



Healing and Restoration for Women After Toxic Friendships



A 7-day Bible study guiding women to find healing, forgiveness, and restoration through God's unfailing love after toxic friendship breakups.

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Introduction

Healing after the pain of a toxic friendship breakup can feel overwhelming and isolating. When relationships we cherished take a harmful turn, the emotional wounds often run deep. But God's Word offers us a pathway to restoration—a way to forgive, heal, and emerge renewed in His love.

Throughout this study, we will walk together through Scriptures that remind us of God's unwavering faithfulness, His capacity to heal broken hearts, and His power to restore what was lost. Toxic friendships can leave us questioning our worth, struggling with bitterness, or feeling betrayed. Yet, God invites us into *His perfect peace*—a peace that transcends circumstances and heals the deepest hurts.

This journey is designed specifically for women who are seeking comfort and guidance through God's Word. Each day we will explore biblical stories, promises, and truths that affirm God's desire to mend the pain caused by broken relationships. You will be encouraged to surrender your hurt, practice forgiveness—not as a one-time act but as a daily choice—and embrace the freedom Jesus offers.

As you commit these days to the Lord, allow His love to wash over you. He sees your tears, understands your pain, and offers you a fresh start. Let these reflections strengthen your heart, renew your spirit, and empower you to step forward with hope and confidence. Healing is possible, and it begins with God's grace and your courageous willingness to trust Him.





Day 1: 🌿 Embracing God's Healing Touch



Day 1: 🌿 Embracing God's Healing Touch

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 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 1: 🌿 Embracing God's Healing Touch

Devotional: God's Promise to Heal Your Broken Heart

When a cherished friendship ends in pain, the emotions can feel overwhelming and unrelenting. You might find yourself carrying heavy wounds that seem too deep to mend. Yet, the psalmist reminds us of a hopeful truth: **God heals the brokenhearted and binds up our wounds.**

Healing begins with God's gentle touch on your hurting soul. Unlike people who may hurt and disappoint, God's love is perfect and steadfast. In Jeremiah, we hear Him promising restoration and health to those who trust Him, signaling that healing is not only possible but assured.

Take heart: God is not distant—He is your believer, your protector, and your healer. Isaiah urges us not to fear because God walks with us through every valley. As painful as a toxic friendship breakup can be, God's presence brings a calm strength that sustains and restores.

Allow yourself to lean into this truth today. Invite God to touch the most tender places within you, knowing that His healing love can restore even what feels shattered.



Day 1:  Embracing God's Healing Touch

Reflect and Apply

1. How has God shown Himself to be a healer in your life before?

2. What wounds from your toxic friendship breakup do you feel ready to bring to God for healing?

3. In what areas do you need to trust God's presence more deeply during this healing process?



Day 1: 🌿 Embracing God's Healing Touch

Journaling Prompts

1. Write about the pain you feel from the friendship breakup and give that pain to God.

2. Describe what God's healing might look like in your life starting today.

3. List ways you can remind yourself of God's promise to heal when you feel broken again.



Day 1: 🌿 Embracing God's Healing Touch

Prayer for Today

Dear Heavenly Father, I come before You feeling broken and hurt from the pains of a toxic friendship. Yet I cling to Your promise that You heal the brokenhearted and bind up their wounds. *Thank You* for being my healer and my comfort. Help me to release the pain into Your hands and trust You to restore my soul day by day. Surround me with Your peace and strength as I walk this path of healing. Teach me to lean on You when I feel weak. I surrender my brokenness to Your loving care, knowing You will not leave me as I am. **In Jesus' name, Amen.** 🙏❤️🌿✨





Day 2: The Freedom of Forgiveness



Day 2: 🕊 The Freedom of Forgiveness

Your Verse

Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- *Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone."*
- *Matthew 6:14 - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*



Devotional: Choosing Forgiveness to Set Yourself Free

One of the hardest steps after a toxic friendship ends is extending forgiveness. Bitterness, anger, and hurt can seem like justifiable responses. But God's Word invites us to a higher path — **forgiveness** that frees the heart and releases the soul from bondage.

Paul's letter to the Ephesians urges believers to let go of bitterness and anger and instead be kind and compassionate. Forgiveness is more than an act of kindness; it is a deliberate choice to mirror God's grace. When we forgive, we do not excuse wrong behavior but rather break the cycle of pain and open ourselves to God's restoration.

Christ forgave us so fully that He offers forgiveness as a gift—even when we don't deserve it. This same grace is extended to us, calling us to forgive those who have hurt us. Forgiveness opens a door to healing that bitterness cannot unlock.

Today, invite God to reveal any bitterness lurking in your heart. Ask Him for the strength to forgive, not just for others' sake, but to bring peace and freedom to your own soul.



Day 2:  The Freedom of Forgiveness

Reflect and Apply

1. What feelings come up when you think about forgiving your former friend?

2. How might forgiveness change your perspective or your emotional well-being?

3. What does God's forgiveness of you teach you about forgiving others?



Day 2: 🕊️ The Freedom of Forgiveness

Journaling Prompts

1. Write a letter (not to be sent) to your former friend expressing forgiveness or your feelings.

2. List areas where bitterness is weighing you down and pray about releasing them.

3. Reflect on how holding onto anger has affected your heart and life.



Day 2: 🕊️ The Freedom of Forgiveness

Prayer for Today

Lord Jesus, forgive me for the ways bitterness and anger have taken root in my heart. Help me to release the hurts from this toxic friendship and choose forgiveness, even when it feels impossible. *Fill me* with Your compassion and kindness so I may freely forgive as You have forgiven me. Heal the wounds that remain and grant me peace in my heart. Lead me away from resentment and into Your freedom. **In Your loving name, Amen.** 🌸 🕊️ ❤️ 🙏





Day 3: 💪 Finding Strength in God's Grace



Day 3: 📖 Finding Strength in God's Grace

Your Verse

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

Supporting Scriptures

- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*
- *Philippians 4:13 - "I can do all this through him who gives me strength."*



Day 3:  Finding Strength in God's Grace

Devotional: God's Power Perfects Our Weakness

Healing from a toxic relationship can leave you feeling weak and vulnerable. You might question if you have the strength to move forward or to rebuild trust in friendships again. Yet God's Word offers a powerful assurance: His grace is enough, and His strength shines brightest in our weakness.

Paul's words to the church in Corinth reveal that God's power is perfected when we admit our fragility and rely on Him. When we acknowledge our limits and surrender our struggles, God's boundless grace fills the gaps and empowers us to stand firm.

Isaiah reminds us that God strengthens the weary. This is especially true when our hearts are bruised and our spirits feel drained. And Philippians assures us that through Christ, the source of all strength, we can face every challenge.

Be encouraged today: Your weakness is not a failure but an opportunity for God's power to work within you and bring lasting healing and resilience.



Day 3:  Finding Strength in God's Grace

Reflect and Apply

1. In what ways have you felt weak in your healing journey?

2. How can you practically depend more on God's grace and strength daily?

3. What does it mean for God's power to be made perfect in your weakness?



Day 3: 📖 Finding Strength in God's Grace

Journaling Prompts

1. Describe a moment when you felt God's strength help you during hardship.

2. Write down areas where you need to surrender control and trust God's grace.

3. List verses or promises about God's strength that encourage you.



Day 3: 🍌 Finding Strength in God's Grace

Prayer for Today

Gracious Father, I come to You feeling weak and unsure, but I trust that Your grace is sufficient for me. Teach me to lean on You and receive Your strength daily. When I feel weary, remind me that Your power is made perfect in my weakness. Help me to walk forward with confidence, knowing You sustain me. Thank You for being my refuge and strength in times of struggle. **In Jesus' name, Amen.** 💪 🌅 🙏 ✨





Day 4: 🌸 Restoring Your Identity in Christ



Day 4: 🌸 Restoring 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."*
- *Psalms 139:14 – "I praise you because I am fearfully and wonderfully made."*



Day 4: 🌸 Restoring Your Identity in Christ

Devotional: Reclaiming Your Worth and New Identity

Sometimes toxic friendships can distort how we see ourselves, leaving us with feelings of unworthiness or self-doubt. Yet, in Christ, we find a new identity—one where our true value is secure and our past no longer defines us.

The apostle Paul reminds us that anyone in Christ is a new creation. The old wounds, lies, and rejection are erased by God's transformative love. This renewal means that you can let go of the negative labels and embrace who you are in God's eyes.

Galatians teaches that Christ lives in you, empowering you to walk forward with courage and purpose. Psalm 139 celebrates your intricate worth, affirming that you are wonderfully made and deeply loved.

Today, allow God to restore your self-image. Step into your new identity, one rooted in His grace and truth, and let His love define you rather than past hurts.



Day 4: 🌸 Restoring Your Identity in Christ

Reflect and Apply

1. How has your former friendship impacted your view of yourself?

2. What does it mean for you to be a new creation in Christ right now?

3. In what ways can you remind yourself daily of your God-given worth?



Day 4: 🌸 Restoring Your Identity in Christ

Journaling Prompts

1. Write about who you were before and who you are becoming in Christ.

2. List affirmations based on Scripture about your identity and value.

3. Reflect on what God's new creation promise means for your healing.



Day 4: 🌸 Restoring Your Identity in Christ

Prayer for Today

Lord God, thank You for creating me fearfully and wonderfully. Help me to shed the old thoughts and insecurities from past relationships that tried to define me. I receive Your gift of a new identity in Christ, where I am loved, valued, and empowered. Let Your truth shape how I see myself today and every day. May I walk with confidence, secure in who You made me to be. **In Jesus' name, Amen.** 🌸 ✨ ❤️ 🙏





Day 5: Guarding Your Heart Wisely



Day 5:  Guarding Your Heart Wisely

Your Verse

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

Supporting Scriptures

- *Matthew 7:6 – "Do not give dogs what is sacred; do not throw your pearls to pigs."*
- *Psalms 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Devotional: Protecting Your Heart While Embracing Healing

After a painful friendship ends, it's natural to want to protect yourself from future harm. God's Word acknowledges the need to guard our hearts carefully because what we hold within shapes every aspect of life.

Proverbs tells us to guard our hearts above all else, signaling how critical it is to be intentional about what we allow in. Jesus cautions about giving sacred trust where it is not honored; this calls us to wisdom in future relationships.

At the same time, the psalmist reminds us that God draws near to the brokenhearted and rescues those crushed in spirit. We are called not just to safeguard ourselves but also to lean on God's compassion as we heal.

Today, ask God for discernment—to recognize what relationships and influences are healthy for you and which ones to protect yourself from. Balance healing with wise boundaries, trusting God's guidance in your heart's restoration.



Day 5:  Guarding Your Heart Wisely

Reflect and Apply

1. What boundaries do you need to establish to protect your heart moving forward?

2. How can you seek God's guidance in evaluating new or existing friendships?

3. What role does God's nearness play in your heart's healing process?



Day 5:  Guarding Your Heart Wisely

Journaling Prompts

1. Identify patterns from past friendships that you want to avoid.

2. Write a prayer asking God for wisdom and strength to maintain boundaries.

3. List signs that a relationship is healthy or unhealthy for you.



Day 5: 🛡️ Guarding Your Heart Wisely

Prayer for Today

Wise Father, teach me to guard my heart above all else. Help me to recognize what is good for my soul and what may harm me. Give me the discernment to build wise boundaries after betrayal and pain. Thank You for being close to my broken heart, offering comfort and salvation. Let Your guidance be the shield that protects me as I heal. **In Jesus' name, Amen.** 🛡️ ❤️ 🙏 🌿





Day 6: ✨ Embracing New Joy and Community



Day 6: ✨ Embracing New Joy and Community

Your Verse

Psalm 68:6 - "God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land."

Supporting Scriptures

- *Hebrews 10:24-25 - "Let us consider how we may spur one another on... and encourage one another."*
- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*



Day 6: ✨ Embracing New Joy and Community

Devotional: Finding Joy and Support in God's Family

Loneliness often follows the loss of close friendships, especially toxic ones where trust was broken. Yet God's heart is to replace loneliness with belonging. Psalm 68 reveals that God places the lonely in families—a beautiful promise that you are never truly alone.

Hebrews encourages us to spur one another toward love and good deeds by meeting together and supporting each other. This speaks powerfully to the healing found in community—friends and sisters in Christ who encourage and strengthen you.

The call to honor one another above ourselves challenges us to pursue healthy, uplifting relationships that foster joy and growth. As you heal, consider opening your heart to new connections grounded in God's love and truth.

Today, embrace the hope of restored relationships and new joys. Seek out those who build you up spiritually and emotionally, and let God's family surround you with love.



Day 6: ✨ Embracing New Joy and Community

Reflect and Apply

1. What qualities will you look for in new friendships?

2. How can you participate more actively in God's community to support your healing?

3. What steps can you take toward embracing joy despite past hurts?



Day 6: ✨ Embracing New Joy and Community

Journaling Prompts

1. Write about what you hope to give and receive in future friendships.

2. List current people in your life who encourage and uplift you.

3. Describe ways you can be a source of encouragement to others.



Day 6: ✨ Embracing New Joy and Community

Prayer for Today

Kind Father, thank You for placing the lonely in families and giving new joy after loss. Help me to embrace Your community of love and support. Guide me toward friendships that honor You and bring healing to my heart. Let me be a source of encouragement and receive kindness with an open heart. May Your family bring renewed joy and strength as I move forward. **In Jesus' name, Amen.** ✨ 😊 ❤️ 🙏





Day 7: ✨ Moving Forward in God's Peace



Day 7: ✨ Moving Forward in God's Peace

Your Verse

John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- *Philippians 4:6-7 – "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts."*
- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*



Day 7: ✨ Moving Forward in God's Peace

Devotional: Walking Forward in God's Peace and Hope

As this study concludes, the journey of healing brings you to a beautiful place—peace. Jesus promises a peace different from the world's kind, one that calms troubled hearts and removes fear.

Philippians describes this peace as guarding our hearts and minds, a supernatural tranquility that transcends understanding. It is the fruit of trusting God fully, releasing worries and fears into His care.

Romans offers hope that fills us with joy and peace as we trust in God. This hope empowers you to walk forward with confidence, free from the chains of past pain.

Today, receive God's peace fully. Let go of lingering fears and step boldly into the future, knowing God's love surrounds and upholds you every step.



Day 7: ✨ Moving Forward in God's Peace

Reflect and Apply

1. What does God's peace mean for you personally after this healing journey?

2. How can you cultivate this peace daily amid future challenges?

3. What hope do you hold onto as you move forward in your relationships?



Day 7: ✨ Moving Forward in God's Peace

Journaling Prompts

1. Write a declaration of your trust in God's peace going forward.

2. List practical ways to maintain peace when facing difficult emotions.

3. Reflect on how this study has changed your view of healing and restoration.



Day 7: ✨ Moving Forward in God's Peace

Prayer for Today

Peaceful Lord, thank You for the gift of Your peace that surpasses all understanding. Calm my heart and free me from fear and anxiety as I move forward from past hurts. Fill me with joy, hope, and confidence in Your plan for my future. Guard my heart and mind so I may walk in Your love and grace each day. Help me to share this peace with others and live boldly in Your presence. **In Jesus' name, Amen.** ✨🕊️❤️🙏





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