



Healing and Strengthening Marriage After Past Wounds



A 3-day journey to heal from past relationship wounds and build a strong, God-centered marriage based on forgiveness and love.



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Introduction

Marriage can be one of life's most beautiful and fulfilling relationships, yet it is often complicated by the pain of past relationships. When past wounds linger, they can hinder the trust, intimacy, and deep connection God desires for couples. This study invites you on a transformative journey to *heal* those wounds through God's unchanging love and wisdom.

Throughout these three days, we will explore Scriptures that speak directly to overcoming hurt, embracing forgiveness, and stepping into the newness of a loving, thriving marriage relationship. Healing is not instant; it requires surrender, patience, and God's guidance to break free from past pain and build new foundations of trust.

As you engage with these devotionals and reflections, pray with an open heart to understand God's purpose for your marriage. Let His Word remind you that your past does not define your future, and that in Christ, restoration is possible. Embrace each day as an opportunity to let go of regret, invite healing, and renew your commitment to your spouse with God at the center.

Let's walk this journey of healing together, trusting that God's grace will restore and strengthen your marriage beyond what you might imagine.





Day 1: ✂ Healing Past Wounds



Day 1: ✕ Healing Past Wounds

Your Verse

Psalm 147:3 – He heals the brokenhearted and binds up their wounds.

Supporting Scriptures

- *Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God.*
- *Matthew 11:28 – Come to me, all you who are weary and burdened, and I will give you rest.*



Day 1: ✕ Healing Past Wounds

Devotional: Embrace God's healing for your heart

Healing begins where brokenness is acknowledged. When past relationships leave scars, it can be tempting to carry that pain into marriage, building walls to protect your heart. But God invites us to bring those broken pieces to Him. Psalm 147:3 reminds us that God is the ultimate healer — He doesn't just mask wounds; He binds them up, restores, and makes us whole.

If you've experienced betrayal, rejection, or hurt, don't shy away from those feelings. *Bring them to God in prayer.* He understands your pain intimately through Jesus' suffering and offers peace that transforms the brokenness into beauty. Healing also requires vulnerability — being honest with your spouse about your past can foster trust and deep connection.

Remember Isaiah 41:10, where God promises not to leave you alone in your fears and doubts. This means your healing journey is not in isolation but with God's empowering presence. Matthew 11:28 gently invites you to lay your burdens down and find rest in Him.

Today, take the first step in inviting God to heal your heart. As you do, allow yourself to hope for a marriage that reflects His perfect love, unshaken by past pain.



Day 1: ✕ Healing Past Wounds

Reflect and Apply

1. What past wounds do I still carry into my marriage?

2. How open am I with my spouse about my emotional scars?

3. In what ways can I invite God to heal and restore my trust?



Day 1: ✕ Healing Past Wounds

Journaling Prompts

1. Write about a past hurt that still affects you today.

2. Describe how you can surrender this pain to God right now.

3. List ways your spouse can support you in healing.



Day 1: ✕ Healing Past Wounds

Prayer for Today

Lord, thank You for being the healer of my broken heart. Help me to release past pain into Your hands and trust You to restore my soul and my marriage. Give me courage to be vulnerable with my spouse, that we may grow closer through honesty and love. Fill me with Your peace and reassure me daily of Your presence. Teach me to rest in You fully, knowing You are working all things for good. *In Jesus' name, Amen.* 🙏❤️🕊️✨





Day 2: 💞 Forgiveness: The Path to Freedom



Day 2: ❤️ Forgiveness: The Path to Freedom

Your Verse

Ephesians 4:32 – 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.*



Day 2:  Forgiveness: The Path to Freedom

Devotional: Choose forgiveness as a healing act


Forgiveness is often the most challenging step toward healing past relationship pain, but it's also the most freeing. Holding on to bitterness erects barriers between you and your spouse and can reopen old wounds. Ephesians 4:32 calls us to kindness, compassion, and forgiveness — reflecting God's heart that forgave us completely through Christ's sacrifice.

Forgiveness does not mean forgetting or excusing hurtful actions; rather, it is a deliberate choice to release the offense and allow healing to begin. Colossians 3:13 encourages us to bear with one another, offering grace as we ourselves have received grace. When you forgive your spouse and, if applicable, your own past relationships, you unlock the door for new trust and intimacy.

Jesus taught in Matthew 6:14 that forgiveness is a two-way street — as God forgives you, you are called to forgive others. Letting go of resentment is both a spiritual discipline and a daily choice that fosters peace in your heart and marriage.

Today's challenge is to ask God to soften your heart toward forgiveness, starting with yourself and your spouse. Healing breakthroughs appear when mercy replaces judgment.



Day 2:  Forgiveness: The Path to Freedom

Reflect and Apply

1. Are there past hurts I need to forgive before fully embracing my marriage?

2. What does forgiveness mean to me in the context of my relationship?

3. How can I extend grace to my spouse and myself more consistently?



Day 2:  Forgiveness: The Path to Freedom

Journaling Prompts

1. Write about someone you find hard to forgive and why.

2. Describe how unforgiveness affects your emotions and relationships.

3. List practical steps you can take toward forgiveness today.



Day 2: ❤️ Forgiveness: The Path to Freedom

Prayer for Today

Father, thank You for forgiving me completely in Christ. Help me show that same forgiveness to my spouse and to myself. Teach me to release bitterness and choose compassion and kindness daily. May my heart be free to experience Your peace and deep love, restoring what has been broken. Give me strength to forgive where it's difficult and grace to grow in Your image. *In Jesus' name, Amen.* 🙌❤️🕊️🙏





Day 3: Building Trust in New Foundations



Day 3: 🌱 Building Trust in New Foundations

Your Verse

1 Corinthians 13:7 - It always protects, always trusts, always hopes, always perseveres.

Supporting Scriptures

- *Proverbs 3:5 - Trust in the Lord with all your heart and lean not on your own understanding.*
- *Romans 12:12 - Be joyful in hope, patient in affliction, faithful in prayer.*



Devotional: Trust and hope restore enduring love

Trust is the cornerstone of every strong marriage, yet it often takes time and intentional effort—especially in the wake of past relational pain. 1

Corinthians 13:7 teaches about love's active qualities — love protects and, importantly here, it trusts. This kind of trust invites you to rely on one another and on God amid uncertainties.

When previous brokenness tempts you to doubt, Proverbs 3:5 reminds you to anchor your trust in the Lord first. He understands your fears and promises guidance. Building trust also requires patience, hope, and perseverance. Romans 12:12 exhorts you to remain joyful in hope and patient in trials, including those that come from rebuilding relationship foundations.

Begin with small acts of openness, honesty, and dependability with your spouse. Celebrate milestones together as evidence of growing confidence. Invite God daily into your marriage covenant for His strength and wisdom.

Allow yourself and your marriage the grace of time to heal and strengthen as God leads you forward. This new chapter can blossom into a relationship marked by faith, hope, and enduring love.



Day 3: 🌱 Building Trust in New Foundations

Reflect and Apply

1. How can I gradually build trust in my marriage despite past fears?

2. What role does God's guidance play in renewing my relationship?

3. How can patience and hope help me persevere through challenges?



Day 3:  Building Trust in New Foundations

Journaling Prompts

1. Write about one area where you want to build more trust.

2. Describe ways to invite God's presence into your daily marriage life.

3. List hopeful visions you have for your future as a couple.



Day 3: 🌿 Building Trust in New Foundations

Prayer for Today

Lord, help me to trust You and my spouse deeply. Teach me to lean on Your understanding rather than my fears. Fill me with hope and patience as we build our marriage on Your solid foundation. May Your love be the guiding force in every step we take together. Strengthen us to persevere through challenges and celebrate the joy of renewed trust and commitment. *In Jesus' name, Amen.* 🌿 🙏 ❤️ ✨





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