



# Healing for Christian Women Hurt by the Church



Embrace Jesus' healing as a Christian woman recovering from wounds inflicted in His name. Find restoration and peace through God's Word.

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## Introduction

Welcome to this 7-day journey of healing and restoration. As Christian women, sometimes the very community meant to reflect Christ's love can inadvertently cause deep wounds. *Church hurt* is a reality many face; it leaves scars not just emotionally, but spiritually too. Yet, God's Word shines as a balm to these pains and invites us into a place of renewed hope.

In the days ahead, we will explore Scripture passages highlighting Jesus' tender care for the brokenhearted and call for His healing presence in our lives. This plan is gently designed to help you process the pain inflicted by others in the church—whether through misunderstanding, judgment, exclusion, or personal offenses—and to rest in the assurance that Jesus Himself understands and longs to mend every hurt.

*Healing begins with God's love and truth. It is not about excusing the wrongs done to us but rather entrusting our pain and woundedness to the One who holds all things together.* Throughout this study, open your heart to God's grace. Reflect deeply on His Word and allow the Holy Spirit to illuminate new perspectives that bring freedom and peace. May you be reminded you are dearly loved, deeply valued, and called to walk in healing strength.

Each day includes well-selected Scriptures, reflective questions, journaling prompts, and prayers empowering you to take steps toward emotional and spiritual restoration. By the end of this week, it is our hope you will



experience an increased sense of God's comforting presence, renewed faith, and the courage to forgive and move forward.

**Let Jesus mend your wounds, renew your spirit, and restore your joy. He is faithful to heal what the church has broken. ❤️**





## Day 1: ❤️ Embracing Jesus' Compassion



Day 1: ❤️ Embracing Jesus' Compassion

## Your Verse

*Psalms 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."*

## Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners."*



Day 1: ❤️ Embracing Jesus' Compassion

## Devotional: Jesus Draws Near to the Brokenhearted

Feeling broken from church hurt can make you feel isolated, but God's Word promises that you are never alone. Psalm 34:18 reminds us of God's nearness to those crushed in spirit. Jesus doesn't turn away from our pain; He draws close and offers healing. When wounds from others in the church feel heavy, lean into Jesus' compassion.

*Jesus invites all who are weary to come to Him for rest (Matthew 11:28).* This beautiful promise urges us to bring our burdens—not to hide them. The healing He offers is not superficial; it is soul-deep. No matter how severe the hurt, God wants to restore what has been broken.

Isaiah 61:1 proclaims the mission Jesus fulfills: to bind up broken hearts. This includes yours. Imagine His hands gently mending the fractures caused by past offenses. He does not let injustice or pain have the final word.

Today, begin by embracing Jesus' loving compassion. Approach Him with your hurt and trust He will begin a healing work that only He can accomplish.



Day 1: ❤️ Embracing Jesus' Compassion

## Reflect and Apply

1. How have you experienced God's nearness during times of pain?

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2. What burdens related to church hurt do you need to bring to Jesus today?

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3. In what ways does knowing Jesus promises rest impact your healing journey?

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Day 1: ❤️ Embracing Jesus' Compassion

## Journaling Prompts

1. Write about a time when you felt Jesus' comfort amidst pain.

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2. List the burdens you want to surrender to God this week.

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3. Reflect on what healing looks like for you personally.

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Day 1: ❤️ Embracing Jesus' Compassion

## Prayer for Today

**Heavenly Father**, thank You for Your tender love and for being close when my heart is broken. I bring my hurt and pain from church wounds to You, trusting You to heal every fracture and restore my spirit. Help me to rest in Your compassion and find peace in Your presence today. Teach me to lean on You and receive Your healing touch. *In Jesus' name, Amen.* ❤️ 🙏 ✨





## Day 2: 🕊️ Finding Forgiveness Through Christ



## 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."*



## Devotional: The Freedom in Choosing Forgiveness

**Forgiveness is often the hardest step in healing from church hurt, yet it is foundational for freedom.** Ephesians 4:32 calls us to kindness and compassion, traits that soften the heart and create space for forgiveness. Remember, God first forgave us through Christ — a perfect model to follow.

Colossians 3:13 encourages patience and willingness to forgive grievances. This does not mean minimizing your pain or ignoring offenses. Rather, forgiveness is choosing to release the hold that bitterness and anger have over your heart.

*Jesus taught in Matthew 6:14 that forgiving others unlocks God's forgiveness in our lives.* It's a powerful spiritual truth: forgiveness is as much for our own healing as it is for reconciliation with others.

Today, ask God to help you take small steps toward forgiveness—not to condone what hurt you but to choose healing over continued pain and resentment. Trust His strength as you open your heart to grace.



## Reflect and Apply

1. What feelings arise when you consider forgiving those who hurt you in the church?

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2. How does understanding God's forgiveness motivate your own forgiving heart?

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3. What steps can you take today to move closer to forgiveness?

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## Journaling Prompts

1. Write about someone you need to forgive and what holding onto hurt feels like.

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2. Reflect on God's forgiveness toward you and how that impacts your view of others.

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3. List practical ways you can show kindness and compassion despite past wounds.

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Day 2: 🕊️ Finding Forgiveness Through Christ

## Prayer for Today

**Lord Jesus**, I confess that forgiving those who have hurt me is difficult. Please fill my heart with compassion and patience. Help me to forgive as You have forgiven me. Heal the bitterness and free me from the chains of resentment so I can walk in Your peace and freedom. I surrender this burden to You. *In Your holy name, Amen.* ❤️ 🙏 ✨ 🕊️





## Day 3: Restoring Identity in Christ



## Your Verse

*Galatians 3:28 - "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."*

## Supporting Scriptures

- *Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful."*
- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



## Day 3: 🌿 Restoring Identity in Christ

## Devotional: Your True Identity Is in Christ Alone

**Church hurt can sometimes distort how we see ourselves, especially as women navigating faith communities.** Galatians 3:28 reminds us that our true identity is found in Christ — transcending labels, roles, and limitations placed by others.

Psalms 139:14 beautifully declares that you are fearfully and wonderfully made, crafted with divine intention. When the church's failures make you doubt your value, hold tightly to this truth.

*2 Corinthians 5:17 offers hope as a new creation in Christ.* Your past wounds do not define you; God is continually renewing your spirit and calling you into wholeness.

Today, focus on the transformative identity you have in Jesus, not the brokenness inflicted by people. Allow God's perspective to reshape how you see yourself—as a beloved daughter, valued and chosen by Him.



## Reflect and Apply

1. How has church hurt affected your self-image as a woman of faith?

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2. In what ways does knowing you are a new creation shift your perspective?

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3. How can you affirm your God-given worth despite past wounds?

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Day 3: 🌱 Restoring Identity in Christ

## Journaling Prompts

1. Write a letter to yourself reminding of your identity in Christ.

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2. Recall Scripture verses that affirm your value and reflect on their meaning.

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3. Describe how you can cultivate a Christ-centered view of yourself daily.

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Day 3: 🌿 Restoring Identity in Christ

## Prayer for Today

**Dear God,** thank You for making me fearfully and wonderfully. Help me to see myself through Your eyes, not through the hurt from others. Renew my spirit and restore my identity as Your beloved child. Help me to walk confidently in this newness and freedom You have given me. *In Jesus' name, Amen.* 🌸 🙏





## Day 4: Finding Protection and Peace



Day 4:  Finding Protection and Peace

## Your Verse

*Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."*

## Supporting Scriptures

- *John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*
- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 4:  Finding Protection and Peace

## Devotional: God Is Your Refuge and Peace

**Experiencing hurt within the church can leave a wounded spirit fragile and fearful.** But God invites us to find refuge and strength in Him. Psalm 46:1 reminds us that God is an ever-present help during life's troubles, including relational pain.

Jesus promises in John 14:27 a peace that the world cannot give — a deep, abiding peace that calms the storms within. Rest in His promise today; let His peace guard your heart.

*Isaiah 41:10 offers assurance that God's presence banishes fear and discouragement.* His protection is your shield. You are not alone in this healing journey. God's peace goes before you, guarding your heart and mind.

**Allow God's protection and peace to shield your emotions and spirit as you reclaim joy that may have been stolen.**



Day 4:  Finding Protection and Peace

# Reflect and Apply

1. When have you felt God's peace during emotional turmoil?

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2. What fears or doubts do you need to surrender to God's protection?

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3. How can you practically embrace God's refuge in daily life?

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Day 4:  Finding Protection and Peace

# Journaling Prompts

1. Describe a situation where God was your refuge and strength.

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2. Write about fears related to church hurt that you want to give to God.

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3. List ways to remind yourself of God's peace during difficult moments.

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## Day 4: 🛡️ Finding Protection and Peace

# Prayer for Today

**Lord God,** You are my refuge and strength. I invite Your peace into the places of hurt within me. Surround me with Your presence so I can stand strong against fear and pain. Help me to remember that You are always with me, guarding my heart and mind in Christ Jesus. *Amen.* 🙌🙏🛡️❤️





## Day 5: 🌸 Embracing Community and Support



## Your Verse

*Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."*

## Supporting Scriptures

- *Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."*
- *Romans 12:15 - "Rejoice with those who rejoice; mourn with those who mourn."*



Day 5: 🌸 Embracing Community and Support

## Devotional: Healing Thrives in Loving Community

**Healing from church hurt involves both personal restoration and healthy community connection.** Ecclesiastes 4:9–10 highlights the strength found in supportive relationships—when one falls, the other lifts her up.

Hebrews 10 urges believers not to give up gathering together, encouraging us to find safe spaces within the body of Christ that spur love and healing rather than hurt.

*Romans 12:15 calls us to share both joy and sorrow with others.* This mutual empathy is crucial as you process pain from past experiences. You were never meant to walk this healing path alone.

Today, reflect on the communities or individuals God has placed around you who can support your healing journey. Seek out or deepen connections where love, encouragement, and trust flourish.



Day 5: 🌸 Embracing Community and Support

## Reflect and Apply

1. Who are the safe people you can turn to for support?

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2. How can you foster healthy, healing relationships within the church?

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3. What fears or hesitations do you have about community after church hurt?

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Day 5:  Embracing Community and Support

## Journaling Prompts

1. Write about a person or group that has encouraged your faith.

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2. Reflect on ways you can build or strengthen supportive relationships.

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3. List qualities you desire in a healthy faith community.

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Day 5: 🌸 Embracing Community and Support

## Prayer for Today

**Gracious God**, thank You for placing supportive people in my life. Help me to embrace community and build relationships that nurture healing and love. Surround me with encouragers who reflect Your heart. Teach me to be both one who receives support and one who offers it. *In Jesus' name, Amen.* 🧡 🙏





## Day 6: Renewing Hope for the Future



Day 6: 🌱 Renewing Hope for the 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, plans to give you hope and a future.'"*

## Supporting Scriptures

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in 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; great is your faithfulness."*



Day 6: 🕒 Renewing Hope for the Future

## Devotional: God's Plans Are Full of Hope

**After enduring wounds from church experiences, it can be difficult to envision a hopeful future.** But Jeremiah 29:11 assures us that God's plans for you are full of hope and prosperity, not harm. He has a purposeful future prepared.

Romans 15:13 describes God as the source of hope—He fills us with joy and peace as we trust Him. Your healing is a journey moving toward restoration, joy, and renewed faith.

*Lamentations 3:22-23 reminds you each day offers fresh mercies.* Even when yesterday's pain feels heavy, God's faithfulness is new every morning, keeping your hope alive.

Today, lean into these promises. Trust God's ongoing work in you and look ahead with expectancy for His goodness to unfold fully.



Day 6: 🔄 Renewing Hope for the Future

## Reflect and Apply

1. How does focusing on God's promises change your view of the future?

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2. What hope do you need to hold onto when memories of hurt arise?

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3. In what ways can you actively nurture hope in your daily life?

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Day 6: 🔄 Renewing Hope for the Future

## Journaling Prompts

1. Describe what hope looks like for you as you heal.

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2. Write about a Scripture promise that encourages your future outlook.

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3. List practical things that bring you joy and peace right now.

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Day 6: 🌀 Renewing Hope for the Future

## Prayer for Today

**Faithful God**, thank You for the hope-filled plans You have for me. When the past weighs heavily, help me to embrace Your promises for a bright future. Fill me with joy and peace as I trust in You. Renew my spirit each day with Your mercies and faithfulness. *In Jesus' name I pray, Amen.* 🌈 🙏 ❤️ ✨





## Day 7: ✨ Walking Forward in Freedom



Day 7: ✨ Walking Forward in Freedom

## Your Verse

*John 8:36 - "So if the Son sets you free, you will be free indeed."*

## Supporting Scriptures

- *2 Corinthians 3:17 - "Where the Spirit of the Lord is, there is freedom."*
- *Romans 8:1 - "Therefore, there is now no condemnation for those who are in Christ Jesus."*



Day 7: ✨ Walking Forward in Freedom

## Devotional: Freedom in Christ Changes Everything

**Freedom is the final destination of healing from church hurt—freedom from bitterness, shame, and past pain.** John 8:36 powerfully declares that Jesus sets us free, and in Him, freedom is complete.

2 Corinthians 3:17 tells us that God’s Spirit brings true freedom, the freedom that transforms hearts and minds daily. This freedom allows you to walk forward unshackled by old wounds.

*Romans 8:1 offers assurance that in Christ, there is no condemnation, no lingering judgment on your past.* The grace you receive today breaks chains and invites you to live in freedom.

**As you conclude this study, embrace your freedom in Christ. Walk forward boldly and confidently, knowing the healing journey has brought you new life and hope.**



Day 7: ✨ Walking Forward in Freedom

## Reflect and Apply

1. What does freedom in Christ mean to you personally?

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2. How can you continue to live free from past church hurts?

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3. What steps will you take to maintain freedom and healing going forward?

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Day 7: ✨ Walking Forward in Freedom

## Journaling Prompts

1. Write about how Jesus has set you free during this study.

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2. Reflect on habits or attitudes you want to release in freedom.

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3. Plan concrete actions to walk daily in your new freedom.

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Day 7: ✨ Walking Forward in Freedom

## Prayer for Today

Jesus, my **Liberator**, thank You for setting me free from all the pain and hurt that weighed me down. I claim Your freedom in my life today, and I choose to walk in the new life You give. Help me to keep my heart open to Your Spirit and live without condemnation. Empower me to embrace this freedom fully and share Your love with others. *Amen.* ✨ 🙏 🤝 ❤️





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