Healing the Mind: Biblical Support for Mental Health and Trauma



A 21-day Bible study plan focusing on mental health and healing from domestic violence trauma through scripture and prayer.





Table of contents

<u>Introduction</u>	4
<u>Day 1: Finding Refuge in God</u>	6
Day 2: Renewing Your Mind	12
Day 3: ** God's Peace That Surpasses	18
Day 4: B Finding Rest for the Weary	24
Day 5: Embracing Your Identity in Christ	30
Day 6: X Healing Through God's Compassion	36
Day 7: Hope in the Midst of Darkness	42
Day 8: Finding Safety in God's Presence	48
Day 9: Strate God's Unconditional Love Restores	54
Day 10: S Growing Through Suffering	60
Day 11: Seeking Support and Community	66
Day 12: 1 Overcoming Fear with Faith	72
Day 13: A Embracing God's Promises for Tomorrow	78
Day 14: A Walking Forward by Faith	84
Day 15: X Embracing God's Grace Daily	90
Day 16: Torgiveness: A Path to Freedom	96











Introduction

Welcome to a transformative 21-day journey focused on mental health and healing from the deep wounds of domestic violence trauma. *In moments of pain and brokenness, the Bible offers profound comfort, hope, and strength to those struggling silently.* This study invites you to encounter God's compassionate heart and His incredible power to renew your mind and restore your soul.

Domestic violence leaves lasting scars that can affect how we view ourselves, our relationships, and the world around us. It can lead to feelings of fear, anxiety, shame, and isolation. But through God's Word, we are reminded we are never alone, and healing is possible. Scripture shows us that God is near to the brokenhearted and saves those who are crushed in spirit (Psalm 34:18).

Each day of this study will provide a primary Scripture to meditate on, supported by additional verses that deepen your understanding. The devotionals are crafted to speak hope, truth, and encouragement into your situation, walking alongside you as you reflect and journal your thoughts and prayers. This plan does not just offer knowledge but seeks to foster a healing experience that renews your mind and restores your peace.

As you engage with this study, open your heart to God's healing presence. Allow yourself grace and patience, and remember that God's love is bigger than your pain. You are valued, cherished, and deeply loved by the Creator who formed you. The journey toward mental and emotional wholeness may







have ups and downs, but with God's help, every step forward is step toward freedom and hope.

Let's begin this journey of healing together, grounded in the eternal truth that God's kindness leads us to repentance and new life (Romans 2:4).

















Your Verse

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

Supporting Scriptures

- Psalm 34:18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God.







Devotional: God Is Your Ever-Present Refuge and Strength

When trauma shakes the very foundations of your life, the Bible reminds you that God is your refuge and strength. Domestic violence often leaves deep wounds of fear and insecurity, making you feel vulnerable and alone. Yet, Psalm 46:1 assures us that God is present, ready to help in your time of need. He is not distant or indifferent; He is a strong fortress where you can find peace amid the storm.

This verse invites you to lean into God's protection rather than relying solely on your own strength. He sees your pain and offers safety, even when the world feels unsafe. Fighting your trauma alone can be overwhelming, but God's presence is a steady anchor.

Remember that it's okay to seek help, reach out to trusted people, and give yourself space to heal. God's strength becomes perfect in weakness (2 Corinthians 12:9), so allow His power to work in your vulnerabilities.







Reflect and Apply

How can you invite God to be your refuge during moments of fear or anxiety?
In what ways has God's presence already provided strength during your trauma?
What does trusting God as a refuge look like in your daily life?







Journaling Prompts

	Write about a time when you felt God's protection during a difficult moment.
	List areas where you feel unsafe or fearful, and pray for God's refuge over them.
	Describe what it means to you personally that God is an 'ever-present help in trouble.'







Prayer for Today

Heavenly Father, I thank You that You are my refuge and strength. In moments of fear and uncertainty, help me to remember Your presence is always near. Wrap me in Your protection and give me courage to face each day. Heal the wounds left by trauma, and fill me with Your peace. Teach me to trust You more deeply and to find rest in Your arms. Thank You for being an ever-present help in my times of trouble. *Amen.* \bigwedge \hookrightarrow

















Day 2: Renewing Your Mind

Your Verse

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Supporting Scriptures

- Philippians 4:8 Think on things that are true, noble, right, pure, lovely, admirable.
- 2 Corinthians 10:5 Take captive every thought to make it obedient to Christ.







Day 2: PRenewing Your Mind

Devotional: Transform Your Mind by Embracing God's Truth

Trauma often fills the mind with negative thoughts, lies, and memories that overwhelm our emotions and sense of self. *Romans 12:2 offers a powerful path to healing through the renewing of the mind.* This transformation happens when you intentionally replace harmful thought patterns with God's truth.

Domestic violence can leave you believing untruths about your worth and safety. Yet Scripture invites you to reject worldly or self-defeating thinking and embrace God's perspective. Philippians 4:8 encourages you to dwell on things that are pure and admirable, creating a foundation for mental restoration.

Taking every thought captive (2 Corinthians 10:5) is an active process. It's okay to seek help through counseling, prayer, and Scripture meditation to retrain your mind. God's Spirit empowers you to overcome lies and take hold of His promise that you are loved, valued, and free in Christ.







Day 2: 🖓 Renewing Your Mind

Reflect and Apply

	What negative or harmful thoughts do you need to surrender to God today?
	How can focusing on God's virtues change your mental and emotional well-being?
3.	What practical steps can you take to 'renew your mind' daily?







Day 2: 🖓 Renewing Your Mind

Journaling Prompts

1.	Identify common lies you believe that come from trauma and write God's
	truth in response.
	Write a list of qualities or virtues from Philippians 4:8 to meditate on this week.
	Describe a situation where taking your thoughts captive helped you experience peace.







Day 2: PRenewing Your Mind

Prayer for Today

Lord Jesus, help me to renew my mind with Your truth. Deliver me from the lies trauma has created and fill my thoughts with things that honor You. Teach me to take every thought captive and make it obedient to You. Strengthen me to reject fear, shame, and negativity, and to embrace Your promises of hope, healing, and love. Transform my mind so I may live fully in Your freedom. *In Your name, Amen.* 🔾 😭







Day 3: W God's Peace That Surpasses









Day 3: 🖏 God's Peace That Surpasses

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

- John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives.
- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast.







Day 3: 🖏 God's Peace That Surpasses

Devotional: Rest in God's Unexplainable Peace Today

One of the most profound gifts for healing trauma is God's peace — a calmness deep in the soul that defies explanation. *Philippians 4:7 assures us that God's peace will guard our hearts and minds even in chaos.* Unlike temporary relief, His peace is steadfast and enduring.

Domestic violence trauma often stirs anxiety, restlessness, and fear. Yet God's peace is a protective shield, His presence surrounding and calming your wounded heart. Jesus promised to give His peace, different from what the world offers — a peace that does not depend on circumstances.

Allow yourself to receive this peace today by dwelling in God's promises, breathing His words, and resting in His presence. As Isaiah says, perfect peace comes when your mind stays focused on Him. Healing begins as you anchor your mind and heart in Jesus.







Day 3: 😂 God's Peace That Surpasses

Reflect and Apply

1.	How does God's peace differ from peace offered by the world?
2.	What areas of your heart and mind need God's peace to guard them?
3.	In what practical ways can you cultivate steadfastness in your mind?







Day 3: SG God's Peace That Surpasses

Journaling Prompts

1.	Write about a time when you experienced God's peace amid the storm.
	List worries you want to surrender to God and pray for His peace over them.
	Describe what it means for your heart and mind to be guarded by God's peace.







Day 3: 🖏 God's Peace That Surpasses

Prayer for Today

Gracious God, thank You for the peace that surpasses all understanding. When anxiety and fear attempt to overwhelm me, guard my heart and mind with Your calming presence. Help me to fix my thoughts on You and receive the rest only You can give. Heal my wounded soul and fill me with Your perfect peace today. I trust in Your unfailing love. *Amen.* 🔾 👽 🕠

















Your Verse

Matthew 11:28 - Come to me, all you who are weary and burdened, and I will give you rest.

Supporting Scriptures

- Psalm 23:1-3 He makes me lie down in green pastures, he leads me beside quiet waters.
- Isaiah 40:31 Those who hope in the Lord will renew their strength.







Devotional: Accept Christ's Invitation to Rest and Renewal

Trauma can leave you emotionally and spiritually exhausted, weighed down by pain and burdens. *Jesus offers an invitation in Matthew 11:28 to find rest in Him.* This rest is not just physical but a deep peace that refreshes your soul.

Domestic violence often breaks down your sense of safety and trust, stealing your strength. Yet Christ calls you to surrender your burdens to Him. He gently restores, renews, and leads you to places of calm and healing like a shepherd caring for his sheep (Psalm 23).

Accepting this rest requires humility and faith—letting go of trying to carry everything alone. When you place your hope in God, your strength is renewed, and you can face each day with courage and peace.







Reflect and Apply

1.	What burdens are you carrying that need to be laid at Jesus' feet?
2.	How can you practice accepting God's rest in your daily routine?
3.	In what ways does trusting Jesus renew your strength and hope?
-	
3.	In what ways does trusting Jesus renew your strength and hope?







Journaling Prompts

1.	Write a prayer surrendering your weariness and burdens to Jesus.
2.	Describe what 'rest' means to you beyond physical sleep.
3.	List moments or places where you feel closest to God's peace.







Prayer for Today















Your Verse

2 Corinthians 5:17 – If anyone is in Christ, the new creation has come: the old has gone, the new is here!

Supporting Scriptures

- Ephesians 2:10 We are God's handiwork, created for good works.
- Psalm 139:14 I am fearfully and wonderfully made.







Devotional: Discover Your Worth as God's New Creation

Your identity is precious and secure in Christ, regardless of the trauma you have endured. 2 Corinthians 5:17 reminds us that in Jesus, we are made new. Past wounds, shame, and fear do not define who you are. God calls you His beloved masterpiece.

Domestic violence can distort your self-image, leaving you feeling broken and worthless. However, Scripture declares you are fearfully and wonderfully made (Psalm 139:14), and God's purpose for your life is good and filled with hope (Ephesians 2:10).

Embracing your new identity in Christ is a powerful step toward healing. It helps replace lies with truth, shame with dignity, and isolation with belonging. As you meditate on God's Word, allow His grace to restore your sense of value and purpose.







Reflect and Apply

1.	How has trauma affected your view of yourself and your identity?
2.	What does being a 'new creation in Christ' mean to you personally?
3.	How can you remind yourself daily of God's love and craftsmanship?







Journaling Prompts

1.	Write about the ways God is making you new each day.
2.	List affirmations based on God's Word that affirm your identity.
	Reflect on a Scripture that has helped you see yourself through God's eyes.







₩Д

Day 5: W Embracing Your Identity in Christ

Prayer for Today

Dear Heavenly Father, thank You for creating me fearfully and wonderfully. Help me to embrace my new identity in Christ, knowing that my past does not define me. Renew my heart and give me courage to live out the good works You have prepared. Heal the wounds of trauma and fill me with confidence in Your love. May I walk each day as Your beloved child. *Amen.* \heartsuit







Day 6: **K** Healing Through God's Compassion









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







Devotional: Experience God's Gentle Healing Touch

Trauma often leaves invisible wounds that need tender care and healing. *Psalm 147:3 beautifully captures God's heart toward the brokenhearted.* He does not leave your hurts unattended but lovingly binds up your wounds.

God's compassion reaches deep into your pain, offering healing that is gentle and transformative. The prophet Isaiah describes this mission as binding up the brokenhearted, restoring hope and strength.

Remember, God's mercy is new every morning, providing fresh grace each day to endure and grow. Even when painful memories linger, God's healing presence is a refuge and balm for your soul.







Reflect and Apply

1.	How do you experience God's healing in daily life?
2.	In what areas do you need God's compassionate healing most?
	How can you extend this compassion toward yourself during your healing journey?







Journaling Prompts

1.	Describe how God has helped you heal a past wound.
2.	Write a prayer asking God to bind your emotional wounds today.
3.	List ways you can practice self-compassion as God heals your heart.







Prayer for Today

Lord, You are the Healer of my broken heart. Thank You that You bind up my wounds with Your loving hands. Help me to surrender my pain and receive Your compassionate healing. Renew my spirit with Your mercy that is new each morning. Teach me to be gentle with myself as You restore me step by step. *Amen.*

















Day 7: // Hope in the Midst of Darkness

Your Verse

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

Supporting Scriptures

- Jeremiah 29:11 I know the plans I have for you, plans to prosper and not harm you.
- Psalm 30:5 Weeping may stay for the night, but joy comes in the morning.







Day 7: 🌈 Hope in the Midst of Darkness

Devotional: Anchored in God's Unfailing Hope

Hope is the light that shines in the darkest places of trauma and despair.

Romans 15:13 encourages us to trust God, the source of hope, who fills us with joy and peace. No matter how long or deep your suffering, God's promises remain true.

Domestic violence can cast shadows of hopelessness, but Jeremiah reminds us that God's plans for your life are good, designed to prosper you and not to harm you. Tears and mourning may come, but joy and restoration are coming as surely as the morning dawns.

Hold fast to hope today, letting God's promises anchor your soul. Trust that healing and brighter days are ahead, sealing your heart with joy and peace despite current trials.







Day 7: 🌈 Hope in the Midst of Darkness

Reflect and Apply

1.	What does hope look like for you in your current situation?
2.	How can trusting God's plans bring peace amid trauma?
3.	In what ways have you experienced joy after seasons of difficulty?







Day 7: 🌈 Hope in the Midst of Darkness

Journaling Prompts

1.	Write about hopes you want to hold onto during your healing process.
2.	Reflect on a Scripture promise that has encouraged you.
3.	Describe feelings of joy or peace you have experienced unexpectedly.







Day 7: // Hope in the Midst of Darkness

Prayer for Today

God of hope, fill me with Your joy and peace as I place my trust in You. Help me to believe in Your good plans for my life, even when I feel overwhelmed by pain. Remind me that after the night of weeping comes the morning of joy. Strengthen my hope and carry me through to brighter days. *Amen.* *

















Day 8: Prinding Safety in God's Presence

Your Verse

Psalm 91:1 - Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

Supporting Scriptures

- Proverbs 18:10 The name of the Lord is a fortified tower; the righteous run to it and are safe.
- Psalm 27:1 The Lord is my light and my salvation—whom shall I fear?







Day 8: Prinding Safety in God's Presence

Devotional: Rest Securely in God's Protective Shelter

Feeling safe is essential for healing from trauma, yet it may feel elusive after domestic violence. *Psalm 91 invites you to dwell in God's shelter and rest in His protective shadow.* God's presence is your ultimate safe place, a refuge where fear loses its power.

When danger or anxiety seems overwhelming, Scripture reminds you that the Lord's name is your fortified tower. Running to Him means finding safety that no human circumstance can threaten.

Let today be a day to practice stepping into God's presence consciously through prayer, worship, or sitting quietly with Him. In this shelter, you can find rest, healing, and renewed courage to face each day.







Day 8: <a>Presence

Reflect and Apply

1.	How do you experience God's shelter amid fear or anxiety?
2.	What steps can you take to 'dwell' in God's presence daily?
3.	In what ways does God's protection change your outlook on safety?







Day 8: Prinding Safety in God's Presence

Journaling Prompts

1.	Describe what 'God's shelter' looks and feels like to you.
2.	Write about moments when you have run to God for safety.
3.	List fears or anxieties you want to bring into God's refuge.







Day 8: Prinding Safety in God's Presence

Prayer for Today

Most High God, thank You for being my refuge and fortress. Help me to seek Your shelter always when anxiety and fear arise. Teach me to dwell in Your presence and rest securely in Your shadow. Shield me from harm and give me confidence that I am safe in Your care. *Amen.*















Your Verse

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

Supporting Scriptures

- 1 John 4:16 God is love. Whoever lives in love lives in God.
- Zephaniah 3:17 The Lord your God is with you, He will take great delight in you.







Devotional: Receive God's Unbreakable, Healing Love

Domestic violence can deeply distort your understanding of love, but God's love is pure, unwavering, and restorative. Romans 8:38–39 assures us that no circumstance, pain, or past trauma can separate us from God's perfect love.

God's love reaches into every broken place, delighting not in punishment but in restoration and healing. It is a love that accepts you fully and empowers you to rise again.

Let yourself receive this unconditional love daily. When feelings of unworthiness or shame arise, counteract them with the truth that you are cherished beyond measure by God Himself.







Reflect and Apply

1.	How has God's unconditional love been evident in your life?
2.	What lies about love do you need to replace with God's truth?
3.	In what ways can embracing God's love aid your healing process?







Journaling Prompts

1.	Write about a time you felt God's love most deeply.
2.	List attributes of God's love that bring you comfort and hope.
3.	Reflect on how God's love challenges feelings of shame or rejection.







Prayer for Today

Father, thank You for Your never-failing, unconditional love. Help me to receive it fully and let it heal my heart. Remind me daily that nothing can separate me from Your love in Christ. Fill me with confidence and hope, and teach me to love myself as You love me. *Amen.* ♥ 人 ❖

















Day 10: 4 Growing Through Suffering

Your Verse

James 1:2-4 - Consider it pure joy when you face trials, because the testing produces perseverance.

Supporting Scriptures

- Romans 5:3-5 Suffering produces perseverance; perseverance, character; character, hope.
- 2 Corinthians 12:9 My grace is sufficient for you, for my power is made perfect in weakness.







Day 10: 😂 Growing Through Suffering

Devotional: Finding Strength and Hope Through Trials

Trauma and suffering are incredibly difficult, yet Scripture teaches that God can use these experiences for growth and hope. *James encourages believers to consider trials as opportunities to develop perseverance and mature faith.*

Domestic violence trauma can feel crushing, but as God's grace meets us in weakness, He shapes character and hope in our hearts. Romans points to a progression from suffering to hope, illustrating a divine purpose behind pain.

This does not minimize your pain but invites you to believe that your healing journey can lead to resilience and a deeper understanding of God's sustaining grace.







Day 10: 😂 Growing Through Suffering

Reflect and Apply

1.	How have your trials shaped your faith and character?
2.	What lessons or strengths have emerged from your suffering?
3	How can you rely on God's grace in moments of weakness?
J.	







Day 10: 😂 Growing Through Suffering

Journaling Prompts

1.	Write about a trial that taught you perseverance or hope.
2.	List ways God has shown His grace during difficult times.
3.	Reflect on how your faith has grown through suffering.







Day 10: @ Growing Through Suffering

Prayer for Today

Lord, help me to trust You in my suffering and to grow in perseverance and hope. Show me how Your grace meets me in weakness and strengthens my spirit. Teach me to find joy amid trials, knowing You are working all things for good. *Amen.*

















Day 11: Seeking Support and 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; if one falls, the other can help.
- Hebrews 10:24–25 Encourage one another and all the more as you see the Day approaching.







Day 11: Seeking Support and Community

Devotional: Embrace Healing Through Godly Community

Healing from trauma is not meant to be done alone. Galatians highlights the importance of bearing one another's burdens as an expression of Christ's love.

Domestic violence can isolate victims, but God designed us for community and mutual support. Being part of a caring community allows healing, encouragement, and shared strength.

Consider the gift of safe, trusting relationships where you can share your journey. Seeking help through counseling, support groups, or trusted friends is not weakness but wisdom following God's design for communal care.







Day 11: 🙇 Seeking Support and Community

Reflect and Apply

1.	How has community supported you in your healing journey?
2.	What fears or barriers keep you from seeking help or connection?
3.	How can you be both a receiver and giver of support in community?







Day 11: 🙇 Seeking Support and Community

Journaling Prompts

1.	List people or groups you can reach out to for support.
2.	Reflect on a time when someone's support made a difference.
3.	Write about ways you want to grow in mutual encouragement.







Day 11: Seeking Support and Community

Prayer for Today

God of community, thank You for the gift of relationships that carry and encourage us. Help me to seek and welcome support as I heal. Teach me to be both humble enough to receive help and generous to offer support to others. Guide me to safe, loving people who reflect Your care. *Amen.* 💝 🗣 🙏







Day 12: 🐧 Overcoming Fear with Faith









Your Verse

2 Timothy 1:7 - For God gave us a spirit not of fear but of power, love, and self-discipline.

Supporting Scriptures

- Psalm 56:3 When I am afraid, I put my trust in you.
- Isaiah 41:13 I am the one who holds you; I will help you.







Devotional: Walk in Courage Empowered by God's Spirit

Fear is a common response to trauma, but God calls us to walk in courage and faith. 2 Timothy reminds us that God's Spirit empowers us with love and self-control rather than fear.

Domestic violence can create persistent fear that paralyzes decision-making and steals peace. Instead of living captive to fear, Scripture encourages us to trust God as our helper and protector.

Faith does not mean absence of fear, but choosing to trust God's power and love despite it. By relying on the Holy Spirit's strength, you can take steps forward in freedom and confidence.







Reflect and Apply

1.	What fears are most present in your life today?
	How does knowing God equips you with power and love impact your fears?
	How can you practice self-discipline in managing fearful thoughts or actions?







Journaling Prompts

1.	Write about a moment when faith helped you overcome fear.
2.	List fears you want to surrender to God and invite His courage.
3.	Reflect on ways the Holy Spirit strengthens you in daily life.







Prayer for Today

Holy Spirit, thank You for giving me a spirit of power, love, and self-discipline. Help me to face my fears with courage grounded in Your presence. Teach me to trust You fully and to walk forward in freedom and faith. Strengthen my heart and calm my mind today. *Amen.* 1















Your Verse

Lamentations 3:22–23 – Because of the Lord's great love we are not consumed, for His compassion never fails. They are new every morning.

Supporting Scriptures

- Psalm 118:24 This is the day the Lord has made; let us rejoice and be glad in it.
- Jeremiah 31:3 I have loved you with an everlasting love.







Devotional: Receive God's Fresh Mercy and Hope Each Day

Even when past trauma weighs heavy, God offers hope for each new day. Lamentations reminds us of God's unfailing compassion and mercy that renews daily.

This promise means no matter how dark yesterday was, God's love and mercy greet you with fresh beginnings every morning. Domestic violence trauma can feel overpowering, but God invites you to embrace His new mercies and gifts each day brings.

Choosing to rejoice in God's presence and promises can transform your perspective and cultivate a hopeful heart for the future.







Reflect and Apply

1.	How can you embrace God's new mercies every morning?
2.	What helps you find joy and hope in the present day?
3.	In what ways does God's everlasting love encourage your healing?







Journaling Prompts

1.	Describe how God's compassion has renewed you recently.
2.	Write a gratitude list for this day and God's blessings.
3.	Reflect on what it means to be loved 'with an everlasting love.'







Prayer for Today

Father of mercy, thank You for Your new mercies and compassion each morning. Help me to embrace each day with hope and gratitude. Remind me that Your love never fails and Your plans are good. Teach me to rejoice in the gift of today and trust You for tomorrow. *Amen.* \triangle \nearrow

















Your Verse

Hebrews 11:1 - Faith is confidence in what we hope for and assurance about what we do not see.

Supporting Scriptures

- 2 Corinthians 5:7 For we live by faith, not by sight.
- Psalm 32:8 I will instruct you and teach you, guiding you with my eye.







Devotional: Step Boldly on the Path of Faith

Faith empowers you to take steps toward healing, even when the path is uncertain. Hebrews defines faith as sure confidence in God's promises beyond visible evidence.

For a trauma survivor, faith means trusting God's guidance and goodness despite present pain or fear. It is courageous trust in God's instruction and care, knowing He walks with you.

Although healing may feel slow and invisible at times, trust God's faithful leading. He promises to guide and teach you as you walk forward step by step in faith.







Reflect and Apply

1.	What does walking by faith look like in your healing journey?
2.	How can you find assurance in God when you can't see the outcome?
3.	What steps do you feel God asking you to take today?







Journaling Prompts

1.	Write about a time God's guidance was clear when you trusted Him.
2.	List small acts of faith you can take this week.
3.	Reflect on God's promises that encourage you to move forward.







Prayer for Today

Faithful God, teach me to trust You even when I cannot see the full path ahead. Help me to walk forward with confidence in Your good plans and steady guidance. Strengthen my heart to live by faith in each moment. I place my hope in You. *Amen.*















Your Verse

Ephesians 2:8 - For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.

Supporting Scriptures

- 2 Corinthians 12:9 My grace is sufficient for you, for my power is made perfect in weakness.
- Titus 2:11 The grace of God has appeared, bringing salvation to all people.







Devotional: Receive God's Empowering Grace Constantly

Grace is God's unearned favor that empowers you to live free from guilt and condemnation. Ephesians emphasizes that salvation and healing come as God's gracious gift, not by our efforts.

Trauma can leave survivors feeling burdened by shame and responsibility. God's grace reminds you that healing is His work, and His power is made perfect in your weakness.

Embracing grace daily invites freedom to grow, rest, and receive His strength. It means accepting yourself as God accepts you and allowing His love to transform you.







Reflect and Apply

How does understanding grace as a gift affect your healing process?
In what areas do you need to rest in God's grace rather than self-effort?
How can you remind yourself of God's grace during challenges?







Journaling Prompts

1.	Write a prayer accepting God's grace over your life and healing.
2.	List ways you try to earn healing and how to surrender these efforts.
3.	Reflect on how God's grace has strengthened you in weakness.







Prayer for Today

Gracious God, thank You for Your unending grace that covers my weaknesses and sin. Help me to accept Your healing work as a gift and to live free from guilt. Teach me to rely on Your power made perfect in my weakness and to embrace Your love each day. *Amen.* 💸 🙏 👽















Your Verse

Colossians 3:13 - Bear with each other and forgive one another as the Lord forgave you.

Supporting Scriptures

- Ephesians 4:31–32 Be kind and compassionate, forgiving one another, just as in Christ God forgave you.
- Matthew 6:14 For if you forgive others, your heavenly Father will also forgive you.







Devotional: Choose Forgiveness for Healing and Freedom

Forgiveness is a difficult but essential step toward emotional freedom and healing. Colossians encourages believers to forgive others just as God forgave us through Christ.

Facing trauma caused by domestic violence, forgiveness may seem impossible or unfair. However, forgiveness primarily frees you from bitterness and the burden of anger, releasing your heart to heal.

Remember that forgiveness is a process, not a single act, and does not mean condoning wrongdoing. It means entrusting justice and healing to God, who is just and loving.







Reflect and Apply

1.	What does forgiveness mean to you in your current journey?
-	
	Are there any resistances or fears about forgiving that you need to address?
-	
	How can you lean on God's example of forgiveness when struggling to forgive?
-	







Journaling Prompts

1.	Write about your feelings regarding forgiveness and its challenges.
2.	List people or situations you find hard to forgive and pray for God's help.
3.	Reflect on how forgiveness can bring peace and freedom to your heart.







Prayer for Today

Lord, teach me to forgive as You have forgiven me. Help me to release anger and bitterness and to trust You with justice and healing. Heal my wounded heart and grant me the grace to walk the path of forgiveness one step at a time. *Amen.* 💝 🔖 🙏

















Your Verse

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

Supporting Scriptures

- Psalm 55:22 Cast your cares on the Lord and He will sustain you.
- Matthew 6:34 Do not worry about tomorrow.







Devotional: Relinquish Anxiety and Trust God's Care

Anxiety often overwhelms those recovering from trauma, but God's invitation is to relinquish that weight to Him. 1 Peter encourages us to cast all anxieties on God, trusting in His care.

Holding onto worries crashes our peace and burdens our hearts. God's care is personal and tender, inviting you to unload your fears and trust His sustaining power.

Practice daily handing over your anxieties through prayer and meditation on God's promises. Let go of what you cannot control and find rest in His faithful love.







Reflect and Apply

1.	What anxieties do you need to release to God today?
2.	How does trusting God's care change your perspective on worry?
3.	What practices help you cast your cares on the Lord?







Journaling Prompts

1.	Write about specific worries you want to pray over and release.
2.	Describe times when God helped you through anxiety.
3.	Reflect on verses that encourage you to trust God instead of fear.







Prayer for Today

















Day 18: A Restoring Joy and Purpose

Your Verse

Nehemiah 8:10 - The joy of the Lord is your strength.

Supporting Scriptures

- Psalm 16:11 In Your presence is fullness of joy.
- John 10:10 I have come that they may have life abundantly.







Day 18: A Restoring Joy and Purpose

Devotional: Reclaim Strength Through God's Joy

Joy may feel lost in trauma's aftermath, but the Bible promises that true joy comes from God and renews strength. *Nehemiah reminds us that joy is a vital source of resilience.*

Healing is not just about survival but restoration — of joy, purpose, and abundant life. God invites you to experience His presence fully, where joy is found and life is restored.

Seek God's presence intentionally, engage in the activities or relationships that nurture your spirit, and envision the purpose God has for your life beyond trauma.







Day 18: 🙆 Restoring Joy and Purpose

Reflect and Apply

1.	Where do you find glimpses of joy even during hardship?
2.	How does God's presence restore your sense of purpose?
3.	What steps can you take to cultivate joy daily?







Day 18: 🙆 Restoring Joy and Purpose

Journaling Prompts

1.	Write about moments when you felt God's joy recently.
2.	List passions or hobbies that bring you purpose and healing.
3.	Reflect on how abundance differs from mere survival.







Day 18: 🙆 Restoring Joy and Purpose

Prayer for Today

Father, restore joy to my heart and renew my strength. Help me to find fullness of life in Your presence and embrace the abundant life Jesus offers. Teach me to rejoice even in challenges, knowing You are my source of hope and purpose. *Amen.* \bigcirc \bigcirc \bigcirc \bigcirc







Day 19: F Cultivating Gratitude Amid Trials









Day 19: **Gratitude Amid Trials**

Your Verse

1 Thessalonians 5:18 – Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Supporting Scriptures

- Psalm 107:1 Give thanks to the Lord, for He is good.
- Colossians 3:15 Let the peace of Christ rule in your hearts.







Day 19: **Gratitude Amid Trials**

Devotional: Practice Thankfulness to Draw God's Peace

Gratitude can transform your outlook, even when life feels difficult. Paul encourages believers to give thanks in all circumstances as an act of faith.

When dealing with trauma, focusing on small blessings or God's faithfulness nurtures peace and hope. It does not deny pain but acknowledges God's goodness in it.

Practicing gratitude rewires your heart to see God's presence working through every season and invites His peace to rule in your heart.







Day 19: 🎸 Cultivating Gratitude Amid Trials

Reflect and Apply

1.	What can you find to be grateful for today?
2.	How does gratitude influence your emotional and spiritual health?
3.	In what ways has God been good amid your challenges?







Day 19: **Gratitude Amid Trials**

Journaling Prompts

1.	Write a gratitude list focused on God's blessings in your life.
2.	Reflect on a difficult experience where you eventually saw God's goodness.
3.	Describe how thankfulness impacts your mood and faith.







Day 19: 🎸 Cultivating Gratitude Amid Trials

Prayer for Today

Lord, teach me to give thanks in all circumstances. Open my eyes to Your goodness and help me to cultivate a heart of gratitude. May Your peace rule in my heart as I trust Your ways. Thank You for Your endless love and faithfulness. *Amen.* •















Your Verse

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

Supporting Scriptures

- Isaiah 40:29 He gives strength to the weary and increases the power of the weak.
- Psalm 73:26 My flesh and my heart may fail, but God is the strength of my heart.







Devotional: Lean on God's Strength When You Feel Weak

When your strength falters, God's power holds you up. Paul's words in 2 Corinthians remind us that God's grace meets us precisely where we are weak.

Trauma can exhaust your mind, body, and spirit, but God does not expect you to carry the burden alone. His strength uplifts and sustains you every moment.

Lean into God's grace today. Allow Him to be the source of your endurance and courage, especially in moments when you feel weakest.







Reflect and Apply

1.	What weaknesses have you experienced recently?
2.	How have you seen God's strength manifest in those moments?
3.	How can you better rely on God instead of your own strength?







Journaling Prompts

1.	Write about a time when God's grace gave you strength.
2.	List ways you can depend more on God's power daily.
3.	Reflect on the difference between relying on yourself and on God.







Prayer for Today

God, thank You that Your grace is enough for me. When I feel weak, be my strength and shield. Help me to trust in Your power and lean on You fully. Carry me through trials and renew my spirit. *Amen.* \$\mathcal{L}\$ \$\forall \mathcal{L}\$\$

















Your Verse

Isaiah 43:18-19 - Forget the former things; see, I am doing a new thing!

Supporting Scriptures

- 2 Corinthians 5:17 If anyone is in Christ, the new creation has come.
- Revelation 21:5 Behold, I am making all things new.







Devotional: Embrace God's Promise of New Life and Hope

As this 21-day journey concludes, God encourages you to embrace new beginnings. Isaiah proclaims that God is making all things new—calling you to forget former pain and look forward with hope.

Healing from domestic violence trauma is a process marked by ongoing transformation. Becoming a new creation in Christ means your future is filled with promise beyond past hurts.

Today is an invitation to step forward boldly, knowing God goes before you, making a way where there seems no way. Receive His hope, grace, and restoration as you continue on your path toward wholeness.







Reflect and Apply

1.	What former things do you need to release to move forward?
2.	How do you envision this 'new thing' God is doing in your life?
3.	What steps will you take to live as a new creation in Christ?







Journaling Prompts

1.	Write about your hopes for the future and God's role in it.
2.	List ways God has renewed you through this study.
3.	Reflect on what it means to live as a new creation daily.







Prayer for Today

Lord God, thank You for doing a new thing in my life. Help me to release the past and step confidently into the future You have prepared. Fill me with hope, peace, and joy as I live as a new creation in Christ. Guide my steps and renew my heart. *Amen.* \triangle \diamondsuit \triangle







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



☐ Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.