



Healing and Restoration for Women of Faith



A 7-day journey for women to find healing from
childhood trauma through God's redeeming love
and restoration for their souls.



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Introduction

Welcome to this transformative 7-day Bible study designed specifically for women seeking healing from childhood trauma. Life's early wounds can leave deep scars that affect our identity, emotions, and faith journey. Yet, as daughters of the Most High God, *we are called to walk in healing and restoration*. This study will walk with you through Scripture that reveals God's heart for you to be whole and renewed.

Often, trauma from childhood can whisper lies of shame, fear, and brokenness. But God's Word speaks truth: He is a God of redemption, who can take your past pain and mold it into a testimony of strength and hope. Throughout this week, you will discover how God's love is not limited by your past and how His grace reaches into every corner of your story.

Each day focuses on key scriptures that remind you of your worth, God's faithfulness, and the power to reclaim your soul. We encourage you to open your heart, meditate deeply on His promises, and allow the Holy Spirit to bring fresh healing. Journaling and prayer prompts are provided to help you engage personally with God's Word and reflect intentionally on your journey.

Remember, you are not alone. God is intimately acquainted with your story and desires to bring restoration to your soul, guiding you into freedom and peace. Let this time be your sacred space to surrender past hurts to Him and embrace His healing embrace fully.



May you find comfort, courage, and renewal as you seek God's redeeming power through these meditations. **Let His love redefine your identity and restore your soul each day.** 🌸 ✨





Day 1: 🌿 God Sees Your Hidden Pain



Day 1: 🌿 God Sees Your Hidden Pain

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."*
- *Isaiah 61:1 - "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor... to bind up the brokenhearted."*



Day 1:  God Sees Your Hidden Pain

Devotional: God Draws Near to Your Broken Heart

Begin your healing journey by acknowledging God's nearness to your pain. Childhood trauma often leaves wounds hidden deep within our hearts, making us feel isolated and misunderstood. Yet, Psalm 34:18 assures us that *God is especially close when our hearts feel broken and crushed in spirit*. He does not distance Himself from your suffering but draws near.

Recognize that the Lord not only sees your suffering but also desires to heal you. As Isaiah 61:1 promises, God's Spirit is sent to bind up the brokenhearted. This divine healing isn't passive; it is active and intentional. God begins by meeting you precisely where the pain resides.

Allow yourself to bring all your emotions before Him—fear, sorrow, anger, confusion. You are safe in His presence, and He cares deeply for you. Healing requires honesty before God, paving the way to restoration. Remember, you are not forgotten or invisible to God. He is with you, ready to start mending your heart.



Day 1:  God Sees Your Hidden Pain

Reflect and Apply

1. What areas of your heart feel most broken or crushed right now?

2. How can knowing God is close to you change the way you face your pain?

3. What emotions have you hidden from God that you might bring to Him now?



Day 1: 🌿 God Sees Your Hidden Pain

Journaling Prompts

1. Write about a time when you felt God's closeness during a difficult moment.

2. List the feelings you carry from your childhood trauma and offer them to God in writing.

3. Journal a prayer asking God to help you be honest with Him about your pain.



Day 1: 🌿 God Sees Your Hidden Pain

Prayer for Today

Dear Lord, thank You for being close to me in my brokenness. When my heart feels crushed and overwhelmed, help me remember that You see me and care deeply. Teach me to bring my pain honestly before You, trusting Your gentle healing touch. Restore my soul and give me courage to face the hidden wounds within. Surround me with Your grace and peace as I begin this journey of healing. In Jesus' Name, Amen. ❤️🙏🌿✨





Day 2: 🕊️ God Redeems Your Past



Day 2: 🕊️ God Redeems Your Past

Your Verse

Joel 2:25 – "I will repay you for the years the locusts have eaten... says the Lord your God."

Supporting Scriptures

- *Isaiah 43:18-19 – "Forget the former things; do not dwell on the past... I am doing a new thing!"*
- *Romans 8:28 – "In all things God works for the good of those who love Him."*



Day 2: 🕊️ God Redeems Your Past

Devotional: God's Promise to Restore Lost Years

Your past pain does not define your future. Joel 2:25 offers a powerful promise of restoration—that God can repay what was lost or stolen in your life. The hardships caused by childhood trauma may feel like 'years eaten away,' but God's power to redeem is greater than any wound.

Isaiah reminds us to let go of dwelling on former hurts and to open our hearts to the 'new thing' God is doing. Redemption is not simply about forgetting the past but allowing God to transform it into something beautiful. Romans 8:28 reinforces that all things, even the painful, are used by God for ultimate good.

God invites you to lay down burdens of regret, shame, or resentment. He wishes to reclaim the years and moments stolen by trauma and turn them into testimonies of His grace and faithfulness. Trust that His hands are mighty enough to restore emotional, spiritual, and relational wounds. Your story is not over—He's writing new chapters filled with hope and purpose.



Day 2: 🕊️ God Redeems Your Past

Reflect and Apply

1. What aspects of your past feel 'lost' or 'stolen' because of trauma?

2. How can you embrace God's invitation to let go of former hurts?

3. In what ways is God already doing 'a new thing' in your life?



Day 2: 🕊️ God Redeems Your Past

Journaling Prompts

1. Write about what ‘restoration’ would look like in your healing journey.

2. List ways God has shown His faithfulness even in your pain.

3. Journal your hopes for how God might redeem your past experiences.



Day 2: 🕊️ God Redeems Your Past

Prayer for Today

Heavenly Father, thank You that You are a God of redemption and restoration. I surrender my past wounds and losses to You, trusting You to repay and restore what trauma has taken. Help me to release the pain that keeps me bound and to embrace the new things You are doing in my life. Strengthen my hope and renew my spirit as I walk forward with You. In Jesus' Name, Amen.





Day 3: 💖 Embracing Your God-Given Worth



Your Verse

Psalm 139:13-14 - "For you created my inmost being... I praise you because I am fearfully and wonderfully made."

Supporting Scriptures

- *Jeremiah 31:3 - "I have loved you with an everlasting love."*
- *Ephesians 2:10 - "We are God's handiwork, created for good works."*



Day 3: ❤️ Embracing Your God-Given Worth

Devotional: You Are Wonderfully Made and Loved

Trauma can distort our self-image and make us feel unworthy, but God's Word reveals your true identity. Psalm 139:13-14 beautifully reminds us that you are fearfully and wonderfully made by a loving Creator who formed every part of your being with intentionality and care.

Jeremiah confirms God's everlasting love for you, not based on performance but grounded in His very nature. Even when past hurts have made you doubt your value, God's love remains constant and unchanging.

Furthermore, Ephesians 2:10 reveals you were created for purpose – equipped to do good works that glorify God. Your worth is not dependent on your past but defined by the One who fashioned you. Embracing this reality is crucial in healing from trauma, as it replaces lies with truth and empowers you to walk boldly as a cherished daughter of God.



Day 3: ❤️ Embracing Your God-Given Worth

Reflect and Apply

1. How has trauma affected how you see your worth?

2. What does it mean to you that God made you ‘fearfully and wonderfully’?

3. How can embracing your God-given worth impact your healing?



Day 3: ❤️ Embracing Your God-Given Worth

Journaling Prompts

1. Write a letter to yourself as God's beloved creation.

2. List qualities or talents God has given you that affirm your worth.

3. Journal ways you can affirm your identity in Christ daily.



Day 3: ❤️ Embracing Your God-Given Worth

Prayer for Today

Lord, help me to see myself through Your eyes—as fearfully and wonderfully made. When I struggle with feelings of worthlessness due to my past, remind me of Your everlasting love that never fades. Strengthen my confidence and help me to walk in the good works You have prepared for me. Let Your truth redefine how I view myself and bring freedom from old lies. In Jesus’ Name, Amen. ❤️ ✨ 📖 🙏





Day 4: 🌸 Finding Comfort in God's Presence



Your Verse

2 Corinthians 1:3-4 - "The God of all comfort, who comforts us in all our troubles..."

Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Psalms 23:4 - "Even though I walk through the darkest valley, I will fear no evil, for you are with me."*



Devotional: Rest in God's Tender Comfort

Healing trauma is a process that requires deep comfort and rest, both of which God freely offers. 2 Corinthians calls God "the God of all comfort," emphasizing His role as our refuge in times of suffering. No matter the weight of your childhood wounds, you can come to Him and find solace.

Jesus Himself invites the weary and burdened to find rest in Him (Matthew 11:28). The comfort He gives is soul-deep and renewing, reaching places no human touch can access.

Psalms 23 offers assurance that even when walking through the darkest valleys—such as those shaped by trauma—God's presence dispels fear. His rod and staff guide and soothe your hurting heart. When you intentionally seek His presence through prayer, worship, or silence, you open yourself to His healing comfort.



Day 4: 🌸 Finding Comfort in God's Presence

Reflect and Apply

1. When have you experienced God's comfort in your pain before?

2. How can you seek His presence intentionally during difficult moments?

3. What fears do you need to release as you trust God's care?



Journaling Prompts

1. Describe what 'rest' in God looks like for you.

2. Write about a time God comforted you during a dark season.

3. Journal a prayer asking Jesus to be your refuge and rest today.



Day 4: 🌸 Finding Comfort in God's Presence

Prayer for Today

Gracious God, thank You for being my constant source of comfort and rest. In my pain and weariness, help me to draw near and experience Your tender presence. Calm my fears and remind me that I am never alone, even in my darkest valleys. Restore my soul with Your peace and fill me with hope to continue moving forward. In Jesus' Name, Amen. 🌸 🕊️ 📖 🙏





Day 5: Overcoming Shame with God's Grace



Your Verse

Romans 8:1 - "Therefore, there is now no condemnation for those who are in Christ Jesus."

Supporting Scriptures

- *1 John 1:9 - "If we confess our sins, He is faithful and just to forgive us."*
- *Hebrews 4:16 - "Let us then approach God's throne of grace with confidence... to receive mercy and find grace to help us."*



Devotional: God's Grace Erases Shame's Chains

Shame is often one of the most painful legacies of childhood trauma. It convinces us that we are unworthy, broken beyond repair, or defined by past mistakes. However, Romans 8:1 offers a powerful truth: for those in Christ, there is no condemnation. God's grace makes a way to break free from the chains of shame.

Confessing our hurts, mistakes, or sins to God unlocks His forgiveness and faithfulness, as 1 John 1:9 reminds us. His mercy covers our shame, allowing us to step into freedom without fear of rejection.

Hebrews invites us to boldly approach God's throne to find grace to help in our needs. This grace empowers you to overcome shame's grip and walk forward as a redeemed woman of faith. Let God's grace wash over your soul, erasing shame and replacing it with dignity, joy, and hope.



Reflect and Apply

1. What lies of shame have held you captive?

2. How can embracing God's grace help you walk free from condemnation?

3. What fears or doubts do you need to confess honestly to God today?



Journaling Prompts

1. Write a prayer of confession and release to God.

2. List the lies shame has whispered and counter each with God's truth.

3. Journal how God's grace can transform your feelings of worthlessness.



Day 5: 🛡️ Overcoming Shame with God's Grace

Prayer for Today

Merciful Father, thank You that Your grace removes all condemnation. I confess my pain, shame, and the lies that have weighed me down. Wash me completely with Your forgiving love and set me free from shame's bondage. Help me to walk boldly in Your grace and live out the truth of who I am in Christ. Keep me anchored in Your mercy each day. In Jesus' Name, Amen. 🛡️





Day 6: Embracing Hope for Your Future



Day 6: 🌅 Embracing Hope for Your Future

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, to give you a future and a hope."

Supporting Scriptures

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in Him."*
- *Proverbs 3:5-6 – "Trust in the Lord with all your heart... He will make your paths straight."*



Day 6: 🌅 Embracing Hope for Your Future

Devotional: God's Hope Lights Your Path Ahead

One of the most powerful steps in healing is looking forward with hope. No matter how painful your past may be, God has a purposeful plan for your future. Jeremiah 29:11 reminds you that His plans are to prosper you, not to harm you, and to give you hope and a future filled with promise.

Romans 15:13 encourages you to trust in the God of hope, who fills you with joy and peace as you place your confidence in Him. Trust is essential in overcoming wounds that may try to anchor you to the past.

Proverbs 3:5-6 calls you to trust God wholeheartedly and acknowledge Him in all your ways. When you do, He promises to make your paths straight—leading you away from trauma toward restoration and abundant life. Embrace this hope today; it's a beacon lighting your way forward.



Day 6: 🌅 Embracing Hope for Your Future

Reflect and Apply

1. How easy or difficult is it for you to hope for the future?

2. What fears about your future does God want to transform?

3. How can you place more trust in God's plans for your life?



Day 6: 🌅 Embracing Hope for Your Future

Journaling Prompts

1. Write about your hopes and dreams with God's guidance.

2. List scriptures that encourage you to trust God's plans.

3. Journal a prayer asking God to fill you with hope and peace.



Day 6: 🌅 Embracing Hope for Your Future

Prayer for Today

Hopeful God, thank You for Your good plans for my life. Help me to trust You with all my heart and release fears about my future. Fill me with joy and peace as I place my hope in You. Guide my steps and lead me on paths of healing and restoration. May Your light shine brightly on my journey ahead. In Jesus' Name, Amen. 🌅 ✨ 🕊️ 🙏





Day 7: 🌷 Walking Forward in Freedom



Day 7: 🌸 Walking Forward in Freedom

Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free."

Supporting Scriptures

- *John 8:36 - "So if the Son sets you free, you will be free indeed."*
- *2 Timothy 1:7 - "For God gave us a spirit not of fear but of power, love and self-discipline."*



Day 7: 🌸 Walking Forward in Freedom

Devotional: Step Boldly into Christ's Freedom

As this study concludes, embrace the freedom Christ offers from the chains of your past. Galatians 5:1 declares that Christ has set you free; this freedom is complete and powerful. It is no longer necessary to be enslaved by old trauma, shame, or fear.

Jesus assures us in John 8:36 that if He sets you free, you are truly free indeed. This freedom means living empowered by God's Spirit rather than being controlled by past wounds.

2 Timothy 1:7 reminds you that God's Spirit gives a spirit of power, love, and self-discipline—not fear. As you move forward, take hold of this promise to live confidently, loved, and filled with strength. Walking forward in freedom includes continuing to rely on God's grace daily and sharing your healing journey to encourage others.

Celebrate how far you have come and keep your eyes on the hope and purpose God holds for your future.



Day 7: 🌸 Walking Forward in Freedom

Reflect and Apply

1. What does freedom in Christ look like for you personally?

2. Are there any remaining chains you need to surrender to God?

3. How can you use your healing journey to encourage others?



Day 7: 🌸 Walking Forward in Freedom

Journaling Prompts

1. Write about what it means to be 'free indeed' in your life.

2. List fears or habits you want to release in God's strength.

3. Journal ways you can share your story of healing with someone.



Day 7: 🌸 Walking Forward in Freedom

Prayer for Today

Lord Jesus, thank You for setting me free from the chains of my past. Help me walk boldly in the power, love, and self-discipline Your Spirit provides. Teach me to live with confidence, knowing I am fully loved and redeemed.

Empower me to use my healing journey to bring hope to others and glorify Your name. I receive Your freedom today and every day. In Your precious Name, Amen. 🌸✚🕊️🙏





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