



# Healing Trust: A 7-Day Journey Toward Mental Wholeness



Explore God's comfort for trauma and trust issues, discovering hope, restoration, and peace through Scripture and prayer each day.

---

# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🛡️ God, Our Refuge in Trauma</u>	4
<u>Day 2: ❤️ Healing the Wounds of Betrayal</u>	10
<u>Day 3: 🕊️ Embracing God's Peace That Transcends</u>	16
<u>Day 4: 🧡 Trusting God When Trust is Hard</u>	22
<u>Day 5: 🧩 God's Strength for Emotional Restoration</u>	28
<u>Day 6: 🌱 Nurturing Hope Amid Recovery</u>	34
<u>Day 7: ✨ Walking Forward in God's Love</u>	40



## Introduction

Welcome to this 7-day journey focused on mental health, specifically addressing trauma and trust issues. Mental and emotional wounds can deeply affect our lives, shaping how we see ourselves, others, and even God. The Bible offers not only comfort but also transformative truth that brings healing and restoration. This study is designed to guide you gently through Scripture, encouraging reflection, prayer, and journaling to process your feelings and grow in the confidence God provides.

*Trauma* often leaves scars that can make trusting others, or even God, feel difficult or impossible. Yet the Scriptures reveal a God who is near to the brokenhearted, who sees our pain, and who invites us to cast our anxieties on Him. Each day's passages and devotionals will help unravel the fear and mistrust sown by past wounds, replacing them with hope and the promise of peace.

Throughout this week, you will be invited to reflect deeply on God's steadfast love and faithfulness, exploring how your experiences intersect with His Word. You are held in God's hands as you embark on this healing journey. May His presence encourage your heart and renew your spirit as you learn to trust Him more deeply, step by step.





# Day 1: God, Our Refuge in Trauma



Day 1:  God, Our Refuge in Trauma

## Your Verse

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

## Supporting Scriptures

- *Psalm 46:1 – “God is our refuge and strength, an ever-present help in trouble.”*
- *Isaiah 41:10 – “Do not fear, for I am with you; do not be dismayed, for I am your God.”*



Day 1:  God, Our Refuge in Trauma

## Devotional: Finding Shelter in God's Presence

**When trauma weighs heavily on the heart, the feeling of being alone can be overwhelming.** Psalm 34:18 reminds us that God is not distant; He is incredibly close to the brokenhearted. This intimacy is a lifeline for anyone struggling with pain and shattered trust. The Lord isn't detached or unaware — He is near and actively involved in the healing process.

*Trauma can isolate, but God's Word assures us of His refuge and strength.* Just as a shelter shields from a storm, God offers protection from the storms of our mind and soul. Trust can feel impossible when past hurts cloud our thoughts, but God's promise to be present gives us hope that our emotional wounds are not invisible to Him.

Today, consider what it means for God to be your refuge. Recognize that leaning into Him gently—even when your trust feels fragile—opens the door to healing. Let this truth become a comforting anchor: you are not alone, and the God of the universe cares deeply about your pain.



Day 1:  God, Our Refuge in Trauma

## Reflect and Apply

1. In what ways has trauma made you feel isolated or alone?

---

---

---

2. How does knowing God is "close to the brokenhearted" impact your sense of comfort?

---

---

---

3. Are there areas where you struggle to lean on God as your refuge? Why?

---

---

---



Day 1:  God, Our Refuge in Trauma

# Journaling Prompts

1. Write about a moment when you felt God's presence during a difficult time.

---

---

---

2. Describe what it looks like for you to take refuge in God today.

---

---

---

3. List fears or worries you can surrender into God's care.

---

---

---



## Day 1: 🛡️ God, Our Refuge in Trauma

## Prayer for Today

**Gracious Father**, thank You for being near to me when I feel broken and crushed in spirit. Help me to find safety and strength in Your loving arms today. When my mind is full of fear or doubt, remind me that You are my refuge and my ever-present help. Please heal the wounds that make trusting difficult and teach me to rely on Your faithfulness. Thank You for Your tender care and for never turning away from my pain.





## Day 2: Healing the Wounds of Betrayal



## Day 2: ❤️ Healing the Wounds of Betrayal

## Your Verse

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



## Day 2: ❤️ Healing the Wounds of Betrayal

## Devotional: God's Promise to Heal Broken Hearts

One of the deepest pains from trauma often comes through betrayal — a trust shattered by someone close. Psalm 147:3 is a powerful reminder of God's heart toward healing: He binds up our wounds and restores what has been broken. Unlike human relationships that can fail, God's care never wavers.

*Healing takes time, and it's okay to acknowledge the hurts that feel raw and exposed.* God invites us to approach Him with our weariness and burdens. In doing so, we make space for His healing touch and rest to refresh our souls. His healing is gentle, patient, and complete, even when our own hearts hesitate to trust again.

Reflect on God's promise to restore you. Even if trust feels impossible right now, God's presence offers steady hope. Allow Him to bind your wounds in His perfect timing and learn to rest in His unwavering love.



## Day 2: ❤️ Healing the Wounds of Betrayal

## Reflect and Apply

1. What wounds from betrayal do you feel need God's healing?

---

---

---

2. How have you experienced God's restoration or comfort in tough times?

---

---

---

3. What does 'rest' in Jesus mean to you amid your emotional burdens?

---

---

---



## Day 2: ❤️ Healing the Wounds of Betrayal

# Journaling Prompts

1. Write a letter to God expressing your pain and need for healing.

---

---

---

2. Describe what restoration looks like in your life.

---

---

---

3. List ways you can seek Jesus' rest during times of stress.

---

---

---



## Day 2: ❤️ Healing the Wounds of Betrayal

## Prayer for Today

**Lord Jesus**, I bring my broken heart and wounded soul to You today. Please bind up my wounds and restore my trust that has been shattered by betrayal and pain. Teach me to lay down my burdens at Your feet and receive Your rest. Help me to believe in Your healing power even when it feels slow or uncertain. Thank You for loving me through every hurt and never turning away.





## Day 3: 🕊️ Embracing God's Peace That Transcends



Day 3: 🕊 Embracing God's Peace That Transcends

## Your Verse

*Philippians 4:7 – “And the peace of God, which transcends all understanding, will guard your hearts and your 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.”*



## Devotional: Allowing God's Peace to Protect Your Heart

**Trust issues and trauma often reignite fear, anxiety, and confusion within the mind and heart.** Philippians 4:7 presents a profound promise: God's peace transcends our understanding and will guard our hearts and minds through Christ. This peace is not just an absence of conflict but an active divine protection.

*We cannot manufacture this peace on our own; it is a gift from God to those who seek Him earnestly.* It calms the inner storm and affirms that in the midst of emotional turmoil, God is sovereign and faithful. As your mind wrestles with memories or mistrust, ask God to replace anxious thoughts with His perfect peace.

Reflect on how God's peace guards your mental and emotional well-being. Your journey through trauma doesn't mean peace is impossible — but that God's supernatural peace is available every day, willing to protect your heart as you take small steps toward trusting Him.



## Day 3: 🕊 Embracing God's Peace That Transcends

## Reflect and Apply

1. What thoughts or fears do you find hardest to surrender to God's peace?

---

---

---

2. Have you experienced moments where God's peace felt real? Describe them.

---

---

---

3. How can you invite God's peace more intentionally into your daily struggles?

---

---

---



Day 3:  Embracing God's Peace That Transcends

# Journaling Prompts

1. Write about a specific fear or worry you want to give to God.

---

---

---

2. Describe what 'peace that transcends understanding' means in your life.

---

---

---

3. List practical ways you can cultivate mindfulness of God's peace daily.

---

---

---



Day 3: 🕊 Embracing God's Peace That Transcends

## Prayer for Today

**Dear Heavenly Father,** thank You for the peace that only You can give. When my mind feels overwhelmed by fear and mistrust, please calm my thoughts and guard my heart. Help me to rest in Your presence and accept Your protection. Teach me to trust You a little more each day and to remember that Your peace is always available, even when I struggle to understand it. I surrender my anxiety and ask You to be my steady refuge.





## Day 4: Trusting God When Trust is Hard



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

## Your Verse

*Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”*

## Supporting Scriptures

- *Psalm 56:3 – “When I am afraid, I put my trust in you.”*
- *Isaiah 12:2 – “Surely God is my salvation; I will trust and not be afraid.”*



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

## Devotional: Learning to Trust Beyond Our Doubts

**Trust can feel almost impossible after trauma, especially when we have been hurt by those we once believed in.** Proverbs 3:5–6 gently instructs us to trust in the Lord wholeheartedly, not relying on our limited understanding. Sometimes our minds tell us that trusting again will lead to pain, but God calls us to a deeper kind of trust — one rooted in His character rather than circumstances.

*This kind of trust doesn't mean we have all the answers or that our feelings disappear, but it invites us to lean on God's wisdom and love.* Even when fear remains, turning our hearts toward God helps reorient our perspective. Trusting God is a process, often requiring patience and small steps forward.

Today, ask God to help you surrender your doubts and lean into His guidance. Trusting God is a pathway to healing and a restoration of hope — one act of faith at a time.



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

## Reflect and Apply

1. What makes trusting God difficult for you right now?

---

---

---

2. How can you begin to ‘lean not on your own understanding’ in your healing journey?

---

---

---

3. In what ways could submitting your ways to God help you find clarity?

---

---

---



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

# Journaling Prompts

1. Write about a fear or doubt you want to give up to God.

---

---

---

2. Describe what trusting God looks like in your daily life right now.

---

---

---

3. List encouragements in Scripture that remind you God is trustworthy.

---

---

---



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

## Prayer for Today

**Lord**, trusting You is sometimes hard because my heart has been hurt and my mind confused. Please help me to rely less on my own understanding and more on Your perfect wisdom. Teach me to take each step trusting You, even when I feel uncertain or afraid. Thank You for never abandoning me and for gently guiding my path. Increase my faith and quiet my fears as I learn to trust You deeply.





## Day 5: ✂️ God's Strength for Emotional Restoration



## Day 5: ✂ God's Strength for Emotional Restoration

## Your Verse

*Isaiah 40:29 – “He gives strength to the weary and increases the power of the weak.”*

## Supporting Scriptures

- *Nehemiah 8:10 – “The joy of the Lord is your strength.”*
- *2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.”*



## Devotional: Drawing Strength from God's Grace

Healing from trauma and rebuilding trust require strength beyond what we often feel we have. Isaiah 40:29 reminds us that God gives strength to the weary and power to those who feel weak. This strength is not only physical but deeply emotional and spiritual — a grace that sustains us day by day.

*When our own resources fall short, God's grace fills the gaps.* His power shines brightest in our weakness, turning our frailty into an opportunity for His greatness to show. Recognizing our limitations opens the door to receive God's sustaining strength instead of exhausting ourselves trying to heal alone.

Today, lean into God's promise to increase your strength amid challenges. Let His joy become your source of power, and humbly invite His grace to work in your emotional restoration journey.



## Day 5: ✂ God's Strength for Emotional Restoration

## Reflect and Apply

1. Where do you feel most weak or weary in your healing process?

---

---

---

2. How can God's grace become your source of strength in those areas?

---

---

---

3. What does 'power made perfect in weakness' mean for your trust journey?

---

---

---



## Day 5: ✂ God's Strength for Emotional Restoration

# Journaling Prompts

1. Write about moments you experienced God's strength in weakness.

---

---

---

2. List ways you can depend on God's grace daily.

---

---

---

3. Describe how joy from the Lord strengthens you emotionally.

---

---

---



Day 5: ✂ God's Strength for Emotional Restoration

## Prayer for Today

**Dear God,** I come to You weary and weak, needing strength only You can provide. Please fill me with Your power and grace to face each step toward healing. Help me rest in Your joy that renews my spirit and gives me endurance. When I feel overwhelmed, remind me Your power is made perfect in my weakness. Thank You for being my strength and hope.





## Day 6: Nurturing Hope Amid Recovery



Day 6:  Nurturing Hope Amid Recovery

## 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 – “For I know the plans I have for you...plans to give you hope and a future.”*
- *Lamentations 3:22-23 – “His mercies are new every morning.”*



Day 6:  Nurturing Hope Amid Recovery

## Devotional: Letting Hope Renew Your Heart

**Hope is vital when recovery feels slow or uncertain after trauma.** Romans 15:13 encourages us to ask God to fill us with joy and peace as we place trust in Him. This hope is rooted in God's character and His promises about our future.

*Even when the past feels heavy, God's mercies are new every morning.* Each day is a fresh opportunity for growth, healing, and moving forward. Nurturing hope means leaning into God's plans for restoration and future possibilities, despite current pain.

Today, reflect on God's hopeful promises and allow them to refresh your spirit. Trust that healing, while sometimes gradual, is real and that God's joy and peace can sustain you through every step.



Day 6:  Nurturing Hope Amid Recovery

## Reflect and Apply

1. How does hope influence your outlook on healing and trusting again?

---

---

---

2. What promises from God give you the most comfort and encouragement?

---

---

---

3. How can you remind yourself of God's mercy each day?

---

---

---



Day 6:  Nurturing Hope Amid Recovery

# Journaling Prompts

1. Write about hopes you're holding on to as you heal.

---

---

---

2. List God's promises that inspire your confidence in recovery.

---

---

---

3. Describe how you can incorporate daily reminders of God's mercy.

---

---

---



## Day 6: 🌱 Nurturing Hope Amid Recovery

## Prayer for Today

**God of hope**, fill me with Your joy and peace today. When my heart feels heavy or discouraged, remind me of Your faithful promises for my future. Help me to embrace Your mercies that are new every morning and to keep trusting You throughout this healing journey. May hope rise within me as a steady light guiding me forward. Thank You for never giving up on me.





## Day 7: ✨ Walking Forward in God's Love



Day 7: ✨ Walking Forward in God's Love

## Your Verse

*Romans 8:38-39 – “Neither death nor life...will be able to separate us from the love of God that is in Christ Jesus our Lord.”*

## Supporting Scriptures

- *Ephesians 3:17-19 – “May you be rooted and established in love...to grasp how wide and long and high and deep is the love of Christ.”*
- *1 John 4:18 – “Perfect love drives out fear.”*



Day 7: ✨ Walking Forward in God's Love

## Devotional: Rooted in Unshakable Love

**The ultimate healing and restoration come from understanding and embracing God's unshakable love.** Romans 8:38–39 assures us that no trauma, fear, or mistrust can separate us from the love Christ offers. This love is a foundation strong enough to support our healing walk.

*Being rooted in God's love frees us from fear and empowers us to trust again over time.* The depth of Christ's love is vast and surpasses human understanding — it accepts us completely, including our wounds and struggles.

As you conclude this 7-day journey, allow yourself to bask in this love. Let it be the lens through which you view your past and the hope for your future. Walking forward with God's love means moving toward wholeness, peace, and renewed trust, step by step.



Day 7: ✨ Walking Forward in God's Love

## Reflect and Apply

1. How does knowing God's love is inseparable from you change your perspective on trust?

---

---

---

2. In what ways can you stay rooted and established in God's love daily?

---

---

---

3. What fears can you invite God's perfect love to drive out in your heart?

---

---

---



Day 7: ✨ Walking Forward in God's Love

## Journaling Prompts

1. Write about what God's love means to you after this study.

---

---

---

2. List practical ways to focus on God's love as you heal.

---

---

---

3. Describe how you can remind yourself that nothing separates you from His love.

---

---

---



Day 7: ✨ Walking Forward in God's Love

## Prayer for Today

**Lord Jesus**, thank You that nothing can separate me from Your love. Help me to remain rooted and established in the vastness of Your love, so that fear and mistrust lose their grip on my heart. I want to walk forward in Your love with confidence and hope. Teach me to live each day embracing Your perfect love, which casts out fear and brings healing. I trust in You always.





## Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

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.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 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 [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### Visit Now:

 [www.HolyJot.com](https://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](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



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

© 2025 HolyJot LLC. All Rights Reserved.