



# Healing the Daughter-Heart: Embracing God's Love for Women



A 7-day journey for daughters hurting from narcissistic parents to discover healing through God's unconditional love and grace.

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# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌸 Embracing Your True Identity</u>	4
<u>Day 2: 🛡️ Finding Protection in God's Care</u>	10
<u>Day 3: 💔 Healing from Emotional Wounds</u>	16
<u>Day 4: 🙏 Trusting God When Trust is Hard</u>	22
<u>Day 5: ❤️ Receiving God's Unconditional Love</u>	28
<u>Day 6: 🌷 Cultivating Peace in Your Heart</u>	34
<u>Day 7: 🌻 Walking Forward in Freedom</u>	40



## Introduction

Welcome to this 7-day Bible study plan designed especially for women carrying the pain of being raised by narcissistic parents. The wounds inflicted by such relationships often run deep, affecting self-worth, trust, and emotional healing. Yet, the God of the Bible invites you into a tender, transformative relationship as a beloved daughter, healing you with His perfect love. *This journey is not about condoning past hurt but about stepping into the freedom and restoration found in the Father's embrace.* ❤️

Throughout Scripture, there are shining examples of women who faced rejection, manipulation, or misunderstanding yet found their true identity and healing in God. This study interweaves their stories alongside God's promises to reveal how your Father in heaven meets every broken place with His grace. **You will be encouraged to reflect deeply, journal honestly, and pray earnestly—to awaken the healing power of God's love in your heart.**

Whether you feel overlooked, controlled, or unloved at home, or carry invisible scars, God's Word offers you hope. This is a space to let go of shame and reclaim your worth, not through human approval but by God's unshakable love. *You are precious, chosen, and deeply loved as His daughter.* Let this study guide your heart toward emotional and spiritual restoration, renewed identity, and the joy of being truly known and precious in God's eyes.

**Let us begin this sacred journey together, healing one day at a time.**





## Day 1: 🌸 Embracing Your True Identity



Day 1: 🌸 Embracing Your True Identity

## Your Verse

*Galatians 3:26 - "So in Christ Jesus you are all children of God through faith."*

## Supporting Scriptures

- *1 John 3:1 - "See what great love the Father has lavished on us, that we should be called children of God!"*
- *Psalms 139:14 - "I praise you because I am fearfully and wonderfully made..."*



Day 1: 🌸 Embracing Your True Identity

## Devotional: Discovering Your Identity in God's Love

**When we grow up with a narcissistic parent, our identity can become tangled in words of criticism, comparison, or neglect. But God calls you to a new identity: a beloved child of the Most High. Galatians 3:26 reminds us that faith in Jesus places us in God's family. This means your value isn't defined by your parent's approval or control but by divine adoption.**

*Imagine looking in a mirror and seeing the reflection God has painted—fearfully and wonderfully made, deeply loved, and worthy.* This truth is the foundation for healing—knowing who you are in God, not what your parent's words have declared. Let God's love rewrite your story from today.

Take a moment to memorize 1 John 3:1 and remind yourself often that you are dearly loved by the Father beyond measure. Your worth is secure because of Him.



## Day 1: 🌸 Embracing Your True Identity

## Reflect and Apply

1. How has your parent's behavior shaped the way you see yourself?

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2. What does it mean to you that God calls you His child through faith?

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3. Can you identify specific ways to embrace your worth apart from your parent's opinion?

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Day 1: 🌸 Embracing Your True Identity

## Journaling Prompts

1. Write down the words your parent used to define you; how do they differ from God's words?

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2. Describe how you feel when you read 'children of God through faith.'

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3. List three qualities that God says you have as His child.

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Day 1: 🌸 Embracing Your True Identity

## Prayer for Today

**Father, thank You for calling me Your child. Help me to see myself through Your eyes and to believe in the identity You give me. Heal the wounds left by my parent's words and fill me with Your truth. Teach me to rest in Your unchanging love. *In Jesus' name, Amen.***





## Day 2: 🛡 Finding Protection in God's Care



Day 2:  Finding Protection in God's Care

## Your Verse

*Psalm 91:4 - "He will cover you with His feathers, and under His wings you will find refuge."*

## Supporting Scriptures

- *Isaiah 41:10 - "I will strengthen you and help you; I will uphold you with my righteous right hand."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 2:  Finding Protection in God's Care

## Devotional: Resting Securely in God's Protection

**Living with a narcissistic parent often means facing emotional storms and insecurity.** But Psalm 91 offers a beautiful picture of God's protection—a refuge like a mother bird sheltering her young under her wings. This imagery invites you to rest in God's loving care, even when earthly protection feels absent or inadequate.

*God does not promise a life free of difficulty, but He promises His presence, strength, and shelter.* When you feel exhausted from bearing burdens placed on you by a controlling parent, Jesus' invitation in Matthew 11:28 is your safe haven. Lay down your heavy heart and receive His peace.

Today, imagine yourself enveloped in God's wings, safe and secure. Let His protection soothe your fears and renew your courage.



Day 2:  Finding Protection in God's Care

## Reflect and Apply

1. In what ways do you feel unprotected or vulnerable right now?

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2. How can you practically seek refuge under God's care daily?

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3. What burdens can you surrender to Jesus today?

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Day 2:  Finding Protection in God's Care

# Journaling Prompts

1. Recall a time when you felt God's protection—describe it in detail.

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2. Write a prayer asking God to be your refuge in moments of fear.

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3. List areas where you struggle to trust God's protection and why.

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## Day 2: 🛡️ Finding Protection in God's Care

## Prayer for Today

**Lord, I bring my fears and wounds to You. Cover me with Your feathers and shelter me beneath Your wings. Strengthen me when I feel weak, and help me to find rest in Your presence. Thank You for being my refuge and strength. *In Jesus' name, Amen.***





## Day 3: Healing from Emotional Wounds



## Day 3: ❤️ Healing from Emotional Wounds

## Your Verse

*Psalms 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..."*
- *Jeremiah 30:17 - "I will restore health to you and heal your wounds," declares the Lord.*



Day 3: ❤️ Healing from Emotional Wounds

## Devotional: God's Tender Healing for Your Heart

Emotional wounds from narcissistic parenting can leave deep scars that affect your ability to trust, love, and feel safe. God's heart breaks with yours and He actively seeks to heal the broken pieces. Psalm 147:3 encourages us with a promise that God doesn't ignore hurt but lovingly tends and heals.

*Healing is a journey that requires patience, surrender, and sometimes tears, but God is a gentle healer who knows exactly where it hurts.* Jesus came to bind the brokenhearted and restore hope. Today, invite His healing touch into your pain, trusting that no wound is too deep for His love.

Your healing is not about forgetting the pain but allowing God to transform it into strength and compassion.



## Day 3: ❤️ Healing from Emotional Wounds

## Reflect and Apply

1. What emotional wounds are you carrying from your parent's behavior?

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2. How have you tried to heal on your own? How might God's healing be different?

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3. What barriers keep you from receiving God's healing love fully?

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## Day 3: ❤️ Healing from Emotional Wounds

# Journaling Prompts

1. Write a letter to God describing your pain and asking for His healing.

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2. List ways you have experienced God's healing, no matter how small.

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3. Journal about what it means to 'bind up' a broken heart.

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Day 3: ❤️ Healing from Emotional Wounds

## Prayer for Today

**Father, You see my brokenness and promise to heal my heart.** I surrender my pain to You today and ask that You bind up my wounds with Your loving hands. Restore my soul and renew my hope. Thank You for being my healer.  
*In Jesus' name, Amen.*





## Day 4: 🙏 Trusting God When Trust is Hard



Day 4: 🙏 Trusting God When Trust is Hard

## Your Verse

*Proverbs 3:5 - "Trust in the Lord with all your heart and lean not on your own understanding;"*

## Supporting Scriptures

- *Psalm 56:3 - "When I am afraid, I put my trust in you."*
- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*



Day 4: 🙏 Trusting God When Trust is Hard

## Devotional: Choosing to Trust God Beyond Your Fears

**Trust can be one of the most difficult gifts to give when your parent has betrayed or controlled you.** Yet Proverbs 3:5 calls us to lean away from our own understanding and place full trust in the Lord. It's a daily decision, often made in the face of fear and doubt.

*God understands your hesitation, and He invites you gently to step out in faith, even when the path is unclear.* Psalm 56:3 tells us that trust in God can be refuge in our fears. As you cultivate trust, God fills you with peace and joy that transcends circumstances.

**Trusting God is not about ignoring pain but choosing to rely on His goodness despite it.** Today, take one step toward deepening your trust in Him.



Day 4: 🙏 Trusting God When Trust is Hard

## Reflect and Apply

1. What fears or doubts hold you back from fully trusting God?

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2. How might God be inviting you to take one step toward trust today?

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3. How does leaning on God differ from leaning on your own understanding?

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Day 4: 🙏 Trusting God When Trust is Hard

## Journaling Prompts

1. Write about a time when trusting God felt hard, and how He came through.

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2. List fears and exchange them with truths about God's faithfulness.

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3. Journal a prayer asking God to grow your trust in Him.

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Day 4: 🙏 Trusting God When Trust is Hard

## Prayer for Today

**Lord, my heart is hesitant, but I want to trust You more fully.** Help me to lean not on my own understanding but on Your perfect wisdom. Fill me with Your peace and joy as I take steps of faith. You are my hope and refuge. *In Jesus' name, Amen.*





## Day 5: ❤️ Receiving God's Unconditional Love



Day 5: ❤️ Receiving God's Unconditional Love

## Your Verse

*Romans 8:38-39 - "Neither death nor life...anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*

## Supporting Scriptures

- *Ephesians 3:17-19 - "...to grasp how wide and long and high and deep is the love of Christ..."*
- *John 15:9 - "As the Father has loved me, so have I loved you."*



## Day 5: ❤️ Receiving God's Unconditional Love

## Devotional: Embracing the Depth of God's Love

**One of the most painful realities of narcissistic parenting is feeling unworthy of love or conditional love.** But God's love breaks that pattern—His love is unconditional, unwavering, and inseparable from you.

*Romans 8:38-39 powerfully assures that nothing can separate you from God's love, not even your past, mistakes, or wounds.* Imagine a love that cannot be earned or lost, one that is broader and deeper than any hurt you've experienced.

Today, open your heart fully to receive this love. Meditate on the lengths and breadths of Christ's love for you, and let it fill every empty space left by human rejection.



## Day 5: ❤️ Receiving God's Unconditional Love

## Reflect and Apply

1. How do you currently experience God's love in your life?

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2. What walls or doubts keep you from fully receiving His unconditional love?

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3. How can understanding God's unshakable love transform your self-view?

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Day 5: ❤️ Receiving God's Unconditional Love

## Journaling Prompts

1. Describe what unconditional love means to you personally.

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2. List ways God has shown His love to you recently.

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3. Write a letter back to God expressing your trust in His love.

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Day 5: ❤️ Receiving God's Unconditional Love

## Prayer for Today

Heavenly Father, Your love is wide, long, high, and deep—beyond my understanding. Help me to receive Your unconditional love which nothing can separate me from. Heal my heart from all rejection and fill me with confidence in Your unchanging love. *In Jesus' name, Amen.*





## Day 6: 🌸 Cultivating Peace in Your Heart



Day 6: 🌸 Cultivating Peace in Your Heart

## Your Verse

*Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."*

## Supporting Scriptures

- *Colossians 3:15 - "Let the peace of Christ rule in your hearts."*
- *John 14:27 - "Peace I leave with you; my peace I give you... Do not let your hearts be troubled."*



Day 6: 🌸 Cultivating Peace in Your Heart

## Devotional: Guarding Your Heart with God's Peace

**Peace can seem elusive when past wounds haunt your present.** Yet the peace God offers transcends our efforts to find calm. Philippians 4:7 promises a peace that guards your heart and mind in Christ Jesus.

*God's peace isn't just a feeling but a protective presence that steadies you regardless of chaos around you.* Let the peace of Christ rule your heart today by surrendering anxiety, anger, or confusion to Him.

**As you cultivate this peace through prayer, Scripture, and reflection, notice how your inner life begins to quiet and your soul finds rest.**



Day 6: 🌸 Cultivating Peace in Your Heart

## Reflect and Apply

1. What areas of your heart feel unsettled or anxious?

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2. How can you practically invite God's peace into your daily routines?

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3. What barriers prevent God's peace from ruling your heart fully?

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Day 6: 🌸 Cultivating Peace in Your Heart

## Journaling Prompts

1. Write about a time when you experienced God's supernatural peace.

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2. List worries or fears you want to hand over to God today.

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3. Journal milestones of growing peace in your healing journey.

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Day 6: 🌸 Cultivating Peace in Your Heart

## Prayer for Today

**Jesus, I ask for Your peace to fill my heart and mind.** Calm my anxious thoughts and rule over every unsettled place inside me. Guard me against fear and help me rest in Your perfect peace. Thank You for being my peace-bringer. *In Your name, Amen.*





## Day 7: 🌻 Walking Forward in Freedom



Day 7: 🌸 Walking Forward in Freedom

## Your Verse

*2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

## Supporting Scriptures

- *Romans 8:1 - "There is now no condemnation for those who are in Christ Jesus,"*
- *John 8:36 - "So if the Son sets you free, you will be free indeed."*



Day 7: 🌸 Walking Forward in Freedom

## Devotional: Embracing Your Freedom and New Identity

**As this healing journey draws to a close, God invites you to step forward into freedom and newness of life.** 2 Corinthians 5:17 declares that in Christ, the old—past pain, shame, and bondage—has passed away. You are a new creation empowered to walk differently by His grace.

*Freedom is not merely escape from your past but a full embrace of your redeemed identity and purpose.* Through Jesus, there is no condemnation, only grace and empowerment. Today, step into that freedom by choosing to release the weight of the past and trust in God's future for you.

**Walk forward boldly, beloved daughter, knowing you are free indeed and deeply cherished by your Heavenly Father.**



## Day 7: 🌸 Walking Forward in Freedom

## Reflect and Apply

1. What does 'new creation' mean for your healing journey?

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2. How can you practically walk in the freedom Christ offers daily?

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3. What chains from the past do you need to release fully?

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Day 7: 🌸 Walking Forward in Freedom

## Journaling Prompts

1. Write about what freedom in Christ looks like for your future.

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2. List promises from Scripture that encourage your new beginning.

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3. Journal a commitment prayer to walk forward in God's grace.

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Day 7: 🌸 Walking Forward in Freedom

## Prayer for Today

**Father, thank You for making me a new creation in Christ.** Help me to release past hurts and walk forward in freedom and victory. Empower me to live fully in Your grace and purpose. I choose to trust Your plans and embrace the new life You give. *In Jesus' name, Amen.*





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