Healing Through Forgiveness: A Woman's Journey to Release and Restoration



A 7-day plan to help women forgive wounded parents, release past pain, and embrace God's healing love for a restored heart.





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Introduction

Forgiving a parent who has deeply wounded you can feel overwhelming and even impossible. Yet, **God calls us to forgiveness as a path to freedom** and healing. This journey is not about excusing past pain or forgetting the wrongs done, but rather about choosing to release the burden of bitterness so that God can restore your heart.

In this 7-day study, we will explore Scriptures that speak directly to women grappling with parental wounds. We will examine the power of forgiveness, God's compassion for the hurting, and how His grace can transform broken relationships and broken hearts. *Forgiveness is a gift we give ourselves as much as it is an act of obedience to God.* This plan is designed to meet you where you are, whether your wounds are fresh or decades old, and gently guide you toward healing and hope.

Throughout these days, reflect on the experiences and emotions you've carried. Let the Word of God soothe and strengthen you. Praise Him for His faithfulness in restoring what was lost and for His promise that our hearts can be made whole again. Healing is a process, but with God's help, restoration is possible. **You are not alone on this journey.** Let us begin with courage and faith, trusting God to bring peace amidst the pain. ♥















Your Verse

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

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: Finding Rest Before Forgiving

Forgiveness begins with rest. When your heart is heavy from wounds inflicted by a parent, the first step is to bring your pain to Jesus. He invites you to come just as you are—burdened, weary, and hurting. This isn't a call to hide your pain but to hand it over to One who loves you deeply and understands your struggle.

God's peace is not a superficial calm but a deep, sustaining rest for your soul amid emotional storms. You may feel torn between anger and love toward your parent, confusion and hurt. Don't rush your feelings; instead, let God carry your pain and offer rest. This restful place is where the healing journey can truly begin.

Reflect on how Jesus offers you hope—He is close to your brokenness and stands beside you in every difficult moment. Resting in Him renews your strength and opens your heart to the possibility of forgiveness, without minimizing your pain.







Reflect and Apply

| 1.1 | How does it feel to bring your wounded heart to Jesus? |
|-----|--|
| - | |
| 2. | What burdens are you holding that need to be given to Him? |
| - | |
| | Can you trust God to carry your pain even when forgiveness feels impossible? |
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Journaling Prompts

| 1. | Write about the pain you want to release to God today. |
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| | |
| 2. | Describe what 'rest' from your emotional burden might look like. |
| | |
| 3. | List ways Jesus has shown Himself close to you in your suffering. |
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Prayer for Today

Lord Jesus, I come to You with a weary heart burdened by pain caused by my parent. Help me to surrender my hurts and find Your peace in the midst of my struggle. Teach me to rest deeply in Your love and presence, trusting You with my brokenness. Prepare my heart for healing and forgiveness, even when I feel weak. Thank You for Your unfailing care and comfort. In Your precious name, *amen*.



















Day 2: Vunderstanding the Wounds

Your Verse

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

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the Lord.
- Proverbs 18:13 "To answer before listening— that is folly and shame."







Day 2: W Understanding the Wounds

Devotional: Naming and Bringing Wounds to God

Acknowledging your wounds is a courageous and necessary step toward healing. The hurts caused by a parent can be deep and complex, encompassing rejection, neglect, or harsh words that still echo today.

God is not distant from your pain; He is a loving Healer eager to bind your wounds and restore what has been broken. He invites you to be honest with yourself and Him about the nature and depth of your hurts. This honesty helps you avoid hiding the pain or pretending it doesn't matter.

Sometimes, forgiving begins by understanding what truly hurts us. Reflect on the wounds you carry—not to dwell in bitterness—but to guide your prayers and healing journey. Let God's tenderness surround you as you name your pain, knowing He listens carefully and lovingly.







Day 2: 💔 Understanding the Wounds

Reflect and Apply

| 1. | What are the specific wounds that you need to acknowledge today? |
|----|--|
| | |
| 2. | How might understanding your pain help you in the forgiveness process? |
| | |
| 3. | Are there ways you've tried to hide or minimize your hurt? Why? |
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Day 2: Vunderstanding the Wounds

Journaling Prompts

| 1. | Write a letter to God describing your wounds honestly and openly. |
|----|--|
| | |
| 2. | List emotions that come up as you confront your pain. |
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| 3. | Reflect on how God's healing can begin when wounds are recognized. |
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Day 2: Vunderstanding the Wounds

Prayer for Today

Father God, you see every hurt inside me, even the ones I try to hide. Thank You for healing the brokenhearted and binding my wounds. Please help me to face my pain with courage and trust in Your restoration. I surrender my hurts into Your hands and ask for Your gentle healing touch. Teach me to listen to You as I begin this journey. In Jesus' name, *amen*.



















Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Colossians 3:13 "Forgive as the Lord forgave you."
- Luke 6:37 "Forgive, and you will be forgiven."







Devotional: Forgiveness Unlocks Freedom

Forgiveness is a deliberate choice

God models perfect forgiveness through Christ, and He calls us to walk in that same grace. This does not mean forgetting or excusing the wrong, but rather choosing kindness and compassion, even when it seems difficult or undeserved.

When you choose forgiveness, you claim freedom from resentment and anger. This choice opens the door for God's healing to work in your heart and in the relationship if restoration is possible. Reflect on the freedom waiting on the other side of forgiveness and ask God to empower you step by step.







Reflect and Apply

| What fears or doubts come up when you think about forgiving your parent? |
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| How can God's forgiveness toward you inspire your forgiveness toward others? |
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| What does choosing kindness and compassion look like in your situation? |
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Journaling Prompts

| 1. | Write about what forgiveness means to you personally. |
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| | |
| 2.] | List obstacles you face when considering forgiving your parent. |
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| 3.] | Describe a step you can take toward extending forgiveness. |
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Prayer for Today

Lord, forgive me for holding onto bitterness and anger. Give me the strength and courage to forgive just as You have forgiven me. Help me to choose kindness and compassion even when it's hard. Free me from the chains of resentment so I can experience Your healing grace. Thank You for making forgiveness possible through Jesus. *amen*.











Day 4: 🔑 Letting Go of Bitterness









Day 4: B Letting Go of Bitterness

Your Verse

Hebrews 12:15 - "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many."

Supporting Scriptures

- Ephesians 4:31 "Get rid of all bitterness, rage and anger."
- James 3:14 "...do not harbor bitter envy and selfish ambition in your hearts."







Day 4: B Letting Go of Bitterness

Devotional: Release Bitterness to Find Peace

Bitterness is like a root that slowly grows, poisoning your joy and peace. Holding onto past wounds caused by a parent gives space for bitterness to take hold and affect other areas of your life.

God desires you to walk in His grace, free from bitterness that leads to division, pain, and spiritual defilement. This can be one of the hardest steps—choosing to release bitterness and refusing to let it take deeper root. It requires prayer, surrender, and often repeated decisions to trust God's justice, even when yours feels incomplete.

Reflect on the ways bitterness has affected your emotions, relationships, and faith. Ask God to cleanse your heart and help you root your identity and hope in Him instead of past hurts. Let His grace awaken restorative peace within your soul.







Day 4: 🥬 Letting Go of Bitterness

Reflect and Apply

| 1. | In what ways has bitterness impacted your life and faith? |
|----|--|
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| | |
| 2. | Why is it important to uproot bitterness before it causes more harm? |
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| | |
| 3. | How can you practically surrender bitterness to God today? |
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Day 4: B Letting Go of Bitterness

Journaling Prompts

| 1. | Describe areas of your life affected by bitterness. |
|----|---|
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| | |
| 2. | Write a prayer asking God to remove bitterness from your heart. |
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| 3. | List Scriptures or promises that encourage you to let go. |
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Day 4: B Letting Go of Bitterness

Prayer for Today

Dear God, I confess the bitterness that has taken root in my heart. Please help me to release it fully to You. Heal the wounds that feed this bitterness and fill me with Your peace. Teach me how to walk in grace and to trust in Your justice and mercy. May Your love restore my soul and prevent bitterness from defiling my heart. In Jesus' name, *amen*.









Day 5: P Reflecting on God's Compassion









Day 5: PReflecting on God's Compassion

Your Verse

Lamentations 3:22–23 – "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."

Supporting Scriptures

- Psalm 103:13 "As a father has compassion on his children, so the Lord has compassion on those who fear him."
- 2 Corinthians 1:3 "The God of all comfort, who comforts us in all our troubles."







Day 5: PReflecting on God's Compassion

Devotional: God's Compassion Fuels Healing

God's compassion toward you is unwavering and renewing. Unlike human compassion, which can falter, God's mercy is constant, offering fresh hope and healing every day.

When you remember how deeply God cares for you, it becomes easier to extend compassion—even toward a parent who has hurt you. God's heart for the brokenhearted is tender and full of grace. He understands pain and offers comfort that can mend even the most difficult wounds.

Reflect today on the compassionate nature of God and how His love envelops your brokenness. Let His example inspire you to grow in empathy, both for yourself and for your parent, as you continue in forgiveness.







Day 5: 🖓 Reflecting on God's Compassion

Reflect and Apply

| 1. How do | oes God's compassion make you feel about your hurt? |
|------------|--|
| | |
| 2. In what | t ways can you show compassion toward yourself during this g? |
| | |
| 3. Can Go | od's compassion toward you help you extend forgiveness to your |
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Day 5: 🖓 Reflecting on God's Compassion

Journaling Prompts

| 1. | Write about a time you experienced God's compassion in your pain. |
|----|--|
| | |
| 2. | List ways you can practice compassion for yourself daily. |
| | |
| 3. | Reflect on how God's example of compassion challenges your feelings. |
| | |







Day 5: PReflecting on God's Compassion

Prayer for Today

Gracious Father, thank You for Your endless compassion that renews me every morning. When I am overwhelmed by hurt and confusion, comfort me with Your unfailing love. Help me to mirror Your compassion in my own heart, especially toward myself and my parent. Teach me to walk gently in forgiveness, sustained by Your mercy. In Jesus' name, *amen*.

















Your Verse

Joel 2:25 - "I will repay you for the years the locusts have eaten..."

Supporting Scriptures

- Psalm 51:12 "Restore to me the joy of your salvation and grant me a willing spirit."
- Isaiah 61:3 "To bestow on them a crown of beauty instead of ashes."







Devotional: Trusting God for Full Restoration

God promises restoration beyond what was lost. Even when years of pain, brokenness, and wounds feel overwhelming, God's power can redeem and renew your heart.

Forgiveness opens the door for this restoration. It aligns your heart with God's plan to replace hurt with healing, regret with joy, and ashes with beauty. You may not have all the answers about your relationship with your parent, but you can trust God's ability to restore.

Today, embrace the hope God offers. Reflect on His promises to repay and restore what the enemy has stolen. Let this be a day of renewed courage to step forward in faith, expecting healing and joy from the Lord.







Reflect and Apply

| 1. | What does restoration mean for your heart and life? |
|----|--|
| | |
| 2. | How can you hold onto hope when the past still hurts? |
| | |
| 3. | In what ways can God's promise of restoration motivate your forgiveness? |
| | |







Journaling Prompts

| 1. | Write your hopes for healing and restoration moving forward. |
|----|--|
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| | |
| 2. | List areas where you want God's joy restored in your life. |
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| | |
| | |
| 3. | Reflect on promises from Scripture that encourage you today. |
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| | |







Prayer for Today

Lord, thank You for the promise of restoration and hope. Even when the pain feels deep and lasting, I choose to believe that You are making all things new. Restore my heart, bring joy back to my soul, and help me to walk forward in faith. May Your beauty rise from the ashes of my pain. I trust in Your faithful love. In Jesus' name, *amen*.



















Day 7: Day 7: Living in Freedom and Love

Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free."

Supporting Scriptures

- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Day 7: Day 7: Living in Freedom and Love

Devotional: Walking Freely in God's Love

Forgiveness liberates your soul and allows God's love to flow freely. After walking through the difficult process of releasing past wounds and choosing compassion, you can now embrace the freedom Christ offers.

This freedom doesn't guarantee perfect relationships or erase all memories of pain, but it ensures that bitterness will no longer control your life. You are free to live fully in God's love and extend peace wherever possible.

Reflect on the journey you've taken this week. Celebrate the courage it takes to forgive and the power of God to heal. Commit to walking forward in freedom, rooted in faith, grace, and love. Remember, you are free indeed!







Day 7: PLiving in Freedom and Love

Reflect and Apply

| 1. | What does freedom from bitterness look like in your daily life? |
|----|--|
| | |
| 2. | How can you continue to pursue peace and forgiveness after this study? |
| | |
| 3. | What steps will you take to live out God's love in your relationships? |
| | |







Day 7: PLiving in Freedom and Love

Journaling Prompts

| 1. | Write about how your heart feels now after choosing forgiveness. |
|----|---|
| | |
| | List practical ways to maintain freedom from past wounds going forward. |
| | |
| 3. | Reflect on God's love and how it empowers you to love others. |
| | |
| | |







Day 7: Day 7: Living in Freedom and Love

Prayer for Today

Dear Jesus, thank You for setting me free from the bondage of bitterness and pain. Help me to live each day walking in the freedom You provide. Fill my heart with Your love so I can extend peace and kindness to others. Guide me to be a source of healing and grace. I choose to live in Your freedom and hope. In Your name, *amen*.





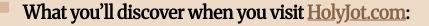




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