Journey to Wholeness: Recovery from Codependency



A 21-day Bible study plan guiding you through healing and freedom from codependency through faith, scripture, and reflection.





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Introduction

Welcome to your journey of recovery. Codependency is a complex struggle that many face in silence, characterized by an unhealthy reliance on others for approval and identity. This 21-day Bible study plan invites you to explore God's truth as a foundation for healing and restoration.

Throughout these days, you'll engage with Scripture that reminds you of your value and identity in Christ, encouraging healthy boundaries, cultivating self-love, and fostering spiritual growth. Recovery begins when we recognize that Jesus is our ultimate source of wholeness and strength, not other people or our circumstances.

Each day provides practical encouragement and spiritual insight to help you replace unhealthy patterns with God's promises of freedom and love. You'll be encouraged to reflect deeply, journal your thoughts, and pray intentionally. Healing is a process—sometimes slow, sometimes difficult—but through faith, consistent effort, and God's grace, you can experience renewal.

Remember, codependency often stems from fear, insecurity, or past pain. This study will lead you gently toward trusting God and yourself more, setting healthy boundaries, and living out the freedom Christ offers. You're not alone on this path; God walks beside you every step. Let's begin this journey toward wholeness and hope together!

















Day 1: 7 New Beginnings in Christ

Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- Ephesians 4:22 "You were taught, with regard to your former way of life, to put off your old self..."
- Romans 12:2 "Be transformed by the renewing of your mind..."







Day 1: 7 New Beginnings in Christ

Devotional: Embracing Your New Identity in Christ

Every recovery journey starts with a new beginning. In 2 Corinthians 5:17, Paul reminds us that through Christ we become new creations. This promise is powerful for those struggling with codependency because it means your past patterns don't define your future. Codependency often traps us in cycles of people-pleasing and fear of rejection, but God's grace offers a fresh start.

Understanding that your identity is now rooted in Christ—not in the approval of others—is essential. Embrace the truth that the "old you" with its wounds and unhealthy dependencies is being transformed into someone free to love and live authentically. *Transformation begins with a mindset change*. Renew your mind daily with God's Word and refuse to be defined by past pain.

Take this day to commit your recovery to God's hands. Trust that He will lead you step by step into greater freedom and peace.







Day 1: 🍞 New Beginnings in Christ

Reflect and Apply

| 1. | What parts of your old self do you find hardest to let go of? |
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| | |
| 2. | How does realizing you are a new creation in Christ affect your view of recovery? |
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| 3. | Where do you currently seek your identity and approval? |
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Day 1: 🍞 New Beginnings in Christ

Journaling Prompts

| 1. | Write about your hopes for this recovery journey. |
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| 2. | List ways you can remind yourself daily that you are a new creation. |
| | |
| 3. | Reflect on areas where you struggle to embrace this new identity. |
| | |







Day 1: 7 New Beginnings in Christ

Prayer for Today









Day 2: Finding Strength in God









Day 2: Finding Strength in God

Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 2: Finding Strength in God

Devotional: God Gives Strength When You Feel Weak

Recovery often feels overwhelming, and it's easy to grow weary. Yet, the Bible reassures us that God is our source of strength. Philippians 4:13 empowers us by affirming that we can face all challenges through Christ who strengthens us.

Codependency can drain us emotionally and physically, leading to exhaustion as we try to carry burdens not meant for us alone. In these moments, it's vital to lean into God's sustaining power. He promises to renew our strength when we're tired and weak.

Begin to practice resting in God's presence daily, inviting His strength to fill your heart and mind. Remember that asking for help and setting boundaries is not weakness but a recognition of God's design for mutual support and grace.







Day 2: **(**) Finding Strength in God

Reflect and Apply

| | When do you most feel emotionally or physically drained in relationships? |
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| | |
| 2. | How can relying on God change your approach to difficult situations? |
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| 3. | What boundaries might you need to set to protect your recovery? |
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Day 2: **(**) Finding Strength in God

Journaling Prompts

| 1. | Describe a recent moment when you felt weak and how God showed you strength. |
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| 2. | Write down ways you can invite God's strength into your daily struggles. |
| | |
| 3. | List boundaries you want to begin implementing for your healing. |
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Day 2: () Finding Strength in God

Prayer for Today

Father, I come to You weary and in need of strength. Please fill me with Your power so I can walk this path of recovery with courage and hope. Help me to remember I don't have to carry burdens alone and to seek Your help in hard moments. Teach me to set healthy boundaries rooted in Your love. *Thank You for being my refuge and strength.* Amen.

















Day 3: Vunderstanding God's Unconditional Love

Your Verse

Romans 8:38–39 – "Nothing in all creation will be able to separate us from the love of God..."

Supporting Scriptures

- 1 John 4:16 "God is love. Whoever lives in love lives in God..."
- Jeremiah 31:3 "I have loved you with an everlasting love..."







Day 3: W Understanding God's Unconditional Love

Devotional: Embracing God's Unfailing Love Frees You

One core issue in codependency is the mistaken belief that love must be earned. But God's Word shatters this lie by revealing His unconditional love for us. Romans 8:38–39 assures us that nothing can separate us from God's love, whether it's failures, fears, or past mistakes.

Understanding and accepting God's relentless love is transformative. It helps us see that our worth is not based on others' acceptance but on God's unchanging affection. This realization frees us from the exhausting need to gain approval and teaches us to extend grace to ourselves.

Take time today to meditate on God's love. Allow His perfect love to erase your fears and doubts, then let it empower you to love yourself and others in healthy, life-giving ways.







Day 3: Vunderstanding God's Unconditional Love

Reflect and Apply

| | How has the need for approval from others impacted your sense of self-worth? |
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| 2.` | What does unconditional love from God mean to you personally? |
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| 3.] | In what ways can you begin to show that love to yourself? |
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Day 3: W Understanding God's Unconditional Love

Journaling Prompts

| 1. | . Write a letter to yourself from God's perspective of unconditional love. |
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| 2. | List three ways you experience God's love daily. |
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| 3. | . Reflect on how accepting God's love might change your relationships. |
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Day 3: W Understanding God's Unconditional Love

Prayer for Today

Jesus, thank You for Your boundless and unconditional love. Help me believe that Your love is not based on my performance but on Your grace. Teach me to love myself as You love me, without conditions or fear. Let Your love heal the wounds that keep me in unhealthy patterns. *Fill me with Your peace and assurance today.* Amen. \heartsuit \bigwedge

















Day 4: O Learning to Set Boundaries

Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- Galatians 6:5 "Each one should carry their own load."
- Matthew 11:28 "Come to me, all you who are weary... and I will give you rest."







Day 4: O Learning to Set Boundaries

Devotional: Guard Your Heart by Setting Healthy Boundaries

Setting boundaries is a crucial step in recovery from codependency. Proverbs 4:23 reminds us to guard our hearts carefully because our emotions and decisions stem from this place. When we don't guard ourselves, we risk being overwhelmed by others' needs and losing our own identity.

Boundaries are not about pushing people away but about protecting the healthy space needed for restoration and growth. They allow us to carry our own load, as Galatians 6:5 encourages, while still being compassionate and loving.

Learn to say 'no' when necessary and recognize the value of rest, as Jesus invites in Matthew 11:28. Healthy boundaries honor God's design for balanced relationships, where love is voluntary and not draining.







Day 4: N Learning to Set Boundaries

Reflect and Apply

| 1. | What fears or beliefs keep you from setting boundaries? |
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| 2. | How do boundaries honor both your needs and others'? |
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| 3. | Where could you begin to set a small but clear boundary? |
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Day 4: N Learning to Set Boundaries

Journaling Prompts

| | Identify one relationship that challenges your boundaries and write about why. |
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| 2. | List three boundaries you want to establish moving forward. |
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| | Reflect on past experiences where lack of boundaries affected you negatively. |
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Day 4: O Learning to Set Boundaries

Prayer for Today

Lord, help me to guard my heart well. Teach me to set boundaries that protect my spirit without shutting others out. Give me courage to say no when needed and wisdom to balance love with self-care. Help me rest in Your grace and rely on Your strength daily. *Thank You for Your guidance and peace.* Amen.







Day 5: 🛱 Freedom Through Forgiveness









Day 5: 😂 Freedom Through Forgiveness

Your Verse

Ephesians 4:31–32 – "Get rid of all bitterness... Be kind and compassionate... forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Matthew 6:14 "If you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Colossians 3:13 "Forgive as the Lord forgave you."







Day 5: 🛱 Freedom Through Forgiveness

Devotional: Letting Go Through God's Forgiveness

Forgiveness is a cornerstone of healing in recovery. Codependency often involves carrying resentment, bitterness, and pain from unmet needs or past hurts. Ephesians 4:31–32 calls us to let go of these burdens through forgiveness—both toward others and ourselves.

Forgiveness doesn't mean excusing harmful behavior but freeing yourself from the chains of bitterness. God's forgiveness through Jesus sets the ultimate example, showing us how to extend grace even when it's difficult.

Today, ask God to help you identify any unforgiveness in your heart. Release it to Him and choose kindness and compassion. As you forgive, you create space for God's peace and freedom to flourish in your life.







Day 5: 😂 Freedom Through Forgiveness

Reflect and Apply

| 1. | Is there anyone you need to forgive to move forward? |
|----|--|
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| 2. | How has unforgiveness affected your healing journey? |
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| 3. | What does forgiveness look like in your daily life? |
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Day 5: 🛱 Freedom Through Forgiveness

Journaling Prompts

| 1. | Write about someone you find hard to forgive and how it impacts you. |
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| 2. | Journal a prayer for the strength to forgive, inspired by God's grace. |
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| 3. | List ways forgiveness can bring freedom to you personally. |
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Day 5: 😂 Freedom Through Forgiveness

Prayer for Today

Gracious God, thank You for Your boundless forgiveness. Help me release bitterness and anger, and teach me to forgive others as You have forgiven me. Heal the wounds of my heart and fill me with Your peace. May Your kindness soften any hardness and bring restoration. *I trust You to guide me in this.* Amen. 💜 🔷 🙏









Day 6: P Learning to Listen to God









Day 6: P Learning to Listen to God

Your Verse

James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- John 10:27 "My sheep listen to my voice..."







Devotional: Cultivating Godly Listening in Recovery

Recovery requires that we quiet ourselves and tune into God's voice. Often, codependency pulls us into reacting quickly to others and suppressing our own feelings. James 1:19 teaches the importance of listening before responding, which also applies to hearing from God.

Take time to embrace silence and stillness—as Psalm 46:10 encourages—to recognize God's leading. Jesus describes His followers as those who hear His voice and follow it (John 10:27). When we learn to listen intently, we gain clarity, peace, and guidance for recovery.

Practice moments of intentional listening today. Ask God to speak clearly and teach you to discern His wisdom amid emotional noise. This discipline builds trust in Him instead of relying on unhealthy people-pleasing.







Reflect and Apply

| 1. | How do you usually respond when stressed or pressured by others? |
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| 2. | What habits can you build to better hear God's guidance? |
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| 3. | How has rushing to speak or act affected your relationships? |
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Journaling Prompts

| 1. | Write about a time God spoke to you during a quiet moment. |
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| 2. | List distractions you want to minimize to hear God more clearly. |
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| 3. | Reflect on how better listening could change your recovery. |
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Prayer for Today

Holy Spirit, quiet my heart so I may hear Your voice. Teach me to be slow to speak and quick to listen, especially to You. Help me to discern Your guidance in times of confusion or temptation. Strengthen my trust in Your leading above all else. *Thank You for Your ever-present love.* Amen. P









Day 7: 🎇 Letting Go of Control









Day 7: K Letting Go of Control

Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- Proverbs 3:5 "Trust in the LORD with all your heart..."
- Matthew 6:34 "Do not worry about tomorrow..."







Day 7: K Letting Go of Control

Devotional: Trusting God Instead of Controlling Life

Codependency often involves the need to control people or situations to feel safe. But this desire for control leads to stress and frustration. Psalm 46:10 invites us to stop striving and trust God's sovereignty by simply being still.

Letting go is challenging but essential. Proverbs 3:5 reminds us to trust wholeheartedly in God rather than leaning on our own understanding. Jesus further encourages us not to worry about the future because God holds all things.

Today, reflect on areas where you try to control outcomes to avoid feeling vulnerable. Invite God to take those areas from your hands, knowing He cares and will direct your path. This surrender is a step toward peace and freedom in recovery.







Day 7: 🎇 Letting Go of Control

Reflect and Apply

| 1. | In what areas of life do you struggle to let go of control? |
|----|--|
| | |
| 2. | How does holding on to control impact your emotions and relationships? |
| | |
| 3. | What would it look like to 'be still' and trust God today? |
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Day 7: 🎇 Letting Go of Control

Journaling Prompts

| 1. | Write about a situation you are trying to control that causes stress. |
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| 2. | Describe how trusting God might change your perspective. |
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| 3. | List practical ways to surrender control daily. |
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Day 7: K Letting Go of Control

Prayer for Today

Lord, I surrender my need to control everything. Help me to be still and know You are God in the midst of uncertainty. Teach me to trust You with my fears and the unknown future. Guide me to freedom as I release control into Your loving hands. *Thank You for being my refuge.* Amen. *

















Day 8: 🗳 Embracing Your Value and Worth

Your Verse

Psalm 139:14 - "I praise you because I am fearfully and wonderfully made."

Supporting Scriptures

- Matthew 10:29-31 "You are worth more than many sparrows."
- Isaiah 43:4 "You are precious and honored in my sight..."







Day 8: 😂 Embracing Your Value and Worth

Devotional: You Are Precious and Wonderfully Made

Codependency can blur our sense of self-worth as we seek validation from others. God's Word restores our value by reminding us that we are wonderfully made and deeply loved. Psalm 139:14 praises God's intricate creation of each person, affirming your uniqueness and worth.

Consider how Jesus values you more than sparrows, small and seemingly insignificant creatures, yet precious in God's eyes. Isaiah 43:4 calls you precious and honored; these truths counter feelings of unworthiness that fuel codependent behaviors.

Today, meditate on your inherent value—not because of what you do, but because of who God created you to be. Let this truth empower you to trust yourself more and rely less on external approval.







Day 8: 🚨 Embracing Your Value and Worth

Reflect and Apply

| 1. | How do feelings of unworthiness affect your relationships? |
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| | |
| 2 | What lies about your value do you need to replace with God's truth? |
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| | |
| | How can knowing you are fearfully and wonderfully made transform your self-image? |
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Day 8: 🚨 Embracing Your Value and Worth

Journaling Prompts

| | Write about a time you felt unworthy and how God's truth challenges that. |
|----|---|
| | |
| 2. | List affirmations based on Scripture you can speak over yourself daily. |
| | |
| 3. | Reflect on how embracing your worth changes your recovery goals. |
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Day 8: 😂 Embracing Your Value and Worth

Prayer for Today

Father, thank You for fearfully and wonderfully making me. Help me believe in the value You place on my life. Remove any lies that cause me to doubt my worth. Teach me to love myself as You love me, fully and unconditionally. *May Your truth fill my heart with confidence.* Amen. 😩 🙏 💛

















Your Verse

Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths... but only what is helpful..."

Supporting Scriptures

- James 1:19 "Everyone should be quick to listen, slow to speak..."
- Proverbs 15:1 "A gentle answer turns away wrath..."







Devotional: Speak Truth with Love and Clarity

Recovery calls for new ways of communicating that build up rather than tear down. Ephesians 4:29 encourages us to speak words that benefit others and meet their needs. Codependency sometimes makes us speak out of fear, guilt, or to please, rather than with honesty and love.

Healthy communication involves listening as much as speaking (James 1:19) and responding with gentleness (Proverbs 15:1). When we communicate well, relationships can become sources of support instead of stress.

Practice speaking truth in love, saying what you need clearly and kindly. Remember that setting boundaries and expressing feelings does not harm relationships but nurtures authenticity and respect.







Reflect and Apply

| 1. | How do you typically communicate your needs and feelings? |
|----|--|
| | |
| 2. | Are there patterns of people-pleasing or avoidance in your speech? |
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| 3. | What can you do to communicate more honestly yet lovingly? |
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Journaling Prompts

| Record a recent conversation that was difficult and analyze how it went. |
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| Write how you want to improve your communication in recovery. |
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| List phrases or words that help you express boundaries kindly. |
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Prayer for Today

Lord, guide my words and help me communicate with love. Teach me to listen well and to speak truth that encourages and heals. Help me to express my needs clearly and set healthy boundaries through my speech. May my words reflect Your grace and kindness. *Thank You for Your wisdom.* Amen.



















Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to give you hope and a future."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace..."
- Psalm 33:18 "But the eyes of the LORD are on those who fear him..."







Devotional: Trust God's Good Plans for Your Life

In recovery, hope is essential to keep moving forward. Jeremiah 29:11 reminds us that God's plans for us are filled with hope and purpose, even if current circumstances are difficult. Holding onto this hope anchors our hearts in God's faithfulness.

Romans 15:13 prays for God's joy and peace through hope by the power of the Spirit. When fear or discouragement creep in, remember that God watches attentively over His children, caring deeply for their well-being.

Today, claim hope for your future recovery. Trust that God is working behind the scenes even when you do not see immediate change. Let hope motivate and strengthen your steps of healing.







Reflect and Apply

| 1. | How does hope influence your attitude toward recovery? |
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| | |
| 2. | What fears about the future do you need to surrender? |
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| 3. | In what ways can you remind yourself daily of God's promises? |
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Journaling Prompts

| 1. | Write about your vision for your life after recovery. |
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| | |
| 2. | List God's promises that inspire hope for your future. |
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| | |
| 3. | Reflect on times God has proven faithful in your past. |
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Prayer for Today

Father, thank You for Your hopeful plans for me. When I feel uncertain or overwhelmed, fill me with Your joy and peace. Help me trust Your timing and faithfulness as I walk in recovery. Keep my eyes fixed on You, the source of true hope. *I place my future in Your loving hands.* Amen.

















Your Verse

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

Supporting Scriptures

- James 1:2-4 "Consider it pure joy... testing produces perseverance."
- Psalm 27:14 "Wait for the LORD; be strong and take heart..."







Devotional: Patience in God's Refining Process

Recovery is often a slow, sometimes painful process. Romans 8:28 reassures us that God is working through all circumstances for our good when we love Him.

James encourages believers to find joy even in trials because perseverance yields spiritual maturity. Likewise, Psalm 27:14 calls us to wait with strength and courage, trusting God's timing.

Acceptance of the process helps you remain patient and hopeful. When setbacks occur or progress feels slow, remember God's purpose is refining you, not rushing you. Trust Him to work everything together for healing and growth.







Reflect and Apply

| 1. | How do you typically react to setbacks in recovery? |
|----|--|
| | |
| 2. | What lessons have you learned through difficult times? |
| | |
| 3. | How can embracing God's timing reduce your anxiety? |
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Journaling Prompts

| Write about a challenging moment and what God taught you through it. |
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| List ways to practice patience and trust during recovery. |
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| Reflect on how perseverance strengthens your faith. |
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Prayer for Today

Lord, help me trust Your process, even when it's hard. Teach me to be patient and courageous in the waiting. Remind me that You work all things for good and are with me every step. Strengthen my faith as I persevere and grow. I surrender my timeline to You. Amen. \triangle \nearrow









Day 12: 🌽 Restoring Your Spirit









Day 12: 🥬 Restoring Your Spirit

Your Verse

Psalm 23:3 - "He restores my soul..."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary... and I will give you rest."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







Day 12: 🥬 Restoring Your Spirit

Devotional: Finding Peace and Renewal in God

Taking time to restore your spirit is vital in recovery. Psalm 23:3 describes God as the One who restores our soul—our deepest self and spirit. Codependency often wears us out mentally and emotionally, so God offers refreshing rest.

Jesus invites the weary to come to Him to find rest and renewal. This rest is not just physical but spiritual, replenishing the heart and mind. Isaiah promises renewed strength for those who hope in the Lord.

Today, prioritize rest and restoration. Practice spiritual disciplines like prayer, worship, and solitude that revive your inner person and bring peace amidst the recovery journey.







Day 12: 💋 Restoring Your Spirit

Reflect and Apply

| Do you allow yourself intentional rest regularly? |
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| What spiritual practices help restore your soul? |
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| How does God's invitation to rest impact your recovery mindset? |
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Day 12: 💋 Restoring Your Spirit

Journaling Prompts

| 1. | Describe how rest has helped you in a difficult season. |
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| | |
| 2. | List ways to create space for spiritual renewal daily. |
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| 3. | Reflect on what keeps you from resting fully in God. |
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Day 12: 🥬 Restoring Your Spirit

Prayer for Today

Dear Jesus, thank You for being my Restorer. Help me to accept Your invitation to find rest for my weary soul. Teach me how to slow down and let You renew my spirit. Fill me with peace and strength as I continue recovering. *You are my refuge.* Amen.







Day 13: 🂝 Building Healthy Relationships









Day 13: 🌣 Building Healthy Relationships

Your Verse

Ecclesiastes 4:9 - "Two are better than one..."

Supporting Scriptures

- 1 Corinthians 15:33 "Do not be misled: 'Bad company corrupts good character.""
- Hebrews 10:24–25 "Encourage one another... meeting together."







Day 13: 🌣 Building Healthy Relationships

Devotional: Nurturing Supportive, Godly Relationships

Supportive relationships are essential for sustained recovery. Ecclesiastes 4:9 reminds us that partnership is better than walking alone. However, not every relationship is healthy or helpful.

The Bible warns that bad company can cause harm to good character, so it's important to choose relationships wisely. Likewise, Hebrews emphasizes the importance of encouragement and community among believers.

Today, evaluate your relationships and seek out those that uplift and support your healing journey. Invest time in building authentic connections that honor God, bring joy, and provide accountability.







Day 13: 🎔 Building Healthy Relationships

Reflect and Apply

| 1. | Are your current relationships encouraging your recovery or hindering it? |
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| 2. | What qualities make a relationship healthy and supportive? |
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| 3. | How can you cultivate deeper connections that honor God? |
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Day 13: 🎔 Building Healthy Relationships

Journaling Prompts

| 1. | List people in your life who positively impact your journey. |
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| 2. | Write about a relationship you want to grow or improve. |
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| 3. | Reflect on how to set boundaries with unhealthy relationships. |
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Day 13: 🌣 Building Healthy Relationships

Prayer for Today

God, thank You for the gift of community. Help me recognize relationships that build me up and distance myself from those that harm. Teach me to be a good friend and to seek Your presence in all my connections. Surround me with people who support and encourage my recovery. Amen. \heartsuit \bigwedge









Day 14: 🕹 Surrendering Your Fears









Day 14: 👶 Surrendering Your Fears

Your Verse

1 John 4:18 - "There is no fear in love. But perfect love drives out fear..."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you..."
- Psalm 34:4 "I sought the LORD, and he answered me; he delivered me from all my fears."







Day 14: 👶 Surrendering Your Fears

Devotional: God's Love Drives Out Your Fears

Fear often fuels codependent behaviors and hinders recovery. 1 John 4:18 assures us that perfect love—God's love—removes fear. When we surrender our fears to God, His love provides freedom.

Isaiah 41:10 encourages us not to fear because God is with us. Similarly, Psalm 34:4 provides testimony of God's deliverance from fear when we seek Him.

Today, identify your fears—whether of rejection, loneliness, or failure. Bring them honestly before God and ask Him to replace fear with faith and love. Practice surrender as an ongoing act of trust in His goodness and presence.







Day 14: \delta Surrendering Your Fears

Reflect and Apply

| 1. | What fears most influence your codependent tendencies? |
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| 2. | How does God's love help you overcome these fears? |
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| 3. | Where can you practice surrendering fear to God today? |
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Day 14: \delta Surrendering Your Fears

Journaling Prompts

| 1. | Write about fears holding you back from healing. |
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| 2. | Journal a prayer surrendering those fears to God's love. |
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| 3. | List scriptures that bring you comfort when afraid. |
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Day 14: 👶 Surrendering Your Fears

Prayer for Today

Father, Your perfect love casts out all fear. Help me surrender my fears to You completely. Replace anxiety with peace and doubt with confidence in Your presence. Teach me to walk boldly in Your love and to trust Your unwavering care. *Thank You for being my refuge.* Amen.

















Your Verse

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

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds..."
- Isaiah 61:1 "He has sent me to bind up the brokenhearted..."







Devotional: God Tenderly Heals Your Broken Heart

Healing requires confronting and allowing God to mend our past wounds.

Psalm 147:3 paints a beautiful picture of God's tender care toward broken hearts. No pain is hidden from Him, and He specializes in healing where it hurts most.

Jeremiah promises restoration and health, while Isaiah describes Jesus' mission to bring healing to the brokenhearted. Recovery from codependency means facing past hurts, not hiding them, and inviting God's healing.

Today, acknowledge wounds that still affect you and ask God to bind them. Trust His power to restore what was lost and renew your heart for a freer life.







Reflect and Apply

| 1. | What past wounds still influence your behaviors? |
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| | |
| 2. | How have you tried to cope without God's healing? |
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| 3. | Are you willing to invite God to bring restoration? |
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Journaling Prompts

| 1. | Write about a hurt you want God to heal in your life. |
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| 2. | Journal your feelings and hopes for restoration. |
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| | |
| 3. | List ways you can cooperate with God's healing process. |
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Prayer for Today

Lord, You are the Healer of my broken heart. Please bind my wounds and restore my soul. Help me release pain and embrace Your healing touch fully. Teach me to trust You with my healing journey and give me hope for renewed joy. *Thank You for never abandoning me.* Amen. ■■■

















Your Verse

Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"

Supporting Scriptures

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 16:11 "In Your presence there is fullness of joy."







Devotional: Joy in the Lord Empowers Your Soul

Recovery can feel heavy, but God invites us to choose joy in every circumstance. Paul's exhortation to rejoice continually in Philippians reminds us that joy is a strength—not dependent on our situation but rooted in the Lord.

Nehemiah identifies this joy as a source of strength, fueling perseverance. Psalm 16:11 assures us that God's presence is the source of full and lasting joy.

Today, seek God's presence intentionally and allow joy to fill your heart. Choose to focus on God's goodness amidst challenges, knowing joy sustains your soul in recovery.







Reflect and Apply

| 1. | What threatens your joy in recovery? |
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| 2. | How can you cultivate joy even in tough moments? |
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| 3. | Where do you experience God's presence most deeply? |
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Journaling Prompts

| 1. | Write about things that bring you genuine joy. |
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| 2. | List ways to incorporate joy practices into your routine. |
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| 3. | Reflect on moments where joy gave you strength. |
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Prayer for Today

Jesus, fill me with Your joy today. Help me rejoice in Your presence and find strength in Your goodness. Teach me to focus on the blessings You provide and to carry joy wherever I go. May Your joy be my sustaining power. Amen.



















Day 17: Spilowing Jesus' Example

Your Verse

1 Peter 2:21 – "To this you were called, because Christ suffered for you... leaving you an example..."

Supporting Scriptures

- John 13:34 "Love one another. As I have loved you, so you must love one another."
- Philippians 2:5 "Your attitude should be the same as that of Christ Jesus."







Day 17: Spilowing Jesus' Example

Devotional: Modeling Christ's Love and Humility

Jesus is our ultimate role model for love, humility, and strength in suffering. 1 Peter reminds us that Christ endured for us and left a pattern to follow. Recovery from codependency includes embracing this example.

Jesus' command to love as He loved includes setting boundaries, serving others selflessly, and respecting oneself. Philippians calls us to adopt His mindset—humble, fearless, and loving.

Today, reflect on how Jesus faced difficulties and relationships. Learn from His example about balancing care for others with care for self in a healthy, God-honoring way.







Day 17: See Following Jesus' Example

Reflect and Apply

| 1. | How can Jesus' example influence your recovery habits? |
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| 2. | In what ways did Jesus set boundaries while showing love? |
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| 3. | What attitudes of Christ do you want to cultivate? |
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Day 17: Spilowing Jesus' Example

Journaling Prompts

| | Write about a situation where following Jesus' example changed your behavior. |
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| 2. | List Christlike attitudes to develop this week. |
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| 3. | Reflect on loving others without losing yourself. |
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Day 17: Spilowing Jesus' Example

Prayer for Today

Lord Jesus, thank You for being my example. Teach me to love others as You love, with humility and strength. Help me to set healthy boundaries and to have Your attitude in every circumstance. Guide me to walk in Your footsteps daily. Amen.

















Day 18: Receiving Grace and Mercy

Your Verse

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

Supporting Scriptures

- Ephesians 2:8 "For it is by grace you have been saved..."
- Hebrews 4:16 "Let us then approach God's throne of grace with confidence..."







Devotional: Daily Renewed by God's Grace and Mercy

Grace and mercy are lifelines in recovery. Though we stumble, God's compassion renews us daily, never fading. Lamentations celebrates God's faithfulness to forgive and restore constantly.

Ephesians reminds us that salvation and healing come by grace, not effort. Hebrews encourages bold confidence in approaching God for help and mercy when we struggle.

Today, receive God's grace fully—don't hold onto guilt or shame. Approach Him boldly, knowing mercy is waiting to empower your healing journey.







Reflect and Apply

| 1. | How do shame or guilt affect your recovery progress? |
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| 2. | What does it mean to you to receive God's grace daily? |
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| 3. | How can you practice approaching God with confidence? |
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Journaling Prompts

| 1. | Write about a time God's mercy refreshed your heart. |
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| 2. | List ways to remind yourself of God's grace each day. |
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| 3. | Reflect on shame or guilt you need to release. |
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Prayer for Today

Merciful Father, thank You for Your never-failing compassion. Help me to receive Your grace freely and to let go of shame. Empower me to come before You boldly, trusting in Your mercy for every need. Renew me every morning, Lord. Amen. 💬 🙏 👀

















Your Verse

Matthew 7:24 – "Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

Supporting Scriptures

- Isaiah 28:16 "I have laid a stone in Zion, a tested stone, a precious cornerstone..."
- Colossians 2:7 "...rooted and built up in him, strengthened in the faith."







Devotional: Build Your Life on the Rock of Christ

Recovery means rebuilding your life on a strong, unshakable foundation. Jesus teaches that listening to His words and applying them is the path to stability.

Isaiah prophesies about the precious cornerstone—Jesus Himself—on which our lives must be built. Colossians calls believers to be rooted and strengthened in Him, indicating that faith nourishes and sustains recovery.

Today, examine your foundations. Are you building on God's word and truth? Invest time in nurturing faith that will sustain you through challenges and help rebuild healthy patterns in life.







Reflect and Apply

| 1. | What foundations currently support your recovery? |
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| 2. | Are there areas built on unstable or unhealthy patterns? |
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| 3. | How can you deepen your roots in Christ's truth? |
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Journaling Prompts

| 1. | Write about habits or beliefs you want to change. |
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| 2. | List Bible truths to build your recovery foundation. |
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| 3. | Reflect on practical ways to strengthen your faith daily. |
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Prayer for Today

Jesus, You are my firm foundation. Help me hear and obey Your words so my life stands strong. Root me deeply in Your truth and strengthen my faith in every step of recovery. May I build a life that honors You and brings lasting peace. Amen.

















Day 20: Sultivating Self-Compassion

Your Verse

Zephaniah 3:17 - "The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you..."

Supporting Scriptures

- Psalm 103:13 "As a father has compassion on his children, so the LORD has compassion on those who fear him."
- Lamentations 3:22 "Because of the LORD's great love we are not consumed..."







Day 20: Sultivating Self-Compassion

Devotional: Be Kind to Yourself as God Is to You

Self-compassion is vital in recovering from codependency. The Lord delights in you and has tender compassion, just as a loving parent cares for their child.

Psalm 103 reveals the nature of God's heart towards us, full of mercy. Lamentations repeats God's great love and compassion that never run out. We are called to extend similar grace inwardly.

Practice speaking kindly to yourself and embracing God's delight in you. Self-compassion nurtures growth and breaks cycles of harsh self-judgment common in codependency.







Day 20: 😂 Cultivating Self-Compassion

Reflect and Apply

| 1. | How do you usually treat yourself when you fail or feel weak? |
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| 2. | What does it look like to accept God's compassion personally? |
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| 3. | How can self-compassion improve your healing process? |
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Day 20: Scultivating Self-Compassion

Journaling Prompts

| 1. | Write a compassionate letter to yourself from God's perspective. |
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| 2. | List affirmations that reflect God's kindness toward you. |
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| | Reflect on moments you've been hard on yourself and how to change that. |
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Day 20: 😩 Cultivating Self-Compassion

Prayer for Today

Father, help me to accept Your compassion and love. Teach me to be gentle and kind to myself as You are to me. Renew my heart with Your delight and grace. May I grow in self-compassion and reflect Your love inwardly and outwardly. Amen. **② 八 ♡**







Day 21: W Celebrating Freedom in Christ









Day 21: W Celebrating Freedom in Christ

Your Verse

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

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Day 21: "Celebrating Freedom in Christ

Devotional: Walk Boldly in Christ's Freedom

Your recovery journey points toward freedom in Christ. Galatians 5:1 declares that Christ has set us free from slavery to sin, fear, and unhealthy dependencies.

Jesus confirms this freedom is complete and eternal, removing condemnation and shame. Romans 8:1 assures believers they are not condemned but embraced in grace.

Celebrate today the freedom you have in Christ. Commit to walking forward in this new life, empowered by His love and grace. Your identity is now rooted in freedom, not codependency.







Day 21: 😂 Celebrating Freedom in Christ

Reflect and Apply

| 1. | How do you perceive freedom in your recovery? |
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| 2. | What chains has Christ broken in your life? |
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| 3. | How will you continue to live in freedom daily? |
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Day 21: 😂 Celebrating Freedom in Christ

Journaling Prompts

| 1. | Write about what freedom in Christ means to you personally. |
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| 2. | List ways to maintain freedom and resist old patterns. |
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| 3. | Reflect on your journey and how God's grace carried you. |
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Day 21: W Celebrating Freedom in Christ

Prayer for Today

Thank You, Jesus, for setting me free. Help me live daily in the freedom You provided through Your sacrifice. Shield me from returning to old habits and empower me to walk boldly in new life. May Your grace be my constant guide. Amen. 🔾 🙏 🔈







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