# Journey to Healing: Recovery from Toxic Friendships



A 21-day Bible study guiding you step-by-step to heal and recover from toxic friendships through Scripture, reflection, and prayer.





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#### Introduction

Welcome to your journey of recovery from toxic friendships. Toxic friendships can deeply wound our hearts and impact our spiritual, emotional, and mental well-being. But Scripture reminds us that healing and restoration are available through God's grace and truth. Over the next 21 days, we will explore God's word together to help you identify harmful patterns, find courage to set healthy boundaries, and embrace the freedom and peace God offers.

Recovery is a process, not a quick fix. It requires patience, trust, and intentional effort. This study is designed to guide you daily through meaningful Scripture passages, thoughtful devotionals, and practical reflections that will empower you to grow stronger and wiser in God's love.

Throughout this plan, you will be encouraged to honestly evaluate your relationships, forgive where possible, seek God's guidance, and rebuild your identity and friendships rooted in Christ. Whether you are walking away from a toxic connection or rebuilding after trauma, God's Word will illuminate your path toward freedom.

Let this time be a sacred space for healing. We pray you find comfort, wisdom, and renewed hope as you lean on God's promises and presence. Together, let's journey towards restoration and embrace the abundant life Jesus offers beyond toxic friendships.

















#### Your Verse

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- 1 Corinthians 15:33 "Do not be misled: 'Bad company corrupts good character.'"







#### Devotional: Seeing Toxic Signs with God's Wisdom

Today, we begin by recognizing the impact of toxic friendships. Sometimes it's difficult to see when relationships are harmful because they may have started with genuine affection. Yet, the Bible warns us that the company we keep affects our character and wellbeing.

Proverbs 13:20 reminds us to choose companions wisely. Walking with those who foster negativity, manipulation, or disrespect causes harm, while wise friends lead us to wisdom and peace. Psalm 34:18 assures us that even in the pain caused by broken relationships, God is near your broken heart, ready to heal.

Reflect on the friendships in your life. Are there relationships that consistently leave you feeling drained, hurt, or less than yourself? Recognizing toxicity is the first courageous step in recovery.

**Ask God for clarity and courage.** Pray for wisdom to discern which relationships honor your dignity and which ones do not. Remember, walking away from toxic friendships is not a failure but a step towards healing and living as God intends.







## Reflect and Apply

1.	What feelings arise when you think about your current friendships?
2.	How has a toxic relationship impacted your emotional or spiritual health?
	What wisdom do you think God wants to reveal to you about your relationships?







## **Journaling Prompts**

1.	Write about a friendship that has hurt you and why.
2.	List qualities you desire in healthy friendships.
3.	Describe how recognizing toxicity feels for you today.







### Prayer for Today

**Dear Lord,** thank You for being close to my broken heart. Help me to see clearly the friendships that harm me and grant me the strength to let go of what does not serve my wellbeing. Surround me with Your wise counsel and peace as I begin this journey of recovery. *Guide my steps and renew my heart* so I may walk in Your healing light. Amen.

















Day 2: **(**) Setting Healthy Boundaries

#### Your Verse

#### **Supporting Scriptures**

- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one."
- Galatians 6:5 "For each one should carry their own load."







Day 2: **(**) Setting Healthy Boundaries

#### Devotional: Guarding Your Heart with Boundaries

Healthy boundaries protect our hearts and promote flourishing relationships. Proverbs 4:23 urges us to guard our hearts diligently because it influences all areas of life. Toxic friendships often blur personal boundaries, leading to confusion, hurt, and manipulation.

Jesus teaches us to be clear and honest in our communication. Saying 'no' when something is harmful to us is a valuable act of self-respect and spiritual health. Galatians 6:5 reminds us to take responsibility for our well-being and not carry others' burdens in unhealthy ways.

Today, reflect on the boundaries you need to establish or reinforce. This might mean limiting time with certain individuals, clarifying your feelings, or speaking up when you feel disrespected. Setting boundaries is not selfish; it's essential for your God-given dignity and peace.

**Ask God to empower you with courage and wisdom.** Boundaries may feel uncomfortable at first, but they open doors to healthier connections and deeper intimacy with God.







Day 2: V Setting Healthy Boundaries

## Reflect and Apply

1.	What boundaries are currently missing or weak in your friendships?
2.	How do you feel when you say 'no' to someone?
3.	What fears or obstacles keep you from setting necessary limits?







Day 2: V Setting Healthy Boundaries

## **Journaling Prompts**

1.	List areas where you need clearer boundaries in your relationships.
2.	Write a script or prayer for saying 'no' respectfully.
3.	Describe how protecting your heart aligns with following Christ.







Day 2: **(**) Setting Healthy Boundaries

### Prayer for Today

**Lord,** thank You for teaching me to guard my heart. Help me set healthy boundaries with those around me. Give me courage to say 'no' when I need to, and guide me to live in peace without guilt or fear. May Your love protect and renew my spirit each day. Amen. ① • • • •

















#### Your Verse

#### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."
- Jeremiah 30:17a "I will restore you to health and heal your wounds," declares the Lord.







#### Devotional: Trusting God's Healing Touch

Healing begins with acknowledging our pain and bringing it to God. Toxic friendships often leave invisible wounds on our souls, but Psalm 147:3 reminds us that God is a healer who lovingly binds up our brokenness.

God is present and promises restoration even when we feel weak or afraid. Isaiah 41:10 encourages us not to fear because God's strength surrounds us. Moreover, His promise in Jeremiah reveals that healing is not just a hope but a certain future.

Take time today to be gentle with yourself. Name your hurts, surrender your pain to the Lord, and trust that He is actively repairing your heart.

**Healing is often gradual.** Be patient and rely on God's timing. As you pray and meditate on His Word, allow His peace to fill every broken place.







## Reflect and Apply

1.	Where do you feel the deepest pain from toxic friendships?
2.	How can you surrender these wounds to God today?
3.	What signs of God's healing have you noticed in your life?







## **Journaling Prompts**

1.	Write a letter to God expressing your pain and desire to heal.
2.	Describe what healing looks like for you in this season.
3.	List Scripture verses that encourage you in times of hurt.







### Prayer for Today

**Dear Healer,** thank You for Your promise to heal my broken heart. I lay my wounds before You, trusting in Your loving care. Please bind every hurt and fill me with Your peace and strength each day. Help me to patiently walk this path of healing, knowing You walk beside me always. Amen. **\*\*** 







## Day 4: 🛱 Finding Freedom in Forgiveness









Day 4: 😂 Finding Freedom in Forgiveness

#### Your Verse

#### **Supporting Scriptures**

- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance."







Day 4: W Finding Freedom in Forgiveness

#### Devotional: Embracing Freedom through Forgiveness

Forgiveness liberates the soul and opens the door for healing. Ephesians 4 calls us to release bitterness and embrace kindness and compassion. Forgiveness does not mean excusing harmful behavior but choosing to let go of the hold it has on your heart.

Jesus teaches that forgiveness is essential for our own freedom and spiritual health. Holding onto resentment can keep us chained to the pain, but extending forgiveness reflects the very heart of Christ's love.

If you struggle with anger or hurt from toxic friendships, know that God understands and equips you to forgive. It is a process, often requiring daily surrender and prayer.

Today, ask God to soften your heart and grant you the grace to forgive. Freedom awaits beyond bitterness.







Day 4: W Finding Freedom in Forgiveness

## Reflect and Apply

1.	What feelings arise when you consider forgiving those who hurt you?
2.	How might forgiveness change your journey of recovery?
3.	What fears or misconceptions do you have about forgiveness?







Day 4: 🛱 Finding Freedom in Forgiveness

## **Journaling Prompts**

1.	Write about someone you want to forgive and what makes it hard.
2.	Reflect on how Christ's forgiveness changes your outlook.
3.	Pray for a heart that releases bitterness and grows in peace.







Day 4: 😂 Finding Freedom in Forgiveness

### Prayer for Today

**Lord Jesus,** teach me to forgive as You have forgiven me. Help me release bitterness and hurt to You and fill me with Your kindness and compassion. Break every chain of resentment and grant me the freedom to live in Your peace. Amen. 🔾 🛡 🙏 🥬

















#### Your Verse

#### **Supporting Scriptures**

- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."







#### Devotional: Walking with God's Wisdom Every Step

Recovery requires seeking direction from our divine Shepherd. Psalm 25 invites us to ask God to reveal His ways and teach us truth. When healing from toxic friendships, it's easy to feel lost or uncertain about next steps.

God promises to give wisdom generously when we ask in faith. James 1:5 encourages us to seek His understanding rather than relying on our limited perspective. Trusting Him with our whole heart positions us to walk in His peace.

Take time today to pray for guidance and clarity. Ask God to illuminate the path towards healthy relationships, emotional healing, and personal growth. Even if you do not see immediate answers, trust that He is working behind the scenes.

**Listening to God's voice is essential for ongoing recovery.** Cultivate quiet moments of prayer and reflection to discern His lead every day.







## Reflect and Apply

1.	How comfortable are you asking God for guidance in relationships?
2.	What areas of your recovery need God's wisdom most?
3.	How can you practice trusting God more deeply daily?







## **Journaling Prompts**

1.	Write a prayer asking God for clear guidance today.
2.	Describe a time God guided you through a difficult situation.
3.	List ways you can hear God's voice more clearly in your life.







### Prayer for Today

**Heavenly Father,** show me Your ways and teach me Your paths. I seek Your wisdom and guidance as I recover from toxic relationships. Help me to trust You fully and lean not on my own understanding. Lead me to truth and peace. Amen.  $\bigcirc\bigcirc\bigcirc\bigcirc$ 

















Day 6: Renewing Your Mind

#### Your Verse

#### **Supporting Scriptures**

- Philippians 4:8 "Think about whatever is true, noble, right...pure, lovely."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Day 6: Renewing Your Mind

# Devotional: Transforming Thoughts through Scripture

**Toxic friendships often distort our thoughts and self-image.** Romans 12:2 calls us to a transformation that begins with the renewal of our minds. This renewing is essential in recovery to replace lies and negativity with God's truth.

Philippians encourages us to focus on positive, pure, and noble things. Choosing our thoughts intentionally shapes how we feel and respond, setting the tone for healing and hope. Isaiah assures that keeping a steadfast mind anchored in God leads to perfect peace.

Today, identify negative thinking patterns developed through toxic relationships. Speak God's promises aloud over yourself or write them down. Let His Word shape your identity and outlook.

**Renewing your mind is daily work.** Resist harmful mindsets and invite joy and peace through Scripture and prayer.







Day 6: 🖓 Renewing Your Mind

# Reflect and Apply

	What negative thoughts about yourself have come from toxic friendships?
2.	How can you replace these with God's truth today?
3.	What practical steps will help you renew your mind regularly?







Day 6: Renewing Your Mind

#### **Journaling Prompts**

1.	List common negative thoughts and their biblical counterpoints.
2.	Write affirmations based on Scripture that encourage you.
3.	Describe the peace you feel as your mind renews in Christ.







Day 6: Renewing Your Mind

#### Prayer for Today

**Lord,** transform my mind and help me reject worldly patterns that harm my spirit. Fill my thoughts with things that are true, noble, and lovely. Guide me in Your truth and grant me perfect peace as I renew my mind in You. Amen.



















#### Your Verse

#### **Supporting Scriptures**

- Ephesians 2:10 "We are God's handiwork, created for good works."
- Romans 8:38-39 "Nothing can separate us from God's love."







#### Devotional: Discovering Your True Worth in God

**Toxic friendships often chip away at our self-worth.** But God's Word paints a different picture. Psalm 139:14 reminds us that we are fearfully and wonderfully made by our Creator. Our value does not come from others' opinions or treatment but from the One who formed us.

*Ephesians 2:10 declares that we are God's workmanship, created with purpose.* Our identity is secure in His hands. Romans comforts us with the truth that nothing, not even broken relationships, can separate us from God's boundless love.

Take time today to meditate on your God-given worth. Reject negative voices and affirm your value through Scripture. Recovery includes affirming the beautiful identity God has given you.

Let this truth empower you to seek healthier relationships that honor your worth.







# Reflect and Apply

1.	How have toxic friendships affected your self-esteem?
2.	What does it mean to you that you are fearfully made?
3.	How does God's love redefine how you see yourself?







# **Journaling Prompts**

1.	Write a list of qualities God has created in you.
2.	Describe times when you've felt truly valued by God.
3.	Pray over your self-worth and ask God to heal doubts.







#### Prayer for Today

**Creator God,** thank You for making me wonderfully and fearfully. Help me to see myself through Your eyes and restore my self-worth. Bless me with the confidence to live out Your purpose and to embrace Your unfailing love. Amen.  $\heartsuit$   $\curlywedge$   $\diamondsuit$ 















#### Your Verse

#### **Supporting Scriptures**

- Hebrews 10:24–25 "Let us consider how we may spur one another on to love."
- John 15:12 "Love each other as I have loved you."







# Devotional: Embracing Godly, Encouraging Friendships

God designed us for community and mutual support. Ecclesiastes 4:9 highlights the strength we find in healthy relationships that encourage, challenge, and uplift. After recovering from toxic friendships, building healthy connections is vital to nurturing your soul and continuing growth.

Hebrews calls us to love and motivate one another. True friends spur us on in faith and love. Jesus' command to love one another models the selfless, gracious love that fosters trust and joy.

Reflect on the qualities you desire in new or renewed friendships. Consider how you can also be a healthy, supportive friend to others. Recovery isn't just about protection but also about opening to God's gift of authentic relationships.

Ask God to help you cultivate connections that honor Him and your well-being.







# Reflect and Apply

1.	What qualities should healthy friendships have in your life?
2.	How can you be a better friend in return?
3.	What fears do you have about forming new relationships?







# **Journaling Prompts**

1.	List traits you admire in good friends.
2.	Write about someone who has supported your healing journey.
3.	Pray for guidance to build relationships rooted in love.







#### Prayer for Today

**Father,** thank You for the blessing of friendship. Guide me to build healthy, loving connections that glorify You and bring joy to my life. Help me to be a faithful friend who encourages and uplifts others. Amen.  $\heartsuit$ 

















Day 9: Tembracing Identity in Christ

#### Your Verse

#### **Supporting Scriptures**

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 1:4 "God chose us in Him before the creation of the world."







Day 9: Tembracing Identity in Christ

#### Devotional: Living as a New Creation in Christ

Our ultimate identity is found in Christ, not in past hurts or toxic relationships. 2 Corinthians 5:17 speaks of becoming a new creation, leaving behind the brokenness and old patterns. This offers hope and freedom when recovering from relational pain.

Galatians reminds us that Christ's life within us defines who we are. We no longer have to be defined by past wounds, rejection, or other people's actions. Ephesians assures us that God chose us intentionally and lovingly before time began—a profound truth to embrace.

Today, meditate on what your new identity in Christ means. Let go of the labels imposed by toxic friendships and adopt the truth of your worth, purpose, and belonging through Jesus.

Living fully in this new identity fuels recovery and hope.







# Reflect and Apply

	How does your identity in Christ differ from what toxic friendships tried to define?
2.	What old habits or thoughts do you need to let go of today?
3.	How can embracing newness encourage your recovery journey?







# **Journaling Prompts**

1.	Describe the freedom you feel as a new creation in Christ.
2.	Write about ways to live out your new identity daily.
3.	Pray asking God to help you embrace this new self fully.







Day 9: Tembracing Identity in Christ

#### Prayer for Today







# Day 10: Structure Understanding God's Purpose for Friendships









Day 10: SUnderstanding God's Purpose for Friendships

#### Your Verse

#### **Supporting Scriptures**

- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."
- Romans 12:10 "Be devoted to one another in love."







Day 10: SUnderstanding God's Purpose for Friendships

#### Devotional: God's Design for Building Strong Friendships

**Friendships have a God-ordained purpose to refine, support, and strengthen us.** Proverbs 27:17 illustrates the sharpening process—healthy friends help us grow and mature spiritually and emotionally.

Ecclesiastes and Romans emphasize the strength and devotion found in loving, covenant friendships. These relationships provide safety, accountability, and encouragement, essential for thriving in life and faith.

Reflect today on how God designed friendships to bless and build you up. Recovery from toxic relationships may require redefining what friendship means and seeking those who sharpen rather than wound.

Pray for friendships that reflect God's love and purpose.







Day 10: 🗱 Understanding God's Purpose for Friendships

# Reflect and Apply

1.	What characteristics define a friendship that sharpens and strengthens you?
2.	How have your past friendships aligned or misaligned with God's purpose?
3.	What friendships do you need to nurture or seek out that meet this purpose?







Day 10: 🗱 Understanding God's Purpose for Friendships

# **Journaling Prompts**

1.	List ways friends have helped you grow spiritually and emotionally.
2.	Write about the kind of friend you want to be.
3.	Pray for God's guidance in finding and cultivating uplifting friendships.







Day 10: SUnderstanding God's Purpose for Friendships

#### Prayer for Today

















#### Your Verse

#### **Supporting Scriptures**

- Romans 8:25 "But if we hope for what we do not yet have, we wait for it patiently."
- Galatians 6:9 "Let us not become weary in doing good."







#### Devotional: Persevering Faithfully through Healing

**Recovery takes time, and patience is essential.** James reminds us that perseverance leads to maturity and completeness. Healing and rebuilding after toxic friendships is a journey filled with ups and downs.

Romans encourages waiting patiently with hope and faith. This season is not wasted but formative for resilience and character. Galatians urges us not to grow weary but to continue doing good, including self-care and setting boundaries.

Today, lean into God's timing rather than your own. Celebrate small steps forward and extend grace for setbacks. This patient endurance is vital to lasting healing.

Trust that God's work in you will finish in perfect timing.







# Reflect and Apply

1.	How do you currently handle the waiting and uncertainty in recovery?
2.	What encouragement helps you remain patient?
3.	Where might you need to give yourself more grace in this process?







Day 11:  $\overline{\Sigma}$  Patience in the Process

# **Journaling Prompts**

1.	Write about a time you experienced growth through patience.
2.	List affirmations to encourage perseverance in your healing.
3.	Pray for strength to endure patiently with hope.







#### Prayer for Today

**Gracious God,** help me persevere with patience as I walk this healing journey. Remind me Your timing is perfect and that every step is part of Your good plan. Strengthen me when I grow weary and fill me with hope. Amen.  $\Sigma$ 









# Day 12: Day Embracing Joy Amid Healing









Day 12: 🎡 Embracing Joy Amid Healing

#### **Your Verse**

#### **Supporting Scriptures**

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- John 16:22 "Your grief will turn to joy."







Day 12: 
 Embracing Joy Amid Healing

## Devotional: Finding Strength in God's Joy

Joy is not an absence of pain but a source of strength through it. Nehemiah reveals that the joy of the Lord empowers us to endure trials. As you heal from toxic friendships, God's joy can refresh and renew your soul.

Psalm and John point to transformation from sorrow to rejoicing. Even in difficult seasons, God promises a morning of joy. Allow this hope to uplift you today.

Look for moments of gratitude, laughter, and peace amid the healing process. Invite God's joy to fill your heart and empower you.

Joy strengthens your spirit and enriches your recovery.







Day 12: 🎡 Embracing Joy Amid Healing

# Reflect and Apply

1.	Where do you find joy during difficult healing times?
2.	How can you invite God's joy into your daily life?
3.	What reminders of God's faithfulness bring you peace?







Day 12: 🎡 Embracing Joy Amid Healing

## **Journaling Prompts**

1.	List recent moments where you experienced joy or gratitude.
2.	Write a prayer thanking God for joy in your recovery.
3.	Describe ways to cultivate joy even when healing is hard.







Day 12: 
 Embracing Joy Amid Healing

## Prayer for Today

**Lord,** fill me with Your joy that strengthens my heart and spirit. Help me to see Your goodness even in pain and to rejoice in Your presence daily. Renew my strength through Your joy. Amen. ② ② 🙏 🛠















#### Your Verse

#### **Supporting Scriptures**

- Proverbs 15:1 "A gentle answer turns away wrath..."
- James 1:19 "Be quick to listen, slow to speak and slow to become angry."







### Devotional: Speaking Truth with Love and Grace

Clear, loving communication is key in healthy relationships. Ephesians encourages us to speak truth in love. After toxic friendships where voices may have been silenced or ignored, learning to express your needs is vital for recovery.

Proverbs and James highlight the power of gentle, patient dialogue. Speaking thoughtfully, listening carefully, and managing anger help foster mutual respect and understanding.

Today, practice expressing your feelings and needs with kindness and clarity. Whether with new friends, family, or in spiritual community, communication is a step towards deeper connection and healing.

Prayerfully ask God for wisdom and grace to communicate well.







## Reflect and Apply

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## **Journaling Prompts**

1.	Write about a recent time you communicated well or struggled.
2.	List ways to speak truth in love moving forward.
3.	Pray for courage and wisdom in your communication.







## Prayer for Today

**Dear God,** help me to speak my truth with love and kindness. Teach me to listen well and respond with patience. Guide my words to bring healing and understanding in my relationships. Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 

















#### Your Verse

#### **Supporting Scriptures**

- Proverbs 3:5 "Trust in the Lord with all your heart."
- Matthew 7:12 "Do to others what you would have them do to you."







# Devotional: Healing and Restoring Trust with God's Help

**Trust is often one of the most damaged areas after toxic friendships.** Psalm 34:18 assures us that God is close to our broken hearts, ready to help heal the deepest wounds of betrayal and disappointment.

Proverbs calls us to trust God completely, even when human trust feels risky. Matthew's teaching reminds us to treat others as we want to be treated, which includes extending grace and caution in rebuilding relationships.

Today, seek God's guidance in discerning where and with whom to rebuild trust. Be patient with yourself as you guard your heart and allow relationships to grow in a healthy way.

Rebuilding trust is a process best done under God's care.







# Reflect and Apply

1.	Where do you struggle most with trusting others?
2.	How can trusting God influence your view of human relationships?
3.	What steps can you take to rebuild trust safely and wisely?







## **Journaling Prompts**

1.	Write about what trust means to you in relationships.
2.	Describe how God has shown Himself trustworthy in your life.
3.	Pray for discernment and healing in trusting again.







## Prayer for Today

Loving God, my heart is broken and cautious. Help me to heal wounds of betrayal and rebuild trust with Your guidance. Teach me to trust You fully and to extend trust wisely to others. Guard my heart as I learn to love again. Amen.

















# Day 15: 😂 Cultivating Gratitude









Day 15: 🚨 Cultivating Gratitude

#### Your Verse

#### **Supporting Scriptures**

- Psalm 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."







Day 15: **②** Cultivating Gratitude

## Devotional: Anchoring Healing in Daily Gratitude

Gratitude shifts our focus from pain to God's faithfulness. 1 Thessalonians urges us to give thanks in all circumstances, even during recovery. This practice opens our hearts to healing and joy.

Psalm celebrates God's enduring love and goodness. Colossians connects gratitude with peace ruling our hearts. Choosing gratitude fosters spiritual strength and uplifts our souls.

Today, intentionally list blessings and moments of God's kindness in your life, especially those that break through pain. Gratitude doesn't deny struggles but anchors us in God's goodness.

Let thanksgiving be a daily habit that supports your recovery journey.







Day 15: 😂 Cultivating Gratitude

## Reflect and Apply

1.	What blessings or positives can you recognize today despite difficulties?
2.	How does gratitude affect your emotional and spiritual state?
3.	What grateful habits can you build to strengthen recovery?







Day 15: 😂 Cultivating Gratitude

## **Journaling Prompts**

1.	List at least five things you are thankful for right now.
2.	Write about how gratitude has helped you before.
3.	Pray a prayer of thanks for God's ongoing presence and love.







Day 15: 4 Cultivating Gratitude

## Prayer for Today

**Thank You, Lord,** for Your goodness and steadfast love. Help me to give thanks in every circumstance and keep my heart anchored in Your grace. Fill me with Your peace as I heal and grow in You. Amen. **4** 







# Day 16: 💪 Strengthening Through Trials









Day 16: Strengthening Through Trials

#### Your Verse

#### **Supporting Scriptures**

- James 1:2-3 "Consider it pure joy...whenever you face trials of many kinds."
- 2 Corinthians 12:10 "For when I am weak, then I am strong."







Day 16: Strengthening Through Trials

## Devotional: Growing Stronger in the Midst of Pain

**Trials and hardships shape us in profound ways.** Romans teaches us that suffering leads to perseverance, character, and hope. Your experience with toxic friendships, though painful, can build spiritual strength and maturity.

James encourages us to view trials with joy, knowing they produce growth. Paul in 2 Corinthians declares that God's strength shines brightest when we feel weak, turning difficulties into testimony.

Embrace today's challenges with faith that God is using them to make you stronger and more hopeful. Your endurance is a witness to God's transforming power.

Let hope rise from every struggle.







Day 16: 💪 Strengthening Through Trials

## Reflect and Apply

1.	How have past trials contributed to your spiritual growth?
2.	In what ways can suffering bring hope?
3.	How can you rely more on God's strength in weak moments?







Day 16: 💪 Strengthening Through Trials

## **Journaling Prompts**

1.	Write about a trial that strengthened your faith.
2.	List character qualities God is developing in you.
3.	Pray for courage to endure and hope to flourish.







Day 16: Strengthening Through Trials

## Prayer for Today

**Lord,** thank You for using trials to grow my character and hope. Help me to persevere and find strength in my weakness through You. Remind me that suffering is not wasteful but part of Your good work in me. Amen.



















#### Your Verse

#### **Supporting Scriptures**

- Lamentations 3:22–23 "His mercies never come to an end; they are new every morning."
- Revelation 21:5 "Behold, I am making all things new."







### Devotional: Stepping Into God's Fresh New Plans

Recovery invites new beginnings rooted in God's mercy and grace. Isaiah encourages us to release the past and embrace the new things God is doing. Toxic friendships belong to a chapter God can redeem for your good.

Lamentations reminds us of God's unfailing, daily renewal of mercy. Revelation points ahead to God making all things new—offering ultimate hope and restoration.

As you journey forward, welcome God's freshness into your story. Every morning brings opportunity to step into His newness with faith and courage.

Let go of old hurts and anticipate God's beautiful plans ahead.







# Reflect and Apply

1.	What past hurts do you need to release to embrace newness?
2.	How can you recognize God's new work in your life today?
3.	What hopes do you have for your future friendships and healing?







## **Journaling Prompts**

1.	Write about a new beginning you desire in your relationships.
2.	Recall how God has brought new mercies recently.
3.	Pray for faith to trust His unfolding plans.







## Prayer for Today

















Day 18: 🙏 Resting in God's Peace

#### Your Verse

#### **Supporting Scriptures**

- Philippians 4:6-7 "Let your requests be made known...and the peace of God will guard your hearts."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







#### Devotional: Receiving God's Restoring Peace

God offers peace that surpasses worldly understanding. Jesus promises His peace as a gift to carry us through anxiety and hurt. Toxic friendships may stir fear, confusion, or unrest, but God invites your heart to rest in Him.

Paul encourages us to bring all worries to God in prayer. God's peace will then guard and protect our hearts and minds. Isaiah affirms that steadfast trust results in perfect peace.

Today, practice surrendering your worries about relationships and recovery to God. Embrace His calming presence and rest in His faithful peace.

Peace in God sustains the weary soul.







# Reflect and Apply

What anxieties do you carry about friendships or healing?
How can you actively rest in God's peace today?
What practices help you maintain a steadfast mind in trials?







## **Journaling Prompts**

1.	Write a prayer releasing your fears to God.
2.	Describe how God's peace feels in your heart.
3.	List ways to cultivate peace daily.







### Prayer for Today

**Jesus,** thank You for Your gift of peace. Help me to surrender all worries and rest fully in Your presence. Guard my heart and mind as I navigate recovery. Fill me with Your perfect peace today and always. Amen.  $\bigwedge$ 

















#### Your Verse

#### **Supporting Scriptures**

- Psalm 126:3 "The Lord has done great things for us, and we are filled with joy."
- 2 Timothy 4:7 "I have fought the good fight, I have finished the race."







### Devotional: Rejoicing in God's Work in You

**It is vital to acknowledge and celebrate healing milestones.** Paul reminds us in Philippians that God will complete the good work He started in you. Recovery is progress, even if gradual.

Psalm praises God for His great work and the joy it brings. Timothy's words encourage faithful perseverance and celebrating victories, large or small.

Today, reflect on how far you've come in your journey. Give thanks for breakthroughs, lessons learned, and even struggles that refine your faith.

Celebration strengthens your spirit and fuels ongoing growth.







## Reflect and Apply

1.	What progress have you noticed in your recovery journey?
2.	How does acknowledging growth encourage you?
3.	What victories, big or small, can you celebrate today?







## **Journaling Prompts**

1.	List milestones or changes since starting this study.
2.	Write a thanksgiving prayer for God's faithfulness.
3.	Describe how celebrations motivate your continued healing.







### Prayer for Today









# Day 20: Hope for the Future









Day 20: 6 Hope for the Future

#### Your Verse

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace."
- Psalm 33:11 "The plans of the Lord stand firm forever."







Day 20: Phope for the Future

### Devotional: Trusting God's Hope-Filled Plans

**God's plans for your life are filled with hope and purpose.** Jeremiah's promise assures us that despite past wounds, God is working for your good and future prosperity.

Paul prays for God to fill you with joy and peace as you trust in hope. The Psalms affirm that God's plans are firm and unchanging.

As this study nears completion, look forward with confidence. Trust that God's good purposes for your relationships, healing, and joy will unfold.

Hope is the anchor for your soul as God guides your path forward.







Day 20: A Hope for the Future

## Reflect and Apply

1.	What hopes do you hold for your future relationships?
2.	How can trusting God's plans bring you peace today?
3.	What worries about the future can you surrender to God?







Day 20: A Hope for the Future

### **Journaling Prompts**

1.	Write about your dreams and desires for healthy friendships.
2.	Pray for trust and hope to grow in your heart.
3.	List ways to stay anchored in God's plans amid uncertainty.







Day 20: Phope for the Future

#### Prayer for Today

**Father,** thank You for Your perfect plans filled with hope. Help me to trust You fully and find peace in Your guidance. Fill me with joy as I anticipate the good things You have prepared. Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 















#### Your Verse

#### **Supporting Scriptures**

- John 8:36 "So if the Son sets you free, you will be free indeed."
- 2 Corinthians 3:17 "Where the Spirit of the Lord is, there is freedom."







#### Devotional: Stepping into God-Given Freedom Daily

**Today, celebrate the freedom Christ offers you.** Galatians declares that Christ has set us free—to walk in liberty from past chains, including toxic friendships.

Jesus affirms that true freedom comes from Him alone. The Spirit's presence empowers you to live healed, whole, and hopeful.

As this study concludes, step boldly into your new life. Walk forward empowered by God's love, truth, and peace. Let the chains of the past be broken and embrace the abundant life waiting for you.

Freedom in Christ is your daily source of strength and joy.







# Reflect and Apply

1.	What does freedom in Christ mean to you personally?
2.	How can you guard and live out this freedom every day?
	What encouragement can you give to others recovering from toxic relationships?







## **Journaling Prompts**

1.	Write a commitment statement to live in freedom and peace.
2.	Reflect on this study's impact on your recovery journey.
3.	Pray for ongoing strength to walk this path with God.







### Prayer for Today

Lord Jesus, thank You for setting me free from chains of toxicity and pain. Help me to live daily in this freedom, guided by Your Spirit. Empower me to walk boldly in Your love and truth, and to share hope with others. Amen. 🥕











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