



Letting Go of the Past



Break free from regret, shame, and emotional baggage. This 7-day Bible study guides women into lasting healing through Scripture, reflection, and prayer.



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Introduction

The past has a way of clinging to us—whispers of regret, the ache of broken relationships, mistakes we wish we could undo, and hurts we never deserved. Many women walk through life carrying invisible chains: the shame of poor choices, the trauma of betrayal, or the sting of words spoken years ago.

But that is not your identity.

In Christ, your past doesn't define you—His grace does. You are not the sum of your failures or the product of your pain. You are a new creation, wholly loved and fully forgiven.

This 7-day Bible study guide will walk with you through the process of releasing the past. Each day offers key Scriptures, supporting verses, a heartfelt devotional, reflection questions, journal prompts, and prayer—all designed to help you let go and rise into freedom.

Whether your wounds are fresh or decades old, God is ready to do a healing work in your heart. He wants to renew your mind, restore your joy, and remind you of who you really are in Him.

Are you ready to step out of yesterday and into the healing of today?





Day 1: Releasing Regret



Your Verse

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?”

Supporting Scriptures

- **2 Corinthians 5:17 (NIV)**

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

- **Philippians 3:13–14 (NIV)**

“Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize...”

- **Psalms 103:12 (NIV)**

“As far as the east is from the west, so far has He removed our transgressions from us.”



Day 1: Releasing Regret

Devotional

We all carry things we wish we could erase—a harsh word spoken in anger, a moment of weakness, a relationship that ended painfully. Regret is a heavy weight, often cloaked in shame and whispered lies: *"You're not good enough. God can't use someone like you."* But those are not God's words.

Isaiah reminds us that God is always doing something new. He doesn't want you stuck in an emotional replay of yesterday. He wants your heart focused forward, not backward. Dwelling on the past blinds us to the blessings of today and the hope of tomorrow.

Through Jesus, you are not your past. You're not defined by the worst thing you've done or the hardest thing you've endured. You are defined by His love, mercy, and redemptive power. God delights in taking what was broken and turning it into beauty. His specialty is fresh starts and new mercies.

You can begin again—today.



Reflect and Apply

1. What regrets from your past still occupy space in your thoughts or emotions?

2. How do you think holding on to regret impacts your spiritual growth?

3. What would it look like for you to fully embrace God's "new thing" today?



Journaling Prompts

1. “Lord, the regret I’ve held onto the longest is...”

2. “If I could speak to my younger self with grace and love, I would say...”

3. “Today, I choose to release...”



Prayer for Today

Father, I've held onto regret for too long. I confess the pain, the shame, and the "what ifs" I can't seem to shake. But I know You are the God of new beginnings. Help me release the past and trust in the future You have for me. Thank You for washing me clean and making all things new. In Jesus' name, Amen.





Day 2: Healing from What They Did



Day 2: Healing from What They Did

Your Verse

Psalm 147:3 (NIV) “He heals the brokenhearted and binds up their wounds.”

Supporting Scriptures

- *Isaiah 61:1 (NIV)*
“He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”
- *Romans 12:19 (NIV)*
“Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord.”
- *Matthew 11:28–30 (NIV)*
“Come to me, all you who are weary and burdened, and I will give you rest.”



Day 2: Healing from What They Did

Devotional

Some wounds aren't visible. They don't leave bruises, but they leave emotional scars that feel just as real. Betrayal, abandonment, cruelty, or emotional neglect—these are injuries to the soul. Maybe someone lied to you, manipulated you, broke a sacred trust, or wounded you with silence.

You didn't deserve it. God saw it. He heard the cries no one else heard. And He still hears you today.

Psalm 147:3 is more than poetic; it's a promise. The same God who knit your soul together can mend it. He binds up your wounds like a tender physician—no shame, no rush. Just healing, layer by layer.

Forgiveness isn't forgetting. It's freeing. It's the holy defiance of saying, *"What you did won't control me anymore."* Letting go doesn't mean what they did was okay—it means you're choosing to rise, with Jesus at your side, rather than stay stuck in the pain.

You can't change what happened. But you can choose what happens next. And healing begins with letting Jesus in.



Day 2: Healing from What They Did

Reflect and Apply

1. What wound still stings when you think about a specific person or event?

2. Have you invited God into that pain? Why or why not?

3. What would true emotional and spiritual healing look like for you?



Day 2: Healing from What They Did

Journaling Prompts

1. “Jesus, the wound I need healing for is...”

2. “I’ve been afraid to let go because...”

3. “Today, I ask You to touch the place in me that still hurts...”



Day 2: Healing from What They Did

Prayer for Today

Lord, You see the places in me that are still broken because of what they did. I've tried to move on, but some days I still feel stuck. I want to be free. I want to be whole. Help me forgive what I cannot forget. Heal what I cannot fix. Bind up my wounds and restore my joy. I trust You with my healing. In Jesus' name, Amen.





Day 3: Reclaiming Confidence



Day 3: Reclaiming Confidence

Your Verse

“For the Lord will be your confidence and will keep your foot from being caught.”

Supporting Scriptures

- ***Psalm 27:3 (NIV)*** “Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.”
- ***Jeremiah 17:7 (NIV)*** “But blessed is the one who trusts in the Lord, whose confidence is in him.”
- ***Hebrews 10:35 (NIV)*** “So do not throw away your confidence; it will be richly rewarded.”



Day 3: Reclaiming Confidence

Devotional

Confidence doesn't come from relationship status, financial stability, or social media likes. It doesn't stem from being chosen by someone else—it grows from being known and loved by God.

As a single woman, you may sometimes feel invisible or inadequate, especially in a world that often defines worth by marital status or outward appearance. But God sees you entirely and declares you worthy. His eyes are fixed on you with purpose, not pity.

Proverbs 3:26 reminds us that the Lord Himself becomes our confidence. That means our foundation is unshakable, rooted in a Savior who never changes. Confidence in Christ allows us to walk through rejection without falling apart and face uncertainty with inner peace.

Let today be a turning point—where your confidence is no longer borrowed from external sources but built from God's truth. He delights in you. He equips you. And He calls you to rise in strength, not shrink back in fear.



Day 3: Reclaiming Confidence

Reflect and Apply

1. In what areas of life have you felt insecure or unworthy?

2. How have you allowed others' opinions to affect your self-worth?

3. What does it mean to you that God is your source of confidence?



Day 3: Reclaiming Confidence

Journaling Prompts

1. “When I think of confidence, I often struggle because...”

2. “God, I want You to be my confidence, especially in...”

3. “I choose to believe You see me as...”



Day 3: Reclaiming Confidence

Prayer for Today

Lord, I admit that I often look to the world for affirmation instead of standing firm in Your truth. Today I ask You to rebuild my confidence—not in my looks, career, or relationships, but in You alone. Help me to walk boldly in my identity as Your daughter. Thank You for seeing me, loving me, and never leaving me behind. In Jesus' name, Amen.

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Day 4: Strength in Solitude



Day 4: Strength in Solitude

Your Verse

“In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.”

Supporting Scriptures

- ***Lamentations 3:25–28 (NIV)***
- *“The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord. It is good for a man to bear the yoke while he is young. Let him sit alone in silence, for the Lord has laid it on him.”*
- ***Mark 1:35 (NIV)***
- *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”*
- ***Psalms 46:10 (NIV)***
- *“He says, ‘Be still, and know that I am God.’”*



Day 4: Strength in Solitude

Devotional

Solitude can feel like a burden—or it can become a sacred gift. Our world is loud and full of constant motion, but God invites you to step into the stillness with Him. Not the stillness of loneliness, but the stillness of His presence.

Isaiah 30:15 reminds us that our strength comes not from striving, proving, or rushing into relationships—but from rest, quietness, and trust. When you're single, the silence can sometimes scream. But in God's economy, solitude isn't emptiness—it's preparation. It's the place where your soul is strengthened, your purpose refined, and your heart healed.

Jesus Himself withdrew often to be alone with the Father. And if the Son of God needed quiet time, how much more do we?

Your singleness isn't a waiting room. It's a holy space where God wants to walk with you, speak to you, and build an inner strength that cannot be shaken. There is a strength found in solitude—lean into it.



Day 4: Strength in Solitude

Reflect and Apply

1. How do you typically feel about being alone?

2. What distractions might be keeping you from embracing spiritual solitude?

3. How has God met you in the quiet before?



Day 4: Strength in Solitude

Journaling Prompts

1. “When I’m alone, I often feel...”

2. “God, teach me how to rest and trust You when no one else is around...”

3. “I want to use this time to grow in...”



Day 4: Strength in Solitude

Prayer for Today

Father, help me not to despise the quiet seasons of my life. Let me see solitude not as punishment, but as a precious time with You. Remind me that I'm never truly alone—You are always near. Teach me to rest, to trust, and to find strength not in noise or activity, but in You. Fill my quiet places with Your voice. In Jesus' name, Amen.





Day 5: Boldness Without Apology



Your Verse

Proverbs 31:25 (NIV) “She is clothed with strength and dignity; she can laugh at the days to come.”

Supporting Scriptures

- *2 Timothy 1:7 (NIV) “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*
- *Acts 4:13 (NIV) “When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and took note that these men had been with Jesus.”*
- *Joshua 1:9 (NIV) “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*



Day 5: Boldness Without Apology

Devotional

Too often, single women are told—directly or indirectly—to tone down their strength. To be quieter. Softer. Smaller. But the Bible is filled with bold, courageous women who weren't afraid to act on faith. Deborah led an army. Esther confronted a king. Mary said yes to the impossible.

Proverbs 31:25 paints a picture of a woman clothed with strength and dignity. She isn't fearful about the future. She doesn't apologize for her confidence. She laughs—yes, laughs—because her trust is rooted in a God who never fails.

Being single is not a limitation; it's an opportunity to walk boldly with God without distraction. Use your voice. Stand firm in your convictions. Live fully. Don't shrink to fit someone else's expectations. You are strong, dignified, and brave—not because the world says so, but because God made you that way.

Let the fire in your soul be fed by the truth of who you are in Christ. You don't need to wait for permission to step into your calling. Walk boldly, beloved.



Day 5: Boldness Without Apology

Reflect and Apply

1. Have you ever felt the need to dim your light or soften your personality?

2. What does boldness look like in your current season?

3. Where might God be calling you to speak or act with courage?



Day 5: Boldness Without Apology

Journaling Prompts

1. “God, give me the courage to...”

2. “I feel bold when I...”

3. “I’ve been holding back in these areas of my life...”



Day 5: Boldness Without Apology

Prayer for Today

God, thank You for making me strong. Forgive me for the times I've hidden that strength to make others comfortable. Remind me that boldness in You is not arrogance—it's obedience. Help me walk with dignity, speak with courage, and trust You with the outcome. Let me be a light that never dims. In Jesus' name, Amen.





Day 6: When Comparison Creeps In



Day 6: When Comparison Creeps In

Your Verse

Galatians 6:4 (NIV)

“Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else.”

Supporting Scriptures

- *2 Corinthians 10:12 (NIV)*

“We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.”

- *Psalms 139:14 (NIV)*

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

- *James 3:16 (NIV)*

“For where you have envy and selfish ambition, there you find disorder and every evil practice.”



Day 6: When Comparison Creeps In

Devotional

In a world of curated Instagram feeds, engagement announcements, and career highlights, comparison lurks around every digital corner. It whispers lies like, “She’s more beautiful,” “She’s further along,” or “Why not me?” But comparison is a thief—stealing our peace, distorting our identity, and distracting us from our purpose.

God didn’t design you to be a copy. You were handcrafted, fearfully and wonderfully made. You carry a divine fingerprint no one else does. The more you look sideways, the more you’ll miss what God is trying to do directly in your life.

Galatians 6:4 reminds us to test our own actions, not someone else’s. Your story isn’t late. It isn’t lacking. It isn’t less. It’s yours, and it’s sacred.

The cure for comparison is gratitude. When you thank God for your life, your growth, your path—you begin to see the beauty in your lane. So stay in it. Flourish in it. You’re not behind—you’re becoming.



Day 6: When Comparison Creeps In

Reflect and Apply

1. What triggers feelings of comparison in your daily life?

2. How has comparison impacted your confidence or your walk with God?

3. What are three things about your life right now that you're grateful for?



Day 6: When Comparison Creeps In

Journaling Prompts

1. “When I compare myself, I feel...”

2. “God, help me to focus on...”

3. “I am thankful for these unique parts of my journey...”



Day 6: When Comparison Creeps In

Prayer for Today

Father, I confess that I often fall into the trap of comparison. It makes me question my worth and lose sight of Your goodness in my life. Please anchor my heart in gratitude. Help me to keep my eyes fixed on You and trust Your timing for my life. I am wonderfully made, and You have not forgotten me. In Jesus' name, Amen.





Day 7: Rooted in Purpose



Your Verse

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”

Supporting Scriptures

- ***Ephesians 2:10 (NIV)***

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

- ***Romans 8:28 (NIV)***

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

- ***Proverbs 19:21 (NIV)***

“Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails.”



Devotional

You are not in a holding pattern, waiting for your "real life" to begin. You are already walking in purpose, right where you are. Being single does not make you incomplete or ineffective—it makes you available for the unique calling God has placed on your life.

Jeremiah 29:11 is not just a promise for the future; it's a declaration of your present reality. God's plan for you is active, intentional, and personal. Your story, even in this season of singleness, is a vital thread in the grand tapestry He's weaving.

Ephesians 2:10 confirms that you were created for good works, ones that were handpicked for you. Not contingent on your relationship status. Not delayed until a wedding ring. But now. Today.

When you're rooted in your divine purpose, comparison fades, fear quiets, and confidence blooms. You begin to live with a deep knowing: "I was made for this." You are not waiting to be chosen—you already are. Chosen by God. Loved beyond measure. Equipped for every good work.



Day 7: Rooted in Purpose

Reflect and Apply

1. What does it mean to you to be “rooted in purpose” as a single woman?

2. How can you walk more boldly in your calling starting today?

3. In what ways has God already used you in this season?



Day 7: Rooted in Purpose

Journaling Prompts

1. “Lord, remind me that I am...”

2. “My current purpose includes...”

3. “One way I can serve others this week is...”



Day 7: Rooted in Purpose

Prayer for Today

Heavenly Father, thank You that my life has meaning and value, regardless of my relationship status. Anchor me in Your purpose. Open my eyes to the work You've prepared for me. May I not waste a moment waiting for "someday" when You are calling me to impact lives now. Use me for Your glory, and help me walk forward in faith, joy, and strength. In Jesus' name, Amen.





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