isaiah 61:3 (NIV): "...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair."

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







Devotional: Restored and Renewed by God's Love

In this final day of your healing journey, God promises restoration that transforms pain into beauty and mourning into joy. Your brokenness is not the end—God is weaving a new story that crowns you with hope and praise.

His healing is gentle and complete, binding your wounds and renewing your spirit. With God's help, you can walk forward free from despair, filled instead with peace that sustains and joy that overflows.

Restoring trust, embracing your identity, and choosing hope all lead to a vibrant life shaped by God's love. Step boldly into this new chapter with confidence that God's plan for you is good, full of life, and endlessly loving.







Reflect and Apply

1.	How has God's healing journey changed your heart over the past week?
2.	What new hope or purpose do you sense emerging in you now?
3.	How can you continue to walk confidently in God's restoration?







Journaling Prompts

1.	Reflect on your progress and lessons learned during this study.
2.	Write a prayer of thanksgiving for God's restoration in your life.
3.	Describe your hopes and goals as you move forward in faith.







Prayer for Today

Father God, thank You for restoring my heart and replacing ashes with beauty. I praise You for Your healing touch and boundless love that fills me with joy and peace. As I walk forward, help me cling to Your promises and trust in Your good plans. May my life be a testimony of Your faithfulness and grace. I surrender all to You and rejoice in the newness You bring. *In Jesus' name, Amen.* **\mathbb{P} \left\{ \text{\text{\text{\text{there}}} \text{\tex{







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