# Healing for the Mind: A Bible Study on Mental Health and PTSD



Explore God's truth and comfort over 21 days to find healing, peace, and hope for mental health struggles and PTSD from abuse.





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#### Introduction

Experiencing trauma, especially from abuse—whether emotional, physical, or sexual—can deeply affect our mental health and well-being. Post—Traumatic Stress Disorder (PTSD) is a common response to such pain, bringing intense memories, anxiety, and feelings of brokenness. Yet, God's Word offers us hope, restoration, and a path forward through His love and truth.

In this 21-day Bible Study, you will journey through Scripture that addresses suffering, trauma, healing, and God's steadfast presence. Each day focuses on a specific truth to help you understand your emotional and spiritual wounds and embed the power of God's Word into your heart and mind.

This study will guide you gently, reminding you that you are not alone, and that God desires to heal your mind and soul. As you engage with Scripture, reflection questions, and prayers, may you discover the profound peace and restoration only He can provide. Your past does not define you—God's grace and love will redefine your story.  $\bigtriangleup$ 









# Day 1: Finding Refuge in God









Day 1: () Finding Refuge in God

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 91:2 I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'
- Proverbs 18:10 The name of the Lord is a fortified tower; the righteous run to it and are safe.







Day 1: **(**) Finding Refuge in God

# Devotional: God, Our Ever-Present Refuge in Troubled Times

**Trauma can make us feel vulnerable, afraid, and unsafe.** When life's storms rage and memories haunt, it's vital to remember that God is our refuge—a stronghold where we can find safety and peace. Psalm 46:1 reassures us that God is not distant; He is an ever-present help, ready to protect us in times of trouble.

For those struggling with PTSD from abuse, this promise is a lifeline. Your feelings of fear and brokenness are valid, but you are invited to run into God's arms and find rest. His protection isn't just physical but emotional and spiritual. In Him, you can lay your burdens down and embrace His peace.

Take a moment to breathe deeply and mentally place your fears at God's feet. Trust His strength to hold you steady when you feel shaken.







Day 1: V Finding Refuge in God

# Reflect and Apply

1.	What fears or worries are you currently facing that need God's protection?
2.	How have you experienced God's refuge in difficult moments before?
3.	What might it look like to 'run to God' when PTSD symptoms arise?







Day 1: V Finding Refuge in God

#### **Journaling Prompts**

Write about a time you experienced God's protection during a hardship.
List fears or anxieties you want to give to God today.
Describe what 'God as your refuge' means personally to you.







Day 1: **(**) Finding Refuge in God

#### Prayer for Today

**Dear Lord,** thank You that You are my refuge and strength. When my mind is overwhelmed and my heart afraid, help me to run to You for safety. Calm my thoughts, steady my spirit, and wrap me in Your protective love. I trust that You are present with me always, holding me when I feel broken. *Heal the wounds trauma has caused and bring peace to my mind.* In Jesus' name, Amen.  $\heartsuit$ 

















#### Your Verse

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

#### **Supporting Scriptures**

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







#### Devotional: God's Tender Healing for a Broken Heart

**Abuse wounds not only the body but deeply breaks the heart and soul.** Yet God specializes in healing the brokenhearted. Psalm 147:3 promises that God binds up our wounds, both seen and unseen.

This healing is not always instant or easy, but it is powerful and real. Jesus invites those who are weary and burdened by trauma to come to Him for rest. Rather than pretending our pain doesn't exist, God sees it all and is moved by compassion.

Allow yourself to bring your brokenness honestly before God. He wants to begin the healing process, gently binding your wounds and restoring your hope.







# Reflect and Apply

1.	How does knowing God heals broken hearts comfort you today?
2.	What hurts do you need to give to God for healing?
3.	How might you accept Jesus' invitation to find rest amid your pain?







#### **Journaling Prompts**

Describe your brokenness and what healing you hope God will bring.
Write a prayer surrendering your emotional wounds to God.
Note any fears or doubts about healing and how God might address them







#### Prayer for Today

Heavenly Father, my heart feels broken and weary from past abuse. I thank You that You see my pain and desire to heal me. Please bind my wounds and restore hope where there has been hurt. Help me to accept Jesus' rest and to trust in Your healing power. Bring peace to my soul and strengthen my faith to hold onto Your promises. In Jesus' loving name, Amen. \*\*







# Day 3: Renewing the Mind with God's Truth









Day 3: @ Renewing the Mind with God's Truth

#### Your Verse

Romans 12:2 - Be transformed by the renewing of your mind.

#### **Supporting Scriptures**

- Philippians 4:8 Think about whatever is true, noble, right, pure, lovely, and admirable.
- 2 Corinthians 10:5 Take captive every thought to make it obedient to Christ.







Day 3: Q Renewing the Mind with God's Truth

# Devotional: Transforming Your Mind Through God's Truth

PTSD often traps the mind in painful memories and destructive thoughts.

God calls us to a transformation by renewing our minds with His truth. Romans 12:2 urges believers not to conform to a pattern of negative thinking but to be changed from within by God.

This renewing is a process of intentionally replacing lies and fears with God's righteous and pure promises. Philippians encourages us to dwell on what is true and lovely, which helps break cycles of anxiety and despair.

Today, begin to practice capturing your thoughts and handing them over to Christ in prayer and Scripture meditation. God's truth offers freedom from the mental bondage trauma can bring.







Day 3: 🔾 Renewing the Mind with God's Truth

# Reflect and Apply

1.	What negative or fearful thoughts do you struggle with most?
2.	How can you begin to replace lies with God's promises today?
3.	What role can Scripture play in your mental renewal?







Day 3: 🔾 Renewing the Mind with God's Truth

#### **Journaling Prompts**

1.	Write down recurring negative thoughts you want to surrender to God.
2.	List Scriptures that bring you peace or encouragement.
3.	Reflect on ways your mind is being renewed through God's Word.







Day 3: Q Renewing the Mind with God's Truth

#### **Prayer for Today**

**Lord Jesus,** my mind is often heavy with fear and painful memories. Help me to take captive every negative thought and make it obedient to You. Renew my mind through Your Word and transform my heart. Teach me to dwell on what is true and pure, so I may experience freedom and peace each day. Thank You for Your power to heal and restore. Amen.

















#### Your Verse

Lamentations 3:22–23 – His mercies never come to an end; they are new every morning.

#### **Supporting Scriptures**

- Isaiah 43:18-19 Forget the former things; see, I am doing a new thing!
- 2 Corinthians 5:17 If anyone is in Christ, the new creation has come.







#### Devotional: God's Daily Mercies Bring Fresh Hope

When trauma feels overwhelming, it's easy to feel stuck in the past and hopeless. Yet God's mercies toward us are endless and refreshed daily. Lamentations reminds us that each morning offers new mercies and a fresh start.

God does not leave us bound to our pain or past experiences. He promises to make all things new and invites us to step into a future shaped by His love and grace.

Today, embrace the hope that with God, healing is a journey, but also a new beginning. Let go of despair, and open your heart to the renewal God desires to bring.







# Reflect and Apply

1.	How can you embrace God's promise of new mercies today?
2.	What 'former things' do you need to release into God's hands?
3.	In what ways do you see God offering a new beginning in your life?







#### **Journaling Prompts**

1.	Reflect on the hope of being a new creation in Christ.
2	Write about what 'new mercies every morning' means for your healing.
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3.	Identify areas where you feel stuck and want God's renewal.







#### Prayer for Today

**Gracious God,** thank You that Your mercies are new every morning and that You offer me hope even in the darkest places. Help me to release the burdens of the past and to trust in Your promise of renewal. Teach me to see each day as an opportunity for healing and growth. I lean on Your love and grace. In Jesus' name, Amen.  $\triangle$ 

















Day 5: Finding Peace Beyond Understanding

#### Your Verse

Philippians 4:7 - The peace of God, which transcends all understanding, will guard your hearts and minds.

#### **Supporting Scriptures**

- John 14:27 Peace I leave with you; my peace I give you.
- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast.







Day 5: 🖓 Finding Peace Beyond Understanding

#### Devotional: God's Peace Guards Your Mind and Heart

**PTSD** often robs us of peace, filling the mind with fear and unrest. But God offers a peace that surpasses human understanding and explanation.

This peace is not merely a feeling but a divine guard over our hearts and minds. When we trust in God, His peace can settle our racing thoughts and anxious feelings, even when circumstances remain difficult.

Take a moment now to invite God's peace into your thoughts. Let His presence calm your inner storms and strengthen your soul.







Day 5: 🖓 Finding Peace Beyond Understanding

# Reflect and Apply

1.	How does God's peace differ from worldly peace?
2.	When have you experienced God's peace during anxiety or fear?
3.	What steps can you take to cultivate God's peace daily?







Day 5: 🖓 Finding Peace Beyond Understanding

#### **Journaling Prompts**

1.	Write about moments when you needed God's peace most.
2.	List ways to remind yourself of God's peace when anxious.
3.	Describe what it feels like when God's peace surrounds you.







Day 5: Finding Peace Beyond Understanding

#### Prayer for Today

**Peace-giving Father,** I ask You now to flood my heart and mind with Your supernatural peace. Guard my thoughts and feelings from fear and turmoil. Help me learn to rest in You when anxiety threatens to overwhelm. May Your peace become a steady anchor for my soul. Thank You for this gift of calm and assurance. In Jesus' name, Amen. 🔾 🙏 💙

















Day 6: The Spirit That Brings Comfort

#### Your Verse

John 14:26 - The Holy Spirit will teach you all things and remind you of Jesus' words.

#### Supporting Scriptures

- Romans 8:26 The Spirit helps us in our weakness and intercedes for us.
- 2 Corinthians 1:3-4 God comforts us so we can comfort others.







#### Devotional: Holy Spirit: Your Comforter and Guide

It can be hard to find words to pray or understand what we feel inside after trauma. But God has given us the Holy Spirit, our Comforter and Teacher.

The Spirit dwells within us, helping us to navigate pain, teaching us truth, and reminding us of Jesus' promises. When PTSD symptoms arise, the Spirit intercedes for us, even when we do not know what to pray.

Invite the Holy Spirit to guide your mind and emotions. Lean into His comfort and wisdom as you process your journey toward healing.







## Reflect and Apply

1.	In what ways has the Holy Spirit comforted you in pain?
2.	How do you experience the Spirit's teaching and guidance daily?
3.	How might you rely more on the Spirit during moments of struggle?







#### **Journaling Prompts**

1.	Write about times you sensed the Holy Spirit's comfort.
2.	Ask the Spirit to reveal areas of your mind needing healing.
3.	Record any insights or Scripture the Spirit brings to mind.







#### Prayer for Today

Holy Spirit, I open my heart to Your comforting presence. Teach me Your truths and remind me of Jesus' promises when I feel lost. Help me to lean on You especially in moments of weakness or fear. Thank You for interceding on my behalf and bringing peace to my soul. Come, Spirit, and guide my healing journey. Amen. 🔾 🙏 🖰















#### Your Verse

Hebrews 12:1 - Let us run with perseverance the race marked out for us.

#### **Supporting Scriptures**

- Isaiah 40:31 Those who hope in the Lord will renew their strength.
- James 1:12 Blessed is the one who perseveres under trial.







# Devotional: Persevering Through Healing with God's Strength

**Healing from PTSD and abuse is often a marathon, not a sprint.** Hebrews encourages believers to run the race with endurance, focusing on the goal and removing every obstacle.

The Lord renews our strength when we feel weary, helping us persevere amidst trials. Your healing journey may have ups and downs, but God's presence gives power to keep going.

Remember to lean on Him for renewed energy and focus today as you take each step forward.







#### Reflect and Apply

1.	What challenges on your healing journey feel hardest to endure?
2.	How can you rely on God's strength when you feel exhausted?
3.	What 'obstacles' might you need to remove to run well today?







#### **Journaling Prompts**

1.	Write about moments God helped you persevere through difficulty.
2.	List obstacles you need to overcome to move forward in healing.
3.	Describe what 'running with endurance' looks like for you.







#### Prayer for Today

**Mighty God**, thank You for renewing my strength when I feel weary. Help me to run this healing race with perseverance, fixing my eyes on You. Remove anything from my life that hinders my progress, and empower me to keep moving forward by Your grace. I trust You to lead me every step of the way. In Jesus' name, Amen. **\2 \( \)** 

















#### Your Verse

2 Corinthians 5:17 - If anyone is in Christ, the new creation has come.

#### **Supporting Scriptures**

- Galatians 2:20 I have been crucified with Christ; the life I now live is by faith.
- Ephesians 2:10 We are God's masterpiece, created in Christ for good works.







#### Devotional: Embracing Your New Identity in Christ

**Trauma can shatter our sense of identity and self-worth.** But God invites us to see ourselves through the lens of Christ's love: as new creations, fully known and deeply valued.

When we accept Jesus, old labels and shame lose their power because our true identity is rooted in Him. You are God's masterpiece, uniquely designed for purpose and love.

Today, reflect on who you are in Christ rather than the story your trauma has tried to write for you.







## Reflect and Apply

1.	How has trauma affected your sense of self-worth?
2.	What does being a 'new creation' mean to you personally?
3.	How can you live out your God-given identity today?







## **Journaling Prompts**

1.	Write a prayer affirming your identity in Christ.
2.	List the ways God calls you His masterpiece.
3.	Describe your feelings when you focus on God's view of you.







#### Prayer for Today

**Lord Jesus,** thank You that I am a new creation in You. Heal my broken identity and help me to see myself as You see me—loved, valued, and purposed. Take away shame and replace it with confidence in Your grace. Teach me to live by faith each day, rooted in Your truth and love. Amen. 💸 🙏











# Day 9: God's Promise of Restoration









Day 9: 6 God's Promise of Restoration

#### Your Verse

Joel 2:25 - I will restore to you the years that the swarming locust has eaten.

#### **Supporting Scriptures**

- Psalm 34:18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- Revelation 21:4 He will wipe every tear from their eyes.







Day 9: 6 God's Promise of Restoration

#### Devotional: Hope in God's Restorative Power

Abuse can leave a sense of loss—lost time, innocence, and peace. Yet God promises to restore what was taken and bring healing to broken lives.

This restoration may not erase the past, but it brings hope for a future filled with God's grace and new joy. The Lord is near to those crushed in spirit, comforting each tear and renewal every heart.

Trust in His promise today, allowing hope to rise over loss and pain.







Day 9: 🌈 God's Promise of Restoration

## Reflect and Apply

1.	What areas of loss are you grieving because of trauma?
2.	How does God's promise to restore bring you hope?
3.	What might restoration look like in your life going forward?







Day 9: 6 God's Promise of Restoration

#### **Journaling Prompts**

1.	Write about the losses you want God to restore.
2.	Describe how God's closeness has been evident in your pain.
3.	Envision a future hope based on God's restoration promises.







Day 9: 6 God's Promise of Restoration

#### **Prayer for Today**

**God of Restoration,** You see the losses I carry from trauma and grief. I cling to Your promise to restore what has been taken and to comfort my broken spirit. Bring healing to my soul and give me hope for the future. Wipe away my tears and fill me with Your joyful presence. I trust in Your faithful love. Amen.



















Day 10: 

Patience in the Healing Process

#### Your Verse

Psalm 27:14 - Wait for the Lord; be strong and take heart and wait for the Lord.

#### **Supporting Scriptures**

- Ecclesiastes 3:1 There is a time for everything, and a season for every activity under the heavens.
- James 5:7 Be patient until the Lord's coming.







Day 10: 🕰 Patience in the Healing Process

# Devotional: Strength and Patience While Waiting on God

**Healing takes time, and it's often a slow, non-linear journey.** Psalm 27 encourages us to be strong and patient while waiting on the Lord's timing.

While waiting is hard, it is not passive. It is an active trust, a hopeful strength that God is at work even when we don't see immediate change.

Practice patience with yourself today and with God's timing. He is faithful to complete the good work He has begun in you.







Day 10: 🕰 Patience in the Healing Process

#### Reflect and Apply

1.	What feelings come up when you think about the time healing may take?
2.	How can you cultivate strength and hope during waiting periods?
3.	What does resting in God's timing mean for you right now?







Day 10: 🕰 Patience in the Healing Process

## **Journaling Prompts**

Write about ways you can encourage yourself during waiting seasons.
List Scriptures or truths that help you wait well.
Reflect on any impatience or doubts and bring them to God.







Day 10: 
Patience in the Healing Process

#### Prayer for Today

Faithful God, help me to be strong and take heart as I wait on You. Teach me patience in my healing journey and remind me that Your timing is perfect. Calm my anxious thoughts and grow my trust in Your faithful work in my life. I rest in Your loving hands. Amen. 🕰 🙏 💪

















#### Your Verse

1 Peter 5:7 - Cast all your anxiety on Him because He cares for you.

#### **Supporting Scriptures**

- Matthew 11:28 Come to me, all who are weary and burdened, and I will give you rest.
- Psalm 55:22 Cast your cares on the Lord and He will sustain you.







#### Devotional: Relinquishing Anxiety into Jesus' Care

Carrying the heavy weight of trauma and anxiety can be exhausting. 1 Peter invites us to cast all our anxieties onto Jesus, who deeply cares for us.

This is a beautiful invitation to surrender control and rest in God's care. Letting go of burdens is a daily practice, trusting that God will sustain and support us.

Take a moment to hand over your worries to Jesus today. Allow His peace to replace your burdens.







## Reflect and Apply

1.	What anxieties are you holding onto tightly?
2.	How easy or hard is it for you to cast your cares on Jesus?
3.	What changes when you remember that God cares deeply for you?







## **Journaling Prompts**

1.	Write a prayer releasing specific worries to God.
2.	Describe how it feels to surrender burdens to Jesus.
3.	Reflect on ways you can practice this surrender daily.







#### Prayer for Today

**Lord Jesus,** I give You my anxieties and burdens today, trusting that You care for me more than I can understand. Help me to let go of control and find rest in Your loving arms. Sustain me when I feel weak and carry what feels too heavy to bear. Thank You for Your faithful love. Amen.

















Day 12: K God Restores What Is Broken

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 61:3 To provide for those who grieve, to bestow on them a crown of beauty instead of ashes.
- Jeremiah 30:17 I will restore health and heal your wounds.







Day 12: K God Restores What Is Broken

## Devotional: God's Compassionate Restoration for Broken Souls

Brokenness from trauma can feel permanent, but God's heart is to restore and make whole. Psalm 147 and Isaiah describe God's promise to bring beauty from ashes and healing for wounds.

This restoration is not only physical but emotional and spiritual,. demonstrating God's compassionate nature toward those who hurt.

Invite God to restore your soul today. Trust Him to do a deeper work that renews your whole being.







Day 12: 🚜 God Restores What Is Broken

### Reflect and Apply

1.	How do you view your brokenness before God?
2.	What beauty do you hope God will bring from your pain?
3.	How can you cooperate with God's restoration work daily?







Day 12: 🚜 God Restores What Is Broken

#### **Journaling Prompts**

1.	Write about areas where you need God's healing touch most.
2.	Imagine the 'crown of beauty' God wants to give you.
3.	Reflect on how God's restoration has begun in your life.







Day 12: K God Restores What Is Broken

#### Prayer for Today

**Merciful God,** I bring my broken heart to You and ask for healing. Bind up my wounds and replace my ashes with beauty. Restore my health and renew my spirit. Help me to trust Your compassionate love and to cooperate with Your healing work in me. Thank You for never giving up on me. Amen. **2** 

















Day 13: 3 Casting Worries Through Prayer

#### Your Verse

Philippians 4:6 – Don't be anxious about anything, but in every situation, present your requests to God.

#### **Supporting Scriptures**

- 1 Thessalonians 5:17 Pray continually.
- Psalm 55:17 Evening, morning, and noon I cry out in distress.







Day 13: 🛐 Casting Worries Through Prayer

#### Devotional: Replacing Anxiety with Continual Prayer

**Anxiety related to trauma can be a constant weight on the mind.** Paul encourages us to exchange our anxiety for prayer and thanksgiving.

Prayer is a powerful tool for shifting focus away from worry toward God's presence and action. It's a conversation and a lifeline that brings comfort and guidance throughout the day.

Make prayer your first response to anxious feelings today. Share your heart openly with God and find rest in His listening ear.







Day 13: 🛐 Casting Worries Through Prayer

### Reflect and Apply

1.	How often do you turn to prayer when anxiety arises?
2.	What hinders or helps you to pray continually?
3.	How might prayer shift your mental and emotional state?







Day 13: 🛐 Casting Worries Through Prayer

#### **Journaling Prompts**

1.	Write about a time prayer eased your anxiety.
2.	List ways to remind yourself to pray often.
3.	Journal a prayer expressing your heart to God now.







Day 13: Casting Worries Through Prayer

#### Prayer for Today

**Faithful God,** help me to bring my worries to You in prayer instead of letting anxiety consume me. Teach me to pray continually and to trust Your control over every situation. Thank You for hearing me and answering in Your perfect way. I choose to rely on You today. Amen.









## Day 14: W Restoring Joy and Purpose









Day 14: We Restoring Joy and Purpose

#### Your Verse

Psalm 30:5 - Weeping may stay for the night, but joy comes in the morning.

#### **Supporting Scriptures**

- Nehemiah 8:10 The joy of the Lord is your strength.
- John 10:10 I have come that they may have life to the full.







Day 14: We Restoring Joy and Purpose

#### Devotional: Embracing God's Gift of Joy and Strength

Trauma can steal joy and leave life feeling empty and meaningless. Yet God assures us that sorrow is temporary and joy will return.

Joy is not merely an emotion but a deep strength—rooted in God's presence and promises. Jesus came to give us life abundantly, filled with purpose and hope.

Allow God's Spirit to revive your joy even in small moments today. Reclaim the life God intends for you.







Day 14: We Restoring Joy and Purpose

#### Reflect and Apply

1.	Where have you noticed joy re-entering your life despite pain?
2.	How can you nurture this joy and let it strengthen you?
3.	What purpose do you sense God has for you now?







Day 14: W Restoring Joy and Purpose

#### **Journaling Prompts**

1.	Write about a joyful memory or moment God has given recently.
2.	Reflect on ways to cultivate joy daily.
3.	Identify passions or callings that bring life meaning.







Day 14: W Restoring Joy and Purpose

#### Prayer for Today

**Joy-giving Father,** thank You that sorrow will not last forever. Restore joy to my heart and renew my sense of purpose. Help me to find strength in Your presence and embrace the abundant life Jesus offers. May Your joy be my foundation and hope. Amen. \*\*\mathbb{A} \times\*















#### Your Verse

Psalm 23:2-3 - He refreshes my soul. He guides me along the right paths for His name's sake.

#### **Supporting Scriptures**

- Exodus 33:14 My presence will go with you, and I will give you rest.
- Isaiah 40:29 He gives strength to the weary.







#### Devotional: Restoring Calm Through God's Presence

PTSD can cause the body and mind to remain in a state of tension and unrest. Psalm 23 paints a picture of God as a shepherd who refreshes our soul and guides us to rest.

Practicing moments of intentional breathing and rest with awareness of God's presence can help ease stress reactions. God's guidance offers a path to calm and renewal.

Today, pause several times to breathe deeply and invite God's peace to refresh you.







### Reflect and Apply

How does physical breathing connect with spiritual peace for you?
What signs tell you when you need intentional rest in God?
How can you practice God-led rest throughout the day?







#### **Journaling Prompts**

1.	Describe a time when 'breathing in God's peace' helped you.
2.	Write about your body's signals of stress or calm.
3.	Plan simple ways to pause and connect with God daily.







#### Prayer for Today

**Shepherd God,** guide me to places of rest and refreshment for my weary soul. Help me to breathe deeply and sense Your presence calming my spirit. Renew my strength so I can walk faithfully along the paths You set for me. Thank You for always being by my side. Amen.

















#### Your Verse

Psalm 34:18 - The Lord is close to the brokenhearted and saves those who are crushed in spirit.

#### **Supporting Scriptures**

- Isaiah 53:4 He took up our pain and bore our suffering.
- Matthew 5:4 Blessed are those who mourn, for they will be comforted.







#### Devotional: God Draws Near to Hidden Pain

Abuse often leaves hidden wounds that others cannot see, and sometimes we carry these in silence. Psalm 34 reminds us that God is not distant from our brokenness but close to the brokenhearted.

Jesus bore our suffering personally, identifying with our pain, and promises comfort. You do not have to hide your wounds from God or from trusted support.

Bring your hidden hurt to God today and allow His comfort to begin the healing process.







## Reflect and Apply

1.	What hidden wounds do you feel God wants to heal?
2.	How does knowing Jesus bore suffering impact your healing?
3.	Who might you trust to share your pain with in a safe space?







### **Journaling Prompts**

1.	. Write about your hidden hurts and how you want God's healing.
2.	Journal a prayer of honesty and surrender regarding your pain.
3.	. Consider trusted people who can walk with you in healing.







#### **Prayer for Today**

**Compassionate Savior,** You know the wounds I carry deep inside. Thank You for drawing near to my broken heart and promising comfort. Help me to trust You with my pain and to find safe places to share and heal. May Your tender love begin to mend what is hidden and hurting. Amen. **\varphi** \( \mathbb{A} \)







## Day 17: Anchored in God's Unchanging Love









Day 17: 🏶 Anchored in God's Unchanging Love

#### Your Verse

Romans 8:38–39 – Nothing can separate us from the love of God in Christ Jesus.

#### **Supporting Scriptures**

- Psalm 36:7 How precious is Your unfailing love, O God!
- Ephesians 3:18–19 May you grasp how wide and long and high and deep is the love of Christ.







Day 17: 🏶 Anchored in God's Unchanging Love

#### Devotional: Secure Your Heart in God's Unfailing Love

**Abuse often distorts the sense of love and safety in our lives.** Yet Romans assures us that God's love is unshakable and never-ending.

This love anchors us securely amid life's storms and past wounds. God's affection for us is vast, precious, and steadfast.

Reflect today on the immensity of God's love for you, intentionally anchoring your heart in this truth.







Day 17: 🚯 Anchored in God's Unchanging Love

## Reflect and Apply

1.	How has abuse affected your understanding of love?
2.	What helps you believe in God's unchanging love today?
3.	How can God's love serve as a foundation for your healing?







Day 17: 🚯 Anchored in God's Unchanging Love

#### **Journaling Prompts**

1.	Write about experiences that challenged your sense of love.
2.	List attributes of God's love that encourage you.
3.	Reflect on how God's love has been evident in your life.







Day 17: 🚯 Anchored in God's Unchanging Love

#### Prayer for Today

**Everlasting God,** thank You for Your unfailing love that nothing can separate me from. Anchor my heart in Your affection and help me to trust in this foundation. Heal the wounds that distort love in my life and fill me with the assurance that I am deeply loved by You. Amen. �� 🙏 🎔







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Day 18: 🛠 Embracing God's Grace Every Day

#### Your Verse

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

#### **Supporting Scriptures**

- Hebrews 4:16 Let us approach God's throne of grace with confidence.
- Ephesians 2:8 For it is by grace you have been saved.







#### Devotional: Strengthened by God's Sufficient Grace

In moments of weakness and trauma aftermath, God's grace sustains us. Paul reminds us that God's power is made perfect when we acknowledge our weakness.

Grace is unearned favor that meets us where we are, providing strength, forgiveness, and mercy. We can approach God confidently, knowing His grace is enough for every need.

Today, lean fully into God's grace and rest in His power to carry you forward.







## Reflect and Apply

1.	Where do you feel weak and need God's grace most?
2.	How can you approach God's throne of grace with confidence?
3.	In what ways has grace transformed your healing journey?







## **Journaling Prompts**

1.	Write about moments you experienced God's sustaining grace.
2.	Reflect on areas where you need to trust grace more deeply.
3.	Journal a prayer asking God to meet you with grace today.







#### Prayer for Today

**Gracious God,** thank You that Your grace is sufficient when I feel weak. Help me to rely fully on Your power and mercy each day. Teach me to come confidently into Your presence and receive Your healing. Strengthen me by Your grace for the journey ahead. Amen. \ \ \lambda \ \tau \ \extit{\infty} \ \extit{\infty} \ \extit{\infty}

















#### Your Verse

Romans 15:13 - May the God of hope fill you with all joy and peace as you trust in Him.

#### **Supporting Scriptures**

- Psalm 33:22 May Your unfailing love be with us, Lord, even as we put our hope in You.
- Jeremiah 29:11 I know the plans I have for you, declares the Lord, plans to prosper you.







#### Devotional: Hope-Filled Living Amid Healing

**Hope is a vital anchor for the soul healing from trauma.** Romans prays that God would fill us with joy and peace as we place our trust in Him.

Trusting God's plans for our lives infuses every day with purpose and promise. Even when the path is unclear, His hope sustains us through uncertainty.

Choose to embrace today with hope, looking forward to God's unfolding work in your life.







## Reflect and Apply

1.	How does hope affect your outlook on your healing journey?
2.	Where do you need God's joy and peace most right now?
3.	What promises of God encourage you to keep trusting?







## **Journaling Prompts**

1.	. Write about what hope means to you today.
2.	List God's promises you hold onto when discouraged.
3.	. Reflect on how hope shifts your daily perspective.







#### Prayer for Today

**God of Hope,** fill me with Your joy and peace as I put my trust in You. Help me to embrace each day with confidence in Your good plans. When fear or doubt arise, remind me of Your faithfulness and love. Strengthen my heart with lasting hope. Amen.  $\triangle$   $\nearrow$ 







# Day 20: Finding Strength Through Community









Day 20: 🌣 Finding Strength Through Community

#### Your Verse

Galatians 6:2 - Carry each other's burdens, and in this way you will fulfill the law of Christ.

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 Two are better than one, because they have a good return for their labor.
- Romans 12:15 Rejoice with those who rejoice; mourn with those who mourn.







Day 20: 🍑 Finding Strength Through Community

#### Devotional: God's Design for Healing in Community

Healing from trauma is not meant to happen alone. God designed community to help us carry burdens and walk alongside each other.

Sharing our struggles, joys, and prayers creates a network of support and encouragement. Being known and loved within a community strengthens resilience and hope.

Reach out for connection today and let God's love flow through others to You.







Day 20: 🍑 Finding Strength Through Community

## Reflect and Apply

1.	Who currently supports you in your healing journey?
2.	How can you actively engage with a supportive community?
3.	What fears or barriers keep you from seeking help?







Day 20: 🍑 Finding Strength Through Community

## **Journaling Prompts**

1.	Write about the people God has placed in your life for support.
2.	Reflect on times community has encouraged or comforted you.
3.	Consider ways you can build or strengthen your support network.







Day 20: 🌣 Finding Strength Through Community

#### Prayer for Today

**Lord,** thank You for the gift of community. Help me to open my heart to trusted others and to receive the support I need. Teach me to also carry the burdens of others with compassion. May Your love flow powerfully through relationships and bring healing to my soul. Amen.  $\heartsuit$   $\bigwedge$ 















#### Your Verse

Philippians 1:6 - He who began a good work in you will carry it on to completion.

#### **Supporting Scriptures**

- 2 Timothy 4:7 I have fought the good fight, I have finished the race.
- Psalm 138:8 The Lord will fulfill His purpose for me.







## Devotional: Trusting God to Complete Your Healing Journey

As this 21-day journey concludes, remember that healing is ongoing and God remains faithful throughout. Philippians encourages us that God will complete the good work He started in us.

Celebrate your progress, however small, and trust God's steadfast hand leading you onward. You have fought well, and God's purpose for your life is sure.

Today, take courage to continue forward with hope, strength, and confidence in God's enduring love.







## Reflect and Apply

	What progress have you noticed in your heart and mind over these 21 days?
2.	How can you continue trusting God's faithfulness moving forward?
3.	What encouragement would you give to someone else on this journey?







## **Journaling Prompts**

1.	Write a letter to yourself celebrating your healing progress.
2.	Reflect on how God has shown faithfulness to you.
3.	Journal prayers of hope and commitment for the future.







#### Prayer for Today

Faithful Father, thank You for the work You have begun in me and will faithfully complete. I celebrate the healing and growth You have brought, even in small ways. Continue to lead me with hope and strength. Help me to trust You fully as I move forward in this journey. I commit my heart to Your purposes. Amen. 💥 🙏 💝







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