



Healing from Narcissistic Abuse



Break free from emotional abuse. This 7-day Bible study helps Christian women heal from narcissistic relationships through Scripture, journaling, and truth.



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Introduction

Narcissistic abuse doesn't always leave visible wounds—but it leaves deep emotional scars. If you've been manipulated, gaslighted, isolated, or emotionally broken by someone who distorted love and control, you are not alone. And more importantly, *you are not beyond healing*.

This 7-day Bible study was prayerfully written for Christian women who are walking out of toxic relationships—whether with a spouse, parent, partner, friend, or even a spiritual leader. Each day will help you:

-  Name the lies and reclaim your voice
-  Anchor your identity in God's Word
-  Set boundaries without guilt
-  Walk forward in peace and wholeness

Through truth-filled devotionals, reflective journaling prompts, and soul-healing prayers, you'll learn how to let the Holy Spirit gently restore what was broken. God sees every tear. He understands the confusion. And He is not silent about your suffering.

You are not crazy. You are not invisible.
You are loved—and your healing starts now.

Let's begin.





Day 1: Name the Lies & Speak Truth



Day 1: Name the Lies & Speak Truth

Your Verse

Primary Verse – John 8:32 (NIV):

“Then you will know the truth, and the truth will set you free.”

Supporting Scriptures

- **Psalm 25:5 (NIV):**

“Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.”

- **2 Corinthians 10:5 (NIV):**

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

- **Ephesians 4:25 (NIV):**

“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.”



Day 1: Name the Lies & Speak Truth

Devotional Thought

Narcissistic abuse often doesn't leave physical scars—but it does something even more sinister. It reshapes how you see yourself and how you see reality. Slowly, over time, you begin to question your own memories, your sanity, and your worth. That's the power of gaslighting and emotional control.

Maybe you were told you were too sensitive. That you were imagining things. That no one else would love you. Or worse, you were made to feel like everything was your fault—even when you were the one being harmed. These are lies planted by the enemy through broken people.

But here's the truth: Jesus came to set you free. Not just from sin, but from every lie spoken over your life. The first step in your healing is *naming the lies* and choosing to believe *God's truth instead*.

In John 8:32, Jesus says, "Then you will know the truth, and the truth will set you free." The world says your truth is whatever you feel. But Scripture says *truth is a Person*. His name is Jesus, and He is full of grace, justice, and compassion.

When you start identifying lies—"I'm unlovable," "I'm too much," "Everything is my fault"—you create space for the truth of God's Word to enter. You are beloved. You are seen. You are worthy of peace, respect, and protection.

Today, begin by acknowledging what really happened. Not what you were told to believe, but what actually occurred. You are not imagining it. You are



not crazy. You were hurt—and God is here to begin your healing.



Day 1: Name the Lies & Speak Truth

Journaling Prompts

1. What were some of the lies you were repeatedly told (or implied) during the relationship?

2. How did those lies affect your identity, your decisions, and how you saw God?

3. What truth from Scripture today stands out the most to you—and why?



Day 1: Name the Lies & Speak Truth

Prayer for Today

Heavenly Father,

I come before You today feeling broken, confused, and maybe even ashamed. I've been living under lies for far too long. Lies about who I am. Lies about what happened. Lies about my value. And yet You are a God of truth. You see through every mask and every manipulation. You never gaslight me. You never minimize my pain. You welcome my story—raw and unedited.

Jesus, I invite You into the places where I've doubted myself. Where I've questioned whether I deserved the hurt. Where I've internalized lies as if they were gospel. Break those lies off of me now in Your name.

Holy Spirit, guide me into truth. Help me to see clearly. Help me to stand in reality and not retreat into denial or fear. Replace every toxic thought with a redemptive one. Let Your Word be louder than the voice of my past.

I thank You, Lord, that freedom begins with truth—and that truth begins with You. Walk with me today as I reclaim what was stolen and step into the light of Your healing love.

In Jesus' mighty and loving name I pray,
Amen.





Day 2: God Sees & Loves You



Your Verse

Primary Verse – Genesis 16:13 (NIV):

“She gave this name to the Lord who spoke to her: ‘You are the God who sees me,’ for she said, ‘I have now seen the One who sees me.’”

Supporting Scriptures

- **Psalm 34:18 (NIV):**

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

- **Isaiah 49:15–16 (NIV):**

“Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me.”

- **Matthew 28:20b (NIV):**

“And surely I am with you always, to the very end of the age.”



Devotional Thought

There's a deep ache that settles in your bones when you feel unseen. When you've endured narcissistic abuse—especially the emotional kind—it's common to feel invisible. Your needs were ignored. Your voice was silenced. Your feelings were dismissed. Over time, you may have started to believe that maybe you really don't matter. Maybe you're too much. Or not enough.

But there's a moment in Scripture that cuts through that lie with stunning grace. Hagar—a woman cast out, mistreated, and pregnant in the wilderness—has a powerful encounter with God. And what does she call Him?

El Roi: “The God who sees me.”

Hagar wasn't a queen. She wasn't the “main character.” She was a servant girl used, abused, and abandoned. And yet, God sought her out. Not because she was perfect—but because He loved her. He *saw* her.

God sees you, too. He sees the nights you cried alone. The texts you reread, trying to make sense of the gaslighting. The anxiety that's still in your chest long after the relationship ended. He sees the moments you question your worth and the times you feel like damaged goods.

You are not invisible. You are not forgotten. God does not overlook your wounds—He *records your tears* (Psalm 56:8).



Today, take comfort in knowing that the Creator of the universe notices *you*. Not just your outer life, but your inner ache. He's not ashamed of your pain. He's not disappointed by your trauma. He's near to you right now, whispering: *"I see you. I love you. I will never leave you."*



Day 2: God Sees & Loves You

Journaling Prompts

1. In what areas of your life do you feel most unseen or dismissed?

2. How has the experience of being emotionally neglected or manipulated shaped how you see God?

3. What would it feel like to fully believe that God sees every part of you—and stays anyway?



Prayer for Today

Dear Father,

Sometimes I wonder if anyone truly sees me. The pain I've carried, the confusion I've walked through, the lonely nights where I questioned my value—it's all felt so heavy. And yet, You are the God who sees. You are El Roi. Like Hagar in the desert, You meet me in the wilderness of my story and whisper truth into my soul.

Thank You for never overlooking my pain. Thank You for being close to the brokenhearted. I confess that I've sometimes believed I'm unworthy of Your attention. I've felt too broken, too weary, too emotionally exhausted to pray. But today, I choose to rest in the reality that You are near. You do not need me to perform to be loved. You love me because You are love.

Help me receive Your gaze without fear. Heal the wounds of invisibility and rejection. Replace my longing for human validation with the deep assurance of Your presence. Let me know in my bones that You see me, know me, and still want me.

I open my heart to You today, Lord. Wrap me in Your compassion. Speak to me in stillness. And let the truth that You *see me* become the cornerstone of my healing journey.

In Jesus' name,
Amen.





Day 3: Reclaiming Your Identity in Christ



Your Verse

Primary Verse – Ephesians 2:10 (NIV):

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Supporting Scriptures

- **1 Peter 2:9 (NIV):**

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”

- **Psalms 139:13–14 (NIV):**

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

- **Colossians 3:12 (NIV):**

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”



Day 3: Reclaiming Your Identity in Christ

Devotional Thought

One of the deepest injuries from narcissistic abuse is to your identity. You begin to wonder: *Who am I, really? Am I broken? Am I lovable? Am I enough?*

Abuse has a way of distorting your reflection. It convinces you that you're the problem—that your emotions, your boundaries, your voice are somehow flawed. You're told you're too sensitive, too needy, too dramatic. Over time, those lies harden into beliefs, and you begin to live beneath the truth of who God created you to be.

But here's what God's Word says about you:

You are **His handiwork**.

You are **fearfully and wonderfully made**.

You are **chosen, dearly loved, and set apart**.

You are **His special possession**.

God doesn't define you by what someone else said or did. He doesn't see you through the lens of the abuse. He sees you through the blood of Jesus—whole, worthy, and beloved.

Healing from narcissistic trauma often means *reclaiming your identity*. It's not about going back to who you were before the abuse—it's about discovering who you really are in Christ *despite* what happened. You are not the words spoken over you in anger. You are not the shame you carried when



walking on eggshells. You are not the insecure version of yourself that was created to survive.

You are a daughter of the King.

God didn't overlook you in the womb. He didn't abandon you in the trauma. He is with you now—calling you by name and inviting you to rebuild your self-worth on His truth. You are not too far gone. You are not too broken. You are a masterpiece in progress.

Today, take a step toward reclaiming your identity. Let God's Word become the mirror you look into, not the one held up by someone who broke your spirit.



Day 3: Reclaiming Your Identity in Christ

Journaling Prompts

1. What labels or false identities have I taken on because of the abuse I experienced?

2. Which verses today remind me most of who I am in Christ—and why?

3. If I fully believed I was God's masterpiece, how would that change the way I speak to and see myself?



Day 3: Reclaiming Your Identity in Christ

Prayer for Today

Father God,

You see me through eyes of truth and love. Not through the broken lens of the person who hurt me. Not through shame or fear or failure. But through the eyes of a Father who delights in His daughter.

Lord, I've been carrying false labels—lies about who I am and what I'm worth. I confess I've believed them. I've allowed others to define me more than I've trusted what You've spoken over me. Today, I want to break agreement with those lies. I want to reclaim my name, my worth, my voice—anchored in You.

Help me to truly believe that I am Your handiwork. That I was formed with intention. That I am loved not for what I do but for who I am. Heal the parts of me that still think I'm too much or not enough. Cleanse my thoughts and shape my inner life around Your Word.

Jesus, restore my identity. Remind me that I am chosen, redeemed, holy, and deeply loved. Let those truths become louder than the echoes of my past. Let Your Spirit empower me to walk in dignity, confidence, and courage.

Thank You for being the God who rebuilds what was broken. I trust You to continue the work You've begun in me. My identity is no longer in their words—it's in Yours.

In Jesus' name,
Amen.





Day 4: Guard Your Heart with Boundaries



Day 4: Guard Your Heart with Boundaries

Your Verse

Primary Verse – Proverbs 4:23 (NIV):

“Above all else, guard your heart, for everything you do flows from it.”

Supporting Scriptures

- **Matthew 18:15–17 (NIV):**

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen... treat them as you would a pagan or a tax collector.”

- **Galatians 6:1 (NIV):**

“Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.”

- **Ephesians 6:11 (NIV):**

“Put on the full armor of God, so that you can take your stand against the devil’s schemes.”



Day 4: Guard Your Heart with Boundaries

Devotional Thought

If you've experienced narcissistic abuse, you've likely struggled with boundaries. Whether you were taught to always be "nice" or manipulated into believing that protecting yourself was selfish, the result is often the same: you ended up unguarded, exposed, and emotionally drained.

Narcissists thrive on blurred lines. They push past your no. They use guilt, silence, or even Scripture to manipulate you into staying silent, small, or submissive. But God's Word never commands us to be endlessly accessible to toxic people. In fact, Proverbs 4:23 urges us to guard our hearts—*above all else*.

Your heart is the wellspring of your emotions, thoughts, and spiritual life. When you allow someone to trample it repeatedly, that well becomes polluted with fear, anxiety, confusion, and shame. Boundaries are not walls to punish others—they're gates to protect what is sacred.

Even Jesus set boundaries. He walked away from crowds. He didn't entrust Himself to everyone (John 2:24). He said no. He set time apart for rest and prayer. He knew that without boundaries, mission is compromised.

It's okay to block a phone number. It's okay to say "I'm not available for this conversation." It's okay to limit access to your heart. You are not being unchristian by protecting your emotional safety. You are being wise. You are obeying Proverbs 4:23.



You may feel guilt. That's normal. But remember: the same God who calls you to love others also calls you to walk in wisdom and truth. Boundaries aren't a lack of love—they are an expression of healthy love. Love that does not enable harm.

Today, take some time to assess where your boundaries are weak—and where God is calling you to reinforce them. Your healing requires protection. Your heart is worth guarding.



Day 4: Guard Your Heart with Boundaries

Journaling Prompts

1. Where have I allowed people to repeatedly cross my emotional, spiritual, or physical boundaries?

2. What boundaries do I need to strengthen or put in place right now to protect my peace?

3. What guilt or fear do I feel when I try to enforce boundaries—and what truth can replace those feelings?



Day 4: Guard Your Heart with Boundaries

Prayer for Today

Gracious Father,

You are the Defender of my soul and the Guardian of my heart. You call me to love others, but You also call me to wisdom and safety. I've allowed people to push past my no, to invade sacred space in my life, and to make me feel guilty for wanting to feel safe.

But today, I choose to follow Your Word. You said to guard my heart—not to give it away recklessly or endlessly endure abuse in the name of grace. Help me discern where to set boundaries with courage and compassion. Show me where I've allowed emotional manipulation to steal my voice. Show me how to rebuild the gates around my heart so that love flows freely—but wisely.

Jesus, You walked in both mercy and clarity. Help me to do the same. Let my yes be yes and my no be no. When guilt whispers that I'm being too harsh, remind me that protecting myself is not sin. When fear rises up that I'll lose relationships, remind me that You are my steady anchor.

I ask You to help me enforce boundaries—not with pride or revenge, but with dignity and trust. Let peace flood every place that used to be filled with confusion. Let clarity silence manipulation. And let Your truth rebuild the fortress around my heart.

In the name of my Healer and Protector,
Amen.





Day 5: Forgive Without Reconciliation



Your Verse

Primary Verse – Romans 12:18 (NIV):

“If it is possible, as far as it depends on you, live at peace with everyone.”

Supporting Scriptures

- **Matthew 6:14–15 (NIV):**

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”

- **Luke 17:3–4 (NIV):**

“If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying ‘I repent,’ you must forgive them.”

- **Colossians 3:13 (NIV):**

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”



Day 5: Forgive Without Reconciliation

Devotional Thought

Forgiveness is one of the most misunderstood commands in Scripture—especially for those who’ve suffered emotional or narcissistic abuse. You may wonder, *How can I forgive someone who never said sorry? Who still denies the damage they caused? Who twisted my faith and shattered my trust?*

Let this bring you peace: **forgiveness does not require reconciliation.**

Jesus forgave those who crucified Him—but He didn’t go out and have dinner with them after. He forgave them *for His own peace*, for the fulfillment of God’s greater purpose, and to release the toxic hold that hate can have on the soul. Likewise, forgiveness in your life is not about re-entering a harmful relationship. It’s about releasing your heart from bitterness, vengeance, and the prison of pain.

Romans 12:18 gives a powerful balance: “If it is possible... live at peace with everyone.” But here’s the key—*it is not always possible*. Peace doesn’t mean returning to chaos. It means you release the burden of justice into God’s hands and walk forward without dragging bitterness behind you.

You are not called to trust someone who has shown themselves untrustworthy. You are not commanded to subject yourself to repeated harm. But you *are* invited to forgive—so your soul can breathe again. So your joy can return. So your healing isn’t delayed by carrying weight that isn’t yours.



Forgiveness doesn't say, "What they did was okay." It says, "I refuse to let this hold me hostage anymore." It's an act of radical faith—trusting God with your pain, your justice, and your future.

Let today be a turning point. You don't have to reconcile with someone to forgive them. You just have to trust that God's grace is big enough to heal what was broken—and just enough to handle the one who broke it.



Day 5: Forgive Without Reconciliation

Journaling Prompts

1. What false beliefs do I hold about forgiveness that make it feel impossible?

2. What am I afraid will happen if I forgive someone who hasn't repented?

3. Who do I need to forgive in my heart—not to reconcile with, but to release myself from resentment?



Day 5: Forgive Without Reconciliation

Prayer for Today

Lord God,

Forgiveness feels like a mountain I can't climb. I've been hurt so deeply—manipulated, silenced, betrayed. And the person who hurt me may never own what they did. Still, You invite me to forgive—not for their benefit, but for mine. You desire peace for me. You desire freedom. You desire wholeness that isn't bound to their words or actions.

Today, Lord, I choose to surrender my right to revenge. I hand over the wound to You, the only One who can truly bring justice and restoration. I release this person to You—not because they deserve it, but because You have forgiven me in my own failures.

Teach me to forgive without returning to toxic patterns. Help me to walk away when I need to, and to still walk in love. Let my forgiveness be the beginning of my freedom. Let it be a sign of Your strength in me—not weakness.

Heal the bitterness. Quiet the replay of conversations in my mind. Replace rage with rest. Remind me that You keep good records. That You are both Judge and Father. And that Your love is strong enough to carry the pieces of my broken story and make something beautiful out of them.

Thank You for never asking me to forget—but for always inviting me to *be free*.



In Jesus' name,
Amen.





Day 6: Embrace God's Justice & Peace



Your Verse

Primary Verse – Isaiah 61:8 (NIV):

“For I, the Lord, love justice; I hate robbery and wrongdoing. In my faithfulness I will reward my people and make an everlasting covenant with them.”

Supporting Scriptures

- **Psalm 103:6 (NIV):**

“The Lord works righteousness and justice for all the oppressed.”

- **Micah 6:8 (NIV):**

“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

- **1 Peter 2:23 (NIV):**

“When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.”



Devotional Thought

One of the hardest realities to accept after narcissistic abuse is that justice—at least earthly justice—may never come. There may never be an apology, a confession, or an acknowledgment of the pain you endured. The narcissist may move on with their life while you're left with the pieces. That feels unfair—because it is.

But God sees what no court, counselor, or family member may ever fully understand. He sees the injustice. And He promises to deal with it.

Isaiah 61:8 reminds us that God *loves* justice—not in theory, but in action. He hates wrongdoing. That includes manipulation, emotional abuse, betrayal, and control masked as love. And He is not passive about what you've been through. Even if the narcissist never changes, even if the world never validates your pain, *God does*.

His justice isn't always swift, but it is certain. It is faithful. It is perfect.

But here's something else: justice and peace are not mutually exclusive. You don't have to wait for justice to walk in peace. Through Christ, peace can become your posture even while you wait for resolution. You don't have to carry the burden of proving your pain or orchestrating justice. You can rest knowing that the One who judges justly is on your side.

1 Peter 2:23 tells us that Jesus Himself entrusted His suffering to God. He didn't retaliate. He didn't launch a PR campaign. He didn't fight back with



threats. He let the Father handle it. And because He did, *resurrection followed*.

Today, let God hold your case. Trust Him to settle the accounts in His time. And in the meantime, walk in the peace that surpasses understanding—not because the world is fair, but because your heart is guarded by the God of justice.



Journaling Prompts

1. What does “justice” look like to me in the aftermath of narcissistic abuse?

2. In what ways have I tried to take justice into my own hands—and how has that affected my peace?

3. What would it mean for me to fully entrust my pain to God's justice, even if I never receive closure from the person who hurt me?



Prayer for Today

God of justice,
You know every detail of what I went through—even the parts I was too afraid to tell anyone. You saw the manipulation. You heard the hurtful words. You watched the moments I second-guessed my own reality, and You never turned away.

Lord, I long for justice. I crave validation. I want the truth to come to light. But I also know that justice isn't my burden to carry—it's Yours. You are a just Judge. A loving Father. A righteous King. And I trust You to make all things right.

Forgive me for the times I've tried to force outcomes or obsess over revenge. Heal the parts of me that still cry out for retribution. Let peace replace that ache. Let rest cover my anxiety. Let hope rise in place of bitterness.

I release the desire for control and I hand over my pain. I trust You to defend me, restore me, and redeem every tear I've cried. Even when justice feels far away, I choose to believe that You are close. That You are faithful. That You are working even now.

Wrap me in Your peace, Lord. The kind that the world can't give or take away. Let it anchor me while I wait. Let it protect me as I heal.

In Jesus' mighty and just name,
Amen.





Day 7: Walk Forward in Freedom & Wholeness



Your Verse

Primary Verse – Philippians 1:6 (NIV):

“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Supporting Scriptures

- **2 Corinthians 3:17 (NIV):**

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”

- **Romans 8:28 (NIV):**

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

- **Psalms 147:3 (NIV):**

“He heals the brokenhearted and binds up their wounds.”



Day 7: Walk Forward in Freedom & Wholeness

Devotional Thought

You made it to Day 7—and that’s no small thing. Every journal entry, every tear, every moment of reflection has been a step toward healing. Maybe you started this week still questioning whether what you went through *really counts* as abuse. Maybe you weren’t sure if you could ever feel whole again. But today, I want you to hear this clearly:

You are not who you were. You are being made new.

Philippians 1:6 promises that God is not finished with you. The healing that began in hidden places will bloom into wholeness in time. And He will *complete* it. Not halfway. Not partially. Fully.

This is the beauty of walking with Jesus—He doesn’t just rescue you from your past; He *redeems* it. What was meant for harm, He can use for good. What tried to destroy your voice, God will use to amplify it for His glory. The very place of your wounding may become the foundation for your calling.

But remember: walking in freedom doesn’t mean everything is easy. You’ll still have days where triggers rise, where doubt creeps in, where grief comes unexpectedly. That doesn’t mean you’re not healed—it means you’re still healing. And that’s okay.

Wholeness is not about perfection. It’s about restoration. It’s about walking with Jesus daily—learning to trust again, to breathe again, to laugh again. You



are allowed to dream new dreams. You are allowed to build new boundaries. You are allowed to be *free*.

So today, take a deep breath. Look back at where you started. And celebrate. You are not the same woman who entered this study. You are braver. Clearer. Stronger. And you are walking forward—not as a victim—but as a victorious, beloved daughter of the King.

The best part? God's not done yet.



Day 7: Walk Forward in Freedom & Wholeness

Journaling Prompts

1. What has changed in my heart, mind, or spirit since starting this study?

2. How has God shown Himself to be present and faithful during my healing journey?

3. What is one step I can take this week to continue walking in freedom and protecting my wholeness?



Day 7: Walk Forward in Freedom & Wholeness

Prayer for Today

Father God,

Thank You. Thank You for holding me together when I felt shattered. For bringing me through this week with eyes open, heart softened, and hope stirring again. You never left me. Even in the darkest moments, You were there—working, healing, gently calling me back to truth.

Lord, I know my journey isn't over. But I thank You that I'm no longer walking alone—or in circles. You are leading me forward. Every wound that once defined me is now being rewritten by Your grace. Every lie is being replaced with truth. Every tear has been noticed by You, and every step I've taken has been held in Your hands.

Help me keep walking in freedom, even when I feel afraid. Help me hold onto truth, even when old voices whisper. Help me build a life rooted in Your love—not shame, not guilt, not fear. Use my healing for Your glory. Let my story become a testimony of Your mercy.

And when I doubt—remind me: *You're not finished with me yet.*

In Jesus' healing and restoring name,
Amen.





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