# Journey to Wholeness: Healing from Childhood Trauma



A 21-day Bible study to guide emotional and spiritual recovery from childhood trauma through God's love, hope, and restoration.





# Table of contents

<u>Introduction</u>	4
Day 1: S God's Presence in Your Pain	5
Day 2:  God Restores the Broken	11
<u>Day 3:  Jesus, the Living Water</u>	17
<u>Day 4: Ogod, Our Refuge and Strength</u>	23
Day 5: A New Mercies Every Morning	29
Day 6: 1 Bringing Darkness into Light	35
Day 7: 🛕 God Guides Every Step	41
Day 8: Forgiving to Find Freedom	47
Day 9: Renewing Your Mind	53
<u>Day 10:  Embracing Community and Support</u>	59
Day 11: S God's Purpose in Your Pain	65
Day 12:  The Breath of God Restores	71
Day 13:   God Mends the Brokenhearted	77
Day 14: A Hope as an Anchor for the Soul	83
Day 15: Rest for the Weary	89
<u>Day 16:</u> <u>God's Peace Beyond Understanding</u>	95











#### Introduction

Healing from childhood trauma is a journey that touches every part of our being—body, mind, and spirit. *In this 21-day Bible study, you'll discover how God's Word gently leads us toward restoration and wholeness.* Whether wounds were hidden or deeply painful, God's love meets every hurt.

This study invites you to delve into Scripture that affirms God's presence even in our darkest moments. You will find encouragement to face pain honestly, embrace vulnerability, and receive God's peace that surpasses understanding.

Throughout these three weeks, you'll explore themes such as God's healing power, the importance of forgiveness, renewing the mind, and learning to trust again. Each day brings a focused devotional, reflection questions, journaling prompts, and prayer to help deepen your experience. It's not about rushing recovery but walking steadily, with God as your compassionate guide.

Remember, healing is not linear. Some days may feel overwhelming, others hopeful—and both responses are part of the process. Be gentle with yourself and know that God is with you every step, lovingly restoring your spirit and renewing your heart.

May this study be a balm to your soul as you move toward freedom and joy in Him.

















#### Your Verse

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

## **Supporting Scriptures**

- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God.
- Matthew 11:28 'Come to me, all you who are weary and burdened, and I will give you rest.'







#### Devotional: God's Nearness Comforts Our Broken Hearts

Healing begins by acknowledging our pain and knowing we are not alone. Childhood trauma leaves invisible scars, often stirring feelings of isolation and fear. Yet God promises to be near to the brokenhearted. In Psalm 34:18, His closeness brings comfort and deliverance to crushed spirits.

Many who suffer trauma wrestle with believing God truly sees their hurt. But He invites you to come just as you are, weighed down and weary. Jesus' gentle call offers rest—not a quick fix, but a refuge where you can lay down burdens safely.

Take a moment to breathe deeply and allow God's presence to surround your pain. You are deeply loved and understood, even when your past feels too heavy to carry alone. This study will guide you to lean on His strength and healing power with confidence and hope.







# Reflect and Apply

	. How does knowing God is close to the brokenhearted affect your view of your trauma?	
	What fears or doubts do you struggle with regarding God's presence in your pain?	
3.	In what ways can you invite Jesus to give you rest today?	







# **Journaling Prompts**

1.	Write about a time when you felt alone in your pain. How might God have been present then?		
2.	List qualities of God that bring you comfort when you face difficult emotions.		
3.	Describe what 'rest' means to you in the context of healing.		







## Prayer for Today

Lord, thank You for being close to me in my brokenness. Help me to sense Your presence even when I feel crushed inside. Please give me rest for my weary soul and courage to face each day trusting in Your unfailing love.

Draw me nearer today; remind me I am not alone and You are my refuge. Heal the wounds that feel too heavy to carry. In Jesus' name, Amen. 🔾 💭 🙏

















#### Your Verse

Jeremiah 30:17 – I will restore you to health and heal your wounds, declares the Lord.

#### **Supporting Scriptures**

- Psalm 147:3 He heals the brokenhearted and binds up their wounds.
- Isaiah 61:1 He has sent me to bind up the brokenhearted.







# Devotional: Embracing God's Healing and Restoration

God's promise of restoration is central to your healing journey. Childhood trauma can leave deep emotional and spiritual wounds, but Scripture assures us that God is a healer who restores health and wholeness.

In Jeremiah 30:17, God declares His commitment to heal and renew, even when recovery seems impossible. This isn't just physical health but emotional and spiritual vitality restored by His loving grace.

Allow yourself to believe you can be made whole again. Healing is a process—sometimes slow, sometimes painful—but God's faithfulness remains constant. As you walk through recovery, remember: your past does not define your future. God's restoration breathes new life and purpose into your story.







# Reflect and Apply

What does restoration look like for you personally?
How do you respond to the idea that God wants to heal emotional wounds?
What steps can you take to cooperate with God's healing process in your ife?







# **Journaling Prompts**

1.	Write about a part of your life you want God to restore.
2.	Record any times you have felt God's healing presence, however small.
	Identify obstacles that might be holding you back from trusting in God's restoration.







# **Prayer for Today**

Father, thank You for Your promise to restore and heal. Help me to trust in Your power to renew my heart and spirit. Teach me patience as I walk through this process, and give me hope when healing feels distant.









# Day 3: **\( \)** Jesus, the Living Water









Day 3: ♦ Jesus, the Living Water

#### Your Verse

John 4:14 - Whoever drinks the water I give them will never thirst again.

### **Supporting Scriptures**

- Isaiah 55:1 Come, all you who are thirsty, come to the waters.
- Revelation 22:17 Let the one who is thirsty come; let them take the free gift of the water of life.







Day 3: 👌 Jesus, the Living Water

### Devotional: Finding Eternal Refreshment in Christ

**Trauma often leaves us feeling empty and thirsty for true peace.** Jesus describes Himself as the source of living water, a wellspring that satisfies our deepest needs.

In John 4, Jesus offers the Samaritan woman water that never runs dry—a symbol of the eternal refreshment and renewal only He provides. This living water quenches our weary souls, bringing hope and healing into the emptiness left by past hurts.

Today, reflect on areas where you feel parched or empty. How can you turn to Jesus to receive His life-giving water? Let Him fill your heart with peace, refreshment, and strength for your journey ahead.







Day 3: 👌 Jesus, the Living Water

# Reflect and Apply

1.	What areas of your life feel dry and in need of God's refreshment?
2.	How can Jesus' living water bring healing to your emotional wounds?
3.	What prevents you from fully receiving God's restorative love?







Day 3: ♦ Jesus, the Living Water

# **Journaling Prompts**

1.	Describe what true satisfaction looks like to you.
2.	Write a prayer asking Jesus to fill your empty places with His peace.
3.	Recall a moment when God refreshed your soul during difficult times.
•	







Day 3: ♦ Jesus, the Living Water

### Prayer for Today

**Jesus, thank You for offering me living water.** *I thirst for Your peace and healing.* Fill me with Your Spirit so that I may never thirst again.

Restore my soul and refresh my heart today. Help me to trust in You as my source of true life. Amen.  $\lozenge \bigwedge$ 

















#### Your Verse

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

### **Supporting Scriptures**

- Nahum 1:7 The Lord is good, a refuge in times of trouble.
- Psalm 91:2 I will say of the Lord, 'He is my refuge and my fortress.'







## Devotional: Finding Strength and Shelter in God

When trauma triggers fear and anxiety, God stands as a strong refuge. He is an ever-present help who shields us amidst life's storms.

Psalm 46 reminds us that God's strength is what sustains us when we feel weak. Childhood trauma can leave us vulnerable, but God invites us to seek safety in Him, a fortress unshaken by our fears.

*Embrace prayer as a sanctuary where you can pour out your worries.* God is attentive and powerful, ready to protect and carry you through any trial. Rest in the assurance that you never face your pain alone.







# Reflect and Apply

1.	In what ways have you experienced God as a refuge in past struggles?
2.	How can recognizing God's strength change the way you cope with trauma-related fears?
3.	What fears do you need to surrender into God's protective care today?







# **Journaling Prompts**

1.	Write about a time when God's protection was evident in your life.
2.	List specific fears or anxieties you want to cast on God's refuge.
3.	Create a prayer asking God to be your strength in moments of weakness.







## Prayer for Today

**Lord, You are my refuge and strength.** *Help me to trust in Your protection when fear and anxiety rise.* Be a fortress that shields me and a refuge I can run to without hesitation.

Strengthen my heart and calm my spirit in times of trouble. Thank You for Your constant presence. Amen.  $\bigcirc$   $\triangle$   $\bigcirc$ 

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 30:5 Weeping may stay for the night, but rejoicing comes in the morning.
- Isaiah 43:19 See, I am doing a new thing!







### Devotional: Hope Renewed with Every Sunrise

**Each day brings fresh mercy and hope for healing.** Recovery from childhood trauma can sometimes feel overwhelming, yet God's mercies renew daily, assuring us that our past does not define our future.

Lamentations 3:22–23 offers a beautiful reminder that God's love protects us and replenishes our strength day by day. Even if the night is long and painful, the morning promises joy and new beginnings.

Lean into this truth when discouragement arises. God's faithfulness is constant, and His mercies are endless. He is actively working new life and hope within you every morning.







# Reflect and Apply

	How can remembering God's daily mercies encourage you in difficult moments?
2.	What new beginnings do you sense God wants to do in your life?
3.	How do you usually respond to fresh opportunities for healing?







# **Journaling Prompts**

1.	Write about a recent morning where you sensed God's mercy.
2.	Reflect on ways God's love has carried you through dark nights.
3.	Identify practical ways you can embrace new mercies daily.







### Prayer for Today

Father, thank You for Your unfailing love and new mercies. Help me to begin each day trusting in Your grace and hope. Even when pain lingers, remind me that You are making all things new.

Strengthen my heart for this journey and fill me with joy each morning. Amen.  $\triangle \downarrow \bigcirc$ 

















Day 6: 🐧 Bringing Darkness into Light

#### Your Verse

John 1:5 - The light shines in the darkness, and the darkness has not overcome it.

#### **Supporting Scriptures**

- Psalm 18:28 You, Lord, keep my lamp burning; my God turns my darkness into light.
- 2 Corinthians 4:6 God, who said, 'Let light shine out of darkness,' made his light shine in our hearts.







### Devotional: Trusting God's Light to Heal Darkness

**Childhood trauma often feels like a shadow over our lives.** Yet God's light pierces even the darkest places, offering hope and clarity.

In John 1:5, we learn that darkness cannot overcome God's light. When we invite Jesus into our pain, He transforms despair into understanding and fear into courage.

Consider what hidden hurts you long to bring into the light of Christ. Healing begins when we no longer hide from our past but face it honestly, trusting that God's light will bring restoration.







## Reflect and Apply

1.	What fears keep you from bringing your trauma into God's light?
-	
	How can trusting Jesus' light change your perspective on painful memories?
-	
	What steps could you take to share your healing journey openly with God?
-	







### **Journaling Prompts**

1.	Reflect on moments when God's light broke through your darkness.
	Write about any experiences where you felt shame and how God's truth responds to it.
	Journal about your hopes for truth and healing through God's illumination.







### Prayer for Today

Jesus, You are the light that shines in my darkest places. Help me to bring hidden pain into Your healing light. Replace fear with courage and confusion with peace.

Guide me as I trust You to overcome darkness in my heart. Amen. 🧘 🙏 💙

















### Your Verse

Proverbs 3:5-6 - Trust in the Lord with all your heart and lean not on your own understanding.

### **Supporting Scriptures**

- Psalm 32:8 I will instruct you and teach you in the way you should go.
- Isaiah 30:21 Your ears will hear a word behind you, saying, 'This is the way, walk in it.'







### Devotional: Trusting God's Guidance in Recovery

The road to healing can seem confusing and uncertain. Yet God promises to guide your every step if you trust Him wholeheartedly.

Proverbs 3:5-6 encourages us to lean not on our own understanding, which can be clouded by fear and past pain. Instead, when we submit to God's direction, He makes our path straight and secure.

Ask God today to teach you how to follow His voice in your healing. Trusting Him means relinquishing control but gaining peace and assurance that you are not wandering alone.







## Reflect and Apply

	How do you usually respond when confronted with uncertainty during healing?
	What does it mean to 'lean not on your own understanding' in your context?
3.	How can you better listen to God's guidance daily?







## **Journaling Prompts**

1.	Write about areas where you need God's guidance most right now.
2.	Reflect on times God led you even when you didn't expect it.
3.	Create a prayer asking for clarity and trust to follow God's path.







### Prayer for Today

Lord, I trust You with my healing journey. Help me to lean not on my limited understanding but on Your perfect wisdom. Teach me to hear Your voice clearly and walk faithfully in Your way.

Lead my steps and fill me with peace as I follow You. Amen. 🛆 🙏 🐪

















### Your Verse

Ephesians 4:31–32 – Be kind and compassionate, forgiving each other, just as in Christ God forgave you.

### **Supporting Scriptures**

- Colossians 3:13 Forgive as the Lord forgave you.
- Matthew 6:14 If you forgive others, your heavenly Father will also forgive you.







# Devotional: Choosing Forgiveness for Healing and Peace

Forgiveness is often misunderstood as condoning wrong, but it's actually about freeing yourself. Childhood trauma can leave deep wounds that seem impossible to release.

Paul's letter to the Ephesians calls us to forgive others as God has forgiven us. This act of grace doesn't erase the past but opens your heart to peace and healing by surrendering bitterness and resentment.

Today's challenge is to consider forgiveness—not as a feeling but a choice rooted in God's love. Ask Him to empower you to forgive, even when it feels hard, trusting that it unlocks freedom for your soul.







## Reflect and Apply

	What feelings arise when you think about forgiving those connected to your trauma?
2.	How does God's forgiveness toward you inspire your ability to forgive?
3.	What steps can you take to begin forgiving—even in small ways?







### **Journaling Prompts**

	Write a letter of forgiveness to someone who hurt you (you don't need to send it).
2.	Reflect on how holding onto anger has affected your healing.
3.	Journal a prayer asking God for strength to forgive.







### Prayer for Today

Father, help me forgive as You have forgiven me. Release the bitterness and free my heart from resentment. Teach me to show compassion and kindness even in difficult circumstances.

Restore my soul's peace and set me on the path to wholeness. Amen. 💖 🙏 W











# Day 9: Renewing Your Mind









Day 9: n Renewing Your Mind

### Your Verse

Romans 12:2 - Be transformed by the renewing of your mind.

### **Supporting Scriptures**

- 2 Corinthians 10:5 Take captive every thought to make it obedient to Christ.
- Philippians 4:8 Think about whatever is true, noble, right, pure, lovely, admirable.







Day 9: 
Renewing Your Mind

# Devotional: Transforming Your Thoughts with God's Truth

**Trauma can shape negative thought patterns and beliefs about ourselves.**God calls us to a transformation that starts within the mind, redefining our identity and restoring hope.

Romans 12:2 invites us to be renewed by deliberately focusing on God's truth rather than past lies. By taking captive anxious or harmful thoughts, we create space for the Spirit to bring healing and peace.

Today, consider what thoughts you need to surrender and what positive truths you can replace them with. God's Word offers a lifeline to reshape how you see yourself and your future.







Day 9: 💮 Renewing Your Mind

## Reflect and Apply

1.	What negative beliefs about yourself have emerged from trauma?
2.	How can Scripture help you rewrite these thoughts?
3.	What habits can you develop to nurture a renewed mind daily?







Day 9: 💮 Renewing Your Mind

## **Journaling Prompts**

1.	List common negative thoughts you want to change.
2.	Write affirmations drawn from Scripture to counter these thoughts.
3.	Journal about the difference it would make to think more like God thinks about you.







Day 9: 
Renewing Your Mind

### Prayer for Today

God, renew my mind with Your truth. Help me to take captive every harmful thought and replace it with Your promises. Transform my thinking so I may live with hope and confidence in You.

Thank You for the power of Your Word to heal and restore. Amen. 🔅 🙏 🔲









# 









### 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 Two are better than one, because they have a good return for their labor.
- Hebrews 10:24–25 Spur one another on toward love and good deeds.







# Devotional: Healing Through God's Gift of Community

**Healing often flourishes within loving community.** Childhood trauma can isolate us, but God created us for connection.

Galatians 6:2 exhorts believers to carry one another's burdens, showcasing mutual care as an expression of Christ's love. Surrounding yourself with supportive people—whether friends, family, or church—can provide encouragement, accountability, and healing.

*Reflect on your current support system.* Are there trustworthy individuals you can invite into your healing journey? Embracing community lightens the load and reminds us we are not meant to walk recovery alone.







## Reflect and Apply

1.	Who in your life helps bear your emotional burdens?
2.	Are there areas where you resist receiving support? Why?
3.	How can you cultivate deeper, healing connections?







## **Journaling Prompts**

1. W	rite about a relationship that encourages your healing.
_	
2. Ic	lentify one step you can take to build or deepen supportive friendships.
_	
3. Jo	ournal prayers for guidance in choosing healthy community.
_	







### Prayer for Today

**Lord, thank You for the gift of community.** *Help me to both receive and give support as I heal.* Surround me with loving people who reflect Your care and encouragement.

Teach me to walk in vulnerability and grace with others. Amen. 💝 🙏 🥏

















### Your Verse

Romans 8:28 - In all things God works for the good of those who love Him.

### **Supporting Scriptures**

- James 1:2-3 Consider it pure joy when you face trials because they produce perseverance.
- 2 Corinthians 4:17 Our troubles are achieving for us an eternal glory.







### Devotional: Discovering God's Good Purpose in Pain

Though childhood trauma brings pain, God can weave purpose through suffering. Romans 8:28 assures us that He works all things for our good and His glory.

Your past does not define you; God invites you to join Him in transforming hardship into strength and growth. This transformation may take time and often involves an honest reckoning with pain.

Reflect on the potential God has to use your story for blessing—both for yourself and others. Trust that your journey contributes to something greater, an eternal glory beyond current struggles.







## Reflect and Apply

1.	Can you identify ways God has brought good from your hardships?
2.	How might your healing journey be a testimony or blessing to others?
3.	What helps you hold onto hope when pain feels overwhelming?







## **Journaling Prompts**

1.	Write about a difficult experience God redeemed in your life.
2.	List hopes you have for how your story might impact others.
3.	Journal about what 'good' means to you in the context of suffering.







### Prayer for Today

**Father, thank You for working good in the midst of pain.** Help me to trust Your purpose and remain hopeful. Use my story for Your glory and healing.

Strengthen me to persevere and reveal Your love through my recovery. Amen.



















Day 12: 💪 The Breath of God Restores

### Your Verse

Ezekiel 37:5-6 - I will make breath enter you, and you will live again.

### **Supporting Scriptures**

- Genesis 2:7 The Lord God formed man and breathed life into him.
- John 20:22 He breathed on them and said, 'Receive the Holy Spirit.'







#### Devotional: Inviting God's Life-Giving Breath to Heal

God's breath symbolizes life and restoration beyond physical healing. In Ezekiel 37, God brings dry bones back to life through His breath, illustrating His power to renew what is dead or broken.

Your emotional wounds can be revitalized by the Holy Spirit's breath that brings peace, clarity, and new purpose. This divine life-giving breath renews your spirit in the midst of recovery challenges.

Today, breathe deeply and invite God's Spirit to fill you completely. His presence brings life, hope, and a gentle strength to move forward with faith.







# Reflect and Apply

1.	How do you experience God's presence as a renewing breath in your life?
2.	What areas of your heart feel lifeless and in need of God's restoration?
3.	How can you daily invite the Holy Spirit to breathe new life into you?







# **Journaling Prompts**

1.	Write about times you sensed God's Spirit renewing your spirit.
2.	Reflect on any habits or attitudes needing divine restoration.
3.	Create a prayer inviting God's breath to fill and revive you.







### Prayer for Today

Holy Spirit, breathe upon me and bring new life. Fill my heart and restore my soul. Revive what trauma has left broken and help me trust Your renewing power.

Guide me by Your breath and hold me close through every step of healing. Amen.  $\bigtriangleup$   $\bigtriangleup$ 







# Day 13: KGod Mends the Brokenhearted









Day 13: KGod Mends the Brokenhearted

#### 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.
- Matthew 5:4 Blessed are those who mourn, for they will be comforted.







Day 13: KGod Mends the Brokenhearted

#### Devotional: God's Gentle Healing for Broken Hearts

Brokenness from trauma requires God's tender healing touch. The psalmist reminds us that God not only heals but carefully binds the wounds of our hearts.

Healing does not mean forgetting or pretending pain never happened but resting in God's compassionate care as He mends what is broken. Jesus, the ultimate Comforter, draws near to those who mourn and promises blessing and restoration.

Allow yourself to feel your hurts honestly while trusting God to heal you gradually and gently. God values your brokenness and offers comfort tailored for your healing process.







Day 13:  $\sqrt[4]{}$  God Mends the Brokenhearted

# Reflect and Apply

What does it feel like to be comforted by God in your brokenness?
Are there wounds you have not allowed yourself to grieve fully?
How can you accept God's tender care in your healing today?







Day 13:  $\sqrt[4]{}$  God Mends the Brokenhearted

# **Journaling Prompts**

1.	Write about emotional wounds God is helping you heal.
2.	Reflect on what comfort from God looks like for you.
3.	Journal a prayer asking God to gently bind your broken places.







Day 13: 4 God Mends the Brokenhearted

### Prayer for Today

**God, You see my broken heart and care deeply.** *Heal and bind up my wounds with Your loving hands.* Comfort me as I grieve and restore my soul with Your peace.

Thank You for Your gentle presence and faithful love. Amen. 🔨 🙏 🦃

















Day 14: A Hope as an Anchor for the Soul

#### Your Verse

Hebrews 6:19 - We have this hope as an anchor for the soul, firm and secure.

### **Supporting Scriptures**

- Romans 15:13 May you overflow with hope by the power of the Holy Spirit.
- Psalm 33:18 The eyes of the Lord are on those who hope in His unfailing love.







Day 14: A Hope as an Anchor for the Soul

### Devotional: Holding Fast to God's Steadfast Hope

Hope anchors us amidst the storms of trauma recovery. Hebrews 6 describes hope as steadfast and secure, holding us firm when life feels uncertain.

This hope is not wishful thinking but a confident expectation based on God's promises and love. In the journey to healing, hope sustains us through discouragement and fuels perseverance.

Focus today on building hope through Scripture, prayer, and community support. Let hope restore your courage to keep moving forward, knowing God's faithfulness never fails.







Day 14: 🌈 Hope as an Anchor for the Soul

# Reflect and Apply

1.	In what ways does hope give you strength in recovery?
2.	What drains your hope, and how can you guard against it?
3.	How can you nurture a hope rooted in God's character?







Day 14: 🌈 Hope as an Anchor for the Soul

# **Journaling Prompts**

1.	Write about what hope looks like in your current season.
2.	List Scripture verses that inspire your hope.
3.	Journal prayers asking God to increase your hope and trust.







Day 14: A Hope as an Anchor for the Soul

### Prayer for Today

Lord, You are my hope and anchor. Keep my soul firm and secure as I face healing challenges. Fill me with Your Spirit's power to overflow with hope.

Thank You for Your unfailing love that sustains me every day. 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 62:1 My soul finds rest in God alone.
- Isaiah 40:29 He gives strength to the weary and increases the power of the weak.







### Devotional: Receiving Jesus' Rest for Your Soul

Recovery can be exhausting, but Jesus offers rest to the weary heart. Trauma leaves emotional burdens that weigh heavily, yet Jesus invites you to come find relief in Him.

Matthew 11:28 speaks to our deepest need for rest—not just physical, but spiritual and emotional restoration. True rest is found by surrendering burdens to God and trusting in His gentle care.

*Today, practice resting in God's presence.* Let Him renew your strength and soothe your soul amidst the ongoing healing process.







# Reflect and Apply

1.	What burdens do you carry that need to be laid down?
2.	How can resting in Jesus change your approach to healing?
3.	What practical steps can you take to embrace God's rest daily?







# **Journaling Prompts**

1.	Describe what it feels like to rest in God's presence.
2.	Write about times when you noticed God renewing your strength.
3.	Journal a prayer asking Jesus to give you rest today.







## Prayer for Today

Jesus, I come to You weary and burdened. *Give me Your rest and renew my soul.* Help me to trust and surrender all my worries into Your care.

Thank You for being my refuge and strength each day. Amen. 🛌 🙏 🦃

















Day 16: Beyond Understanding

#### Your Verse

Philippians 4:7 - The peace of God, which transcends all understanding, will guard your hearts and minds.

#### **Supporting Scriptures**

- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast.
- John 14:27 Peace I leave with you; my peace I give you.







Day 16: Beyond Understanding

#### Devotional: Experiencing God's Supernatural Peace

Anxiety often accompanies healing from trauma, but God offers peace beyond comprehension. Philippians 4:7 promises this peace to guard our hearts and minds amidst turmoil.

This peace is not dependent on circumstances but a supernatural calm from God dwelling within us. Fixing our thoughts on Him steadies our emotional state and softens distress.

*Invite God's peace to flow into your heart today.* Practice focusing on His promises to replace worry with serenity, even when your healing feels uncertain.







Day 16: 🥦 God's Peace Beyond Understanding

# Reflect and Apply

1.	What worries or fears threaten to steal your peace?
2.	How do you actively seek God's peace during hard moments?
3.	What changes when your mind stays focused on God's promises?







Day 16: 🥦 God's Peace Beyond Understanding

# **Journaling Prompts**

List things that cause anxiety and how you want God to intervene.
Write about how God's peace feels in your heart.
Journal a prayer asking for the guarding peace of God.







Day 16: Beyond Understanding

## Prayer for Today

God, fill me with Your peace beyond all understanding. Guard my heart and mind from anxiety and fear. Teach me to rest in You fully and trust Your presence.

Thank You for Your calming Spirit in the storms of life. Amen. 🥬 🙏 💙

















#### Your Verse

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

### **Supporting Scriptures**

- Psalm 16:11 In Your presence there is fullness of joy.
- John 15:11 I have told you this so that my joy may be in you.







## Devotional: Embracing God's Strengthening Joy

Joy can seem elusive during recovery, but it is a source of strength. Nehemiah reminds us that the joy of the Lord empowers us in difficult times.

True joy flows from knowing God intimately and experiencing His presence. It doesn't mean ignoring pain, but choosing to focus on God's goodness and promises.

Today, seek moments of joy by meditating on God's love and faithfulness. Allow God's joy to renew your spirit and provide strength for each step.







# Reflect and Apply

1.	What brings you genuine joy even in hard times?
2.	How can cultivating joy impact your healing?
3.	What practical choices can you make to nurture joy daily?







# **Journaling Prompts**

Write about a joyful memory connected to your faith.
List ways you can invite God's joy into your daily routine.
Journal prayers asking God to fill you with His joy.







### Prayer for Today

Lord, fill me with Your joy that strengthens my soul. Help me to find delight in Your presence despite pain. Let Your joy be a source of hope and courage on my healing journey.

Thank You for the fullness of joy You freely give. Amen. 😂 🙏 🦃















# Day 18: Trusting God's Timing









Day 18: 👛 Trusting God's Timing

#### Your Verse

Ecclesiastes 3:1 - There is a time for everything.

### **Supporting Scriptures**

- Habakkuk 2:3 The vision awaits its time; it will surely come.
- Psalm 27:14 Wait for the Lord; be strong and take heart.







Day 18: 👛 Trusting God's Timing

# Devotional: Patience in God's Perfect Timing

**Healing often requires patience with God's perfect timing.** Ecclesiastes reminds us every season has its appointed purpose and moment.

Waiting for restoration may be difficult, but God's timing is never late. Habakkuk encourages us to hold firmly to the hope until the vision is fulfilled.

Today, surrender your impatience and trust God's sovereign timing for every phase of healing. Strength and courage come through waiting faithfully for His plans to unfold.







Day 18: 👛 Trusting God's Timing

# Reflect and Apply







Day 18: 👛 Trusting God's Timing

# **Journaling Prompts**

1.	Write about a time God's timing was perfect despite your doubts.
2.	Reflect on feelings you experience while waiting for healing.
3.	Journal prayers asking God for strength to wait well.







Day 18: Trusting God's Timing

# Prayer for Today

Lord, help me to trust Your perfect timing. Give me patience and courage to wait for Your healing process. Teach me to be strong and take heart as I rest in You.

Thank You for being faithful even when I struggle to wait. Amen. 👛 🙏 💙













# Day 19: 🥰 Freedom in Christ









Day 19: 🥰 Freedom in Christ

#### Your Verse

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

### **Supporting Scriptures**

- John 8:36 If the Son sets you free, you will be free indeed.
- Romans 6:22 You have been set free from sin and have become slaves to righteousness.







Day 19: 💙 Freedom in Christ

### Devotional: Walking in the Freedom Christ Provides

Christ's work offers true freedom from the chains of trauma and past hurts. Galatians 5 declares that we are called to walk in this freedom, no longer bound by sin, shame, or fear.

Trauma can create spiritual captivity, but Jesus invites you to step into the liberty found in Him—a liberty that transforms identity and empowers new living.

Reflect on places where you still feel bound and ask Christ to liberate you fully. Freedom in Christ is both a present reality and a growing experience as He renews your heart.







Day 19: 😂 Freedom in Christ

# Reflect and Apply

1.	What areas of your life feel captive to trauma's influence?
2	How can accepting Christ's freedom change your healing journey?
۷.	
3.	What practical steps help you live freely in God's grace?







Day 19: 😂 Freedom in Christ

# **Journaling Prompts**

1.	Write about what freedom means to you personally.
2.	Reflect on ways you have experienced freedom in Christ.
3.	Journal a prayer surrendering areas needing liberation.







Day 19: 💙 Freedom in Christ

### Prayer for Today

**Jesus, thank You for setting me free.** *Break every chain that holds me captive to pain and fear.* Help me to walk boldly in the freedom You provide and live as Your beloved child.

Fill me with Your grace and courage today. Amen. 🥞 🙏 💙















#### 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 4:22–24 Put off your old self and be made new.
- Colossians 3:10 Put on the new self, which is being renewed.







### Devotional: Embracing Your New Identity in Christ

**Recovery brings transformation into a new creation in Christ.** The old identity marked by trauma is replaced by a new self defined by God's love.

Paul encourages believers to discard former ways and embrace renewed living marked by righteousness and truth. This renewal is a continuous journey, empowered by the Holy Spirit.

Today, celebrate the newness God brings and commit to living in the freedom and hope He provides. Your story is being rewritten with grace and purpose.







# Reflect and Apply

1.	How do you identify with the 'new creation' God offers?
2.	What parts of your old self do you need to let go of?
3.	How can you daily live out your renewed identity in Christ?







# **Journaling Prompts**

1.	Write about the new qualities God is developing in you.
2.	Reflect on steps you have taken to put off the old self.
3.	Journal a prayer committing to live as God's new creation.







### Prayer for Today

**Father, thank You for making me a new creation.** *Help me to put off the old self and embrace the life You offer.* Empower me to live with hope, freedom, and purpose in Christ.

Guide me daily in renewing my mind and heart. Amen. 🗱 🙏 🦃







# 









Day 21: 🥕 Celebrating God's Faithful Healing

#### Your Verse

Psalm 126:3 - The Lord has done great things for us, and we are filled with joy.

### **Supporting Scriptures**

- 2 Corinthians 1:3-4 God comforts us in all our troubles.
- Isaiah 43:2 When you pass through waters, I will be with you.







Day 21: A Celebrating God's Faithful Healing

# Devotional: Rejoicing in God's Healing Faithfulness

**Today marks a celebration of the healing journey God has led you on.** Psalm 126 praises the great things God accomplishes, filling us with joy even after hardship.

Reflect on how God has comforted, carried, and renewed you through each step. The waters of trauma may have surrounded you, but God's faithful presence never left.

Celebrate progress—both seen and unseen—and rest in the joy of God's ongoing work. Though the journey continues, rejoice in how far you have come and the hope ahead.







Day 21: 🏂 Celebrating God's Faithful Healing

# Reflect and Apply

1.	What milestones in your healing journey bring you joy?
2.	How have you experienced God's comfort in trials?
3.	How can you continue to trust God in the days ahead?







Day 21: 🏂 Celebrating God's Faithful Healing

# **Journaling Prompts**

1.	Write a gratitude list for God's faithfulness in your recovery.
2.	Reflect on moments when God's presence was especially real to you.
3.	Journal hopes and prayers for continued healing and growth.







Day 21: 🏂 Celebrating God's Faithful Healing

### Prayer for Today

Lord, thank You for the great things You have done in my life. Fill me with joy as I celebrate Your healing work. Comfort me in remaining challenges and lead me with hope.

Help me to trust You every step of the way. Amen. 🥕 🙏 🦃









# 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 <a href="mailto:info@holyjot.com">info@holyjot.com</a>.





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.