



# Hope and Healing: A Bible Study on Mental Health



Explore God's comfort and strength for mental health challenges, focusing on healing from BPD and abandonment wounds.

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## Introduction

**Mental health** is a vital part of our well-being, affecting how we think, feel, and relate to others. For those living with Borderline Personality Disorder (BPD) and abandonment issues, daily life can feel overwhelming and lonely. But the Bible offers profound hope, comfort, and guidance for healing and restoration.

*God understands our pain deeply.* He invites us to bring our struggles to Him and promises to be near the brokenhearted. This study will explore scripture that reveals God's steadfast love, peace beyond understanding, and His power to renew our minds and hearts.

Over the next five days, we will reflect on God's promises and practical truths that speak to anxiety, fear of rejection, emotional turmoil, and the deep desire for connection and acceptance. Each day invites you to dive into God's word, examine your own experiences through His lens, and embrace His healing presence.

**Remember:** Mental health struggles do not define you. You are fearfully and wonderfully made, deeply loved, and never abandoned by God. May this study encourage and empower you to find peace, hope, and restoration in Him.





## Day 1: God's Ever-Present Help



Day 1: 🌿 God's Ever-Present Help

## Your Verse

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

## Supporting Scriptures

- *Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."*
- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 1: 🌿 God's Ever-Present Help

# Devotional: God Draws Near to Heal Our Broken Hearts

**Feeling broken or abandoned** can lead to deep emotional pain and isolation. When living with BPD and abandonment issues, moments of despair may feel unbearable. Yet, scripture reminds us that God is not distant. *He is close to the brokenhearted.* Psalm 34:18 assures us that when our spirits are crushed, God is near and ready to save us.

This promise offers comfort: God sees your pain, understands your unique struggles, and desires to heal your wounds. In your hardest moments, you are not alone. Even when others hurt or leave, God's presence remains steadfast.

Take a moment to surrender your pain to Him. Imagine God drawing close, holding your heart tenderly, and whispering peace over your fears. His healing is personal and powerful, reaching into every shattered place within you.



Day 1: 🌿 God's Ever-Present Help

## Reflect and Apply

1. How have you experienced God's presence in times of emotional pain?

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2. What wounds or broken areas do you need to surrender to God today?

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3. In moments of feeling abandoned, how can you remind yourself that God is close?

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Day 1: 🌿 God's Ever-Present Help

# Journaling Prompts

1. Describe a time when God comforted you during a painful experience.

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2. Write about feelings you are struggling to surrender to God.

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3. List ways you can invite God's healing into your heart daily.

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Day 1: 🌿 God's Ever-Present Help

## Prayer for Today

**Dear Heavenly Father,** thank You that You are close to me even when I feel broken and alone. Help me to trust in Your healing for my heart and mind. Calm my fears and remind me that I am never abandoned by You. Please bind my wounds and fill me with Your peace. Thank You for Your unfailing love. In Jesus' name, Amen. 🙏❤️🌿✨





## Day 2: 🕊️ Finding Peace Beyond Turmoil



Day 2:  Finding Peace Beyond Turmoil

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts and minds."*

## 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: Resting in God's Transcendent Peace

**Anxiety and emotional storms** often accompany BPD and feelings of abandonment. The Bible offers powerful tools to guard our hearts and minds. Philippians 4:6-7 encourages us to bring our worries to God in prayer, trusting Him to replace anxiety with His supernatural peace.

*This peace isn't always the absence of problems, but a profound, sustaining calm that transcends our circumstances.* Jesus promised to give us His peace, a gift different from anything this world offers (John 14:27). When we lean into Him, our minds can find steadiness even in chaos.

Today, focus on identifying anxieties that overwhelm you and bring them before God. Make space for His peace to settle deeply in your heart. Remember that God's peace protects and renews your inner being.



## Reflect and Apply

1. What anxieties weigh heaviest on your heart right now?

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2. How does God's peace differ from worldly peace?

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3. What practical steps can help you cultivate a steadfast mind anchored in Christ?

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# Journaling Prompts

1. Write a prayer releasing your worries to God.

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2. Journal moments when you have experienced God's peace despite challenges.

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3. List verses or truths that encourage you to trust God when anxious.

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Day 2: 🕊️ Finding Peace Beyond Turmoil

## Prayer for Today

**Lord Jesus**, I bring my anxieties to You today. Help me to trust Your promises and receive Your peace. Guard my heart and mind from fear and turmoil. Teach me to rest in You when emotions overwhelm. Thank You for the hope and calm You provide. Amen. 🌿 🕊️ 💙 🙏





## Day 3: ✨ Overcoming Fear of Abandonment



Day 3: ✨ Overcoming Fear of Abandonment

## Your Verse

*Romans 8:38-39 - "Nothing... will be able to separate us from the love of God..."*

## Supporting Scriptures

- *Deuteronomy 31:6 - "He will never leave you nor forsake you."*
- *Hebrews 13:5 - "Never will I leave you; never will I forsake you."*



## Day 3: ✨ Overcoming Fear of Abandonment

## Devotional: God's Unfailing Love Casts Out Fear

**Fear of abandonment** can be overwhelming, especially for those with BPD. Yet the Bible offers an unshakeable truth: God's love is permanent and unwavering. Romans 8:38–39 powerfully declares that nothing—not troubles, fears, or feelings of rejection—can separate us from God's love.

When human relationships fail or falter, God's faithfulness remains constant. Deuteronomy 31:6 and Hebrews 13:5 remind us that God neither leaves nor forsakes us. This divine presence is a refuge in times of loneliness and uncertainty.

Reflect on your fears of being abandoned. Invite God's promises to gently dispel those fears. Embrace the truth that you are eternally loved and valued beyond measure. Let that love heal and secure your heart.



Day 3: ✨ Overcoming Fear of Abandonment

## Reflect and Apply

1. What fears about abandonment affect your daily life?

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2. How can Romans 8:38–39 strengthen your confidence in God’s love?

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3. In what ways can you remind yourself of God’s never-failing presence?

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Day 3: ✨ Overcoming Fear of Abandonment

## Journaling Prompts

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

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2. Journal how God's promises can help you overcome abandonment fears.

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3. List affirmations based on scripture that you can speak over yourself.

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Day 3: ✨ Overcoming Fear of Abandonment

## Prayer for Today

**Father God**, thank You for Your endless love that never deserts me. When I fear being abandoned, remind me of Your promise to never leave or forsake me. Help me rest in Your faithful presence and find security in Your everlasting love. Heal my heart from fear and insecurity. In Jesus' name, Amen. 💖 🛡️ 🙏 ✨





## Day 4: ✂ Renewing the Mind and Heart



## Day 4: ✂ Renewing the Mind and Heart

## 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

- *2 Corinthians 10:5 - "Take every thought captive to make it obedient to Christ."*
- *Ephesians 4:22-24 - "Put off your old self... and be made new in the attitude of your minds."*



# Devotional: Transforming Thoughts Through God's Truth

**Borderline Personality Disorder** and **emotional struggles** often bring negative thoughts and feelings that feel overpowering. But scripture teaches us that transformation is possible through God's power. Romans 12:2 calls us to renew our minds, turning away from harmful patterns and aligning our thoughts with Christ's truth.

Taking every thought captive (2 Corinthians 10:5) means intentionally recognizing and challenging destructive beliefs—especially those rooted in abandonment fears or self-condemnation. Ephesians 4 reminds us we can put off the 'old self' and embrace a new heart and mind renewed by God's Spirit.

Begin practicing this renewal by identifying recurring negative thoughts. Invite God to help you replace them with His truth. Transformation is a daily process, powered by grace and faith.



Day 4: ✂ Renewing the Mind and Heart

## Reflect and Apply

1. What negative thought patterns do you struggle to overcome?

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2. How can you practically 'take every thought captive' in your daily life?

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3. What truths from scripture can replace your self-defeating thoughts?

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Day 4: ✂ Renewing the Mind and Heart

# Journaling Prompts

1. Identify and write down common negative thoughts you experience.

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2. Journal scriptures or truths that counter those thoughts.

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3. Write a plan for renewing your mind daily through prayer and scripture.

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Day 4: ✂️ Renewing the Mind and Heart

## Prayer for Today

**Lord,** I ask You to renew my mind and heart today. Help me to recognize harmful thoughts and take them captive to You. Fill me with Your truth that rewires my thinking and restores hope. Transform me from the inside out by Your Spirit. Thank You for making me new. Amen. 🔄 🧠 🙏 🌱





## Day 5: ❤️ Embracing Your Identity in Christ



Day 5: ❤️ Embracing Your Identity in Christ

## 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

- *Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."*
- *Psalms 139:14 – "I am fearfully and wonderfully made."*



Day 5: ❤️ Embracing Your Identity in Christ

## Devotional: Finding Freedom in the New Creation Identity

**Healing from BPD and abandonment starts with embracing who you are in Christ.** 2 Corinthians 5:17 reminds us that when we belong to Jesus, we become new creations—our past pain does not define us. This new identity brings hope, purpose, and freedom.

Galatians 2:20 tells us that our old selves have been crucified with Christ; now He lives in us. This means your worth is not tied to your struggles or fears. Psalm 139:14 celebrates the beautiful truth that you are fearfully and wonderfully made by God.

Today, reflect on your identity in Jesus. Embrace the newness He offers and the truth that you are deeply loved and made whole. Allow His identity to fill your heart and guide your steps toward lasting healing.



Day 5: ❤️ Embracing Your Identity in Christ

## Reflect and Apply

1. How does knowing you are a new creation in Christ affect your self-view?

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2. In what ways can embracing your identity in Jesus bring healing?

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3. What steps can you take to live daily from this new identity?

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Day 5: ❤️ Embracing Your Identity in Christ

## Journaling Prompts

1. Write about who you are in Christ based on these verses.

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2. Journal how this new identity challenges old negative beliefs.

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3. Describe practical ways to live out your identity as God's beloved.

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Day 5: ❤️ Embracing Your Identity in Christ

## Prayer for Today

**Heavenly Father**, thank You for making me new through Christ. Help me to fully embrace my identity as Your beloved child, fearfully and wonderfully made. Let this truth shape how I see myself and how I live. Heal me from past wounds and lead me in Your freedom and love. In Jesus' name, Amen. ❤️ ✨





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