# New Beginnings for Women: Embracing Peace After Abuse



A 7-day journey for women overcoming abuse, discovering God's plan for healing, hope, and new beginnings filled with peace and purpose.





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#### Introduction

Welcome to a transformative 7-day journey designed especially for women seeking healing and hope after abuse. Abuse leaves deep wounds, but God invites you into a new beginning—a future filled with *peace*, restoration, and purpose. This study will guide you through Scripture that speaks directly to your heart, revealing God's promises of love and renewal.

In these days, you'll find encouragement from women in the Bible who faced pain and hardship but found strength in God. You'll explore how God can turn brokenness into beauty and how His plans for you are full of hope, not despair. Each day offers a devotional to nurture your spirit, questions for self-reflection, prompts for journaling, and prayers to bring you closer to God's healing presence.

Whether you feel fragile, fearful, or uncertain about the future, remember, you are not alone. God's Word is a lamp for your feet and a light for your path (Psalm 119:105). As you journey through this study, may you encounter God's peace that surpasses all understanding and begin to embrace the new life He has prepared just for you. Let's take this step together toward freedom, healing, and joyful new beginnings.















#### 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 Is Near to Your Broken Heart

Abuse can leave a heart shattered and a spirit crushed. The painful memories and scars may feel overwhelming. Yet, this day's Scripture reminds us of God's intimate nearness to our pain. Psalm 34:18 tells us that the Lord is close to the brokenhearted. You are not forgotten or abandoned.

God doesn't promise to erase the past instantly, but He draws near to comfort and protect. You can lean into Him when the weight seems too heavy to bear. His loving presence invites you to bring your fears and wounds into His care.

Jesus openly invites you to rest in Him when you are weary and burdened. That rest is not mere physical ease but soul-deep peace. Today is about trusting God to be with you in the ache and pain, offering a refuge and strength you never imagined possible.

Remember, **God's peace begins with knowing He is by your side** even in your darkest moments.







### Reflect and Apply

1. I	Do you believe God truly understands your pain? Why or why not?
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	n what ways can you invite God's presence into moments of fear and adness today?
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	How can resting in God's promises bring peace despite difficult emotions?
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### **Journaling Prompts**

1.	Write about a time when you felt God close to you during suffering.
2.	Describe what peace means to you right now.
3.	List fears or burdens you want to hand over to God in prayer.







#### Prayer for Today

**Dear God,** thank You for drawing near to me when I feel broken and crushed. Help me to rest in Your loving presence and find peace in Your nearness. Heal my wounded heart and fill me with Your strength each day. Teach me to trust Your care even when I feel weak or scared. *Thank You for being my refuge and my comfort.* Amen. \*\*







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#### Your Verse

Jeremiah 29:11 – "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 hope and a future."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- 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."







#### Devotional: God's Plans Bring Hope After Hurt

**Trusting in God's promises can awaken hope even after deep pain.** Jeremiah 29:11 reminds you that God's plans are not to harm you but to give you hope and a future. Your past does not define you, and your present struggles are not the end of your story.

Hope is a choice—and a gift from God. By believing that God's purposes for you are good, you open your heart to healing and new possibilities. His compassion is renewed every day, meaning each sunrise is an invitation to leave behind the shadows and step into His light.

Remember that hope is not blind optimism but a deep trust in God's faithfulness and love. Let today be a turning point where you begin to see beyond your circumstances to the beautiful future God is preparing.







### Reflect and Apply

1.	What hopes do you have for your future after abuse?
2.	How might God's plan for you differ from your past experiences?
3.	What steps can you take to nurture hope even when life feels uncertain?







#### **Journaling Prompts**

1.	Write a letter to your future self filled with hope and encouragement.
2.	List concrete ways you can focus on God's promises daily.
3.	Describe what a hopeful future looks like for you.







#### **Prayer for Today**

**Heavenly Father,** thank You for Your promises of hope and a new future. Help me to trust in Your plans even when I cannot see the way ahead. Fill me with joy and peace as I lean on You. Teach me to embrace each new day as a fresh start with Your loving guidance. *Thank You for never giving up on me.* Amen.



















#### Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Philippians 4:13 "I can do all this through him who gives me strength."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







#### Devotional: God's Strength Fills Your Weakness

In the aftermath of abuse, feelings of weakness and helplessness may dominate your thoughts. Yet God's Word assures us that His grace is enough. Paul's words in 2 Corinthians 12:9 reveal an important truth: God's power is made perfect in our weakness.

This means you don't have to rely on your own strength alone. When you feel powerless, God steps in to provide what you lack. You don't have to "push through" every day by yourself. Lean on God's grace and allow Him to strengthen you from the inside out.

Recognize that weakness can become a place of spiritual strength when surrendered to God. His strength transforms your brokenness into boldness and resilience. Be gentle with yourself as you walk this journey—it is God's power, not your effort, that will carry you forward.







### Reflect and Apply

1.	How can you invite God's strength into your moments of weakness?
2.	What does surrendering your weakness to God look like practically?
3.	How might your past struggles reveal God's power working through you?







### **Journaling Prompts**

1.	Recall a time when God gave you strength during hardship.
2.	Write about areas where you feel weak and want God's help.
3.	Explore fears about weakness and how God's grace addresses them.







#### Prayer for Today

**Lord,** I confess my weakness and need for You today. Your grace is enough to carry me through every difficult moment. Please fill me with Your strength when I feel powerless and renew my spirit with courage. Help me to rely on Your power and not my own efforts. *Thank You for being my ever-present help in times of trouble.* Amen.

















Day 4: 💋 Renewed Identity 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**

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Day 4: Benewed Identity in Christ

#### Devotional: You Are New and Beloved in Christ

After abuse, it can be hard to see yourself beyond the pain inflicted on you. Yet God offers a beautiful truth: in Christ, you are a new creation. Your past does not define you any longer.

Through Jesus, you receive a fresh start—not just a clean slate but a transformed identity. God calls you His handiwork, created with intention and love for a unique purpose. The old wounds and labels lose their power as you embrace your identity as beloved, valued, and chosen.

Let today be about stepping into the freedom of who you are in Christ. No matter what happened, you are radiant with God's love and grace, and He has wonderful things planned for you. Celebrate your new identity as God's cherished daughter and walk forward with hope.







Day 4: 🥬 Renewed Identity in Christ

### Reflect and Apply

	How does knowing you are a new creation in Christ change your view of yourself?
2.	What old labels or lies about yourself do you need to let go of today?
3.	In what ways can you live out your new identity as God's handiwork?







Day 4: 🥬 Renewed Identity in Christ

### **Journaling Prompts**

1.	Write about who you are in Christ using Scripture and your own words.
2.	List negative beliefs you want to replace with God's truth about your identity.
3.	Describe what it feels like to be fully known and loved by God.







Day 4: Benewed Identity in Christ

#### Prayer for Today

**Father**, thank You for making me new in Christ. Help me leave behind old wounds and embrace my identity as Your beloved child. Teach me to see myself through Your eyes—full of purpose, value, and love. Strengthen me to walk boldly in who You created me to be. *In Jesus' name, Amen.* 

















#### Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

#### **Supporting Scriptures**

- Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you."
- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."







#### Devotional: Brave Steps Toward Healing and Freedom

Moving forward after pain requires courage, and God encourages you to be strong and brave. Joshua 1:9 reminds you that you don't walk alone—God goes with you into every new step.

Fear and discouragement can cause hesitation, but God's promise offers confidence. You have the strength you need to confront the future because the Creator of the universe is your constant companion and protector.

Take today as a call to courage. Whether it's seeking help, setting boundaries, or embracing new opportunities, be assured God is empowering you. Courage is not the absence of fear but the boldness to move despite it.







### Reflect and Apply

1.	What fears hold you back from stepping into new beginnings?
2.	How can remembering God's presence help you face challenges bravely?
3.	What is one courageous step you feel ready to take this week?







### **Journaling Prompts**

1.	Write about a time courage helped you overcome a difficult situation.
2.	List fears and counter them with God's promises of strength.
3.	Describe what courage looks like in your healing journey.







#### Prayer for Today

God of Courage, I ask for Your boldness today. Help me to face my fears and move forward with confidence because You are always with me. Strengthen my heart to take brave steps toward freedom and healing. Remind me that with You, I am never alone. *Thank You for Your constant presence and love.* Amen.

















#### 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, to proclaim freedom for the captives."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







#### Devotional: God's Tender Healing for Your Soul

Your soul longs for healing, and God tenderly responds to your pain. Psalm 147:3 assures that God heals broken hearts and binds up wounds, showing His gentle and nurturing love.

Healing is a process that requires patience and trust in God's timing. You may carry invisible scars and emotional pain that feel overwhelming, but God's Spirit moves in to restore and make whole.

Allow yourself to receive God's comfort without shame or hurry. Each step toward healing is precious, and God is delighted as you open your heart to His peace. Trust that you are deeply loved, and His healing hands are ready to renew your life.







### Reflect and Apply

1.	How have you experienced God's healing in your life so far?
2.	What fears or doubts hinder you from fully embracing God's healing?
3.	How can you cultivate patience and trust in your healing journey?







#### **Journaling Prompts**

1.	Describe how you envision God's healing touch working in your heart.
2.	Write about moments when you felt comfort in your pain.
3.	List ways you can nurture your soul as you heal.







#### Prayer for Today

**Heavenly Healer,** I bring my wounds before You and ask for Your gentle healing touch. Mend my broken heart and restore my soul. Help me trust Your timing and love as I walk through this healing journey. Teach me to receive Your comfort and peace daily. *Thank You for never leaving me undone and loving me whole.* Amen.

















#### 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 8:38–39 "Nothing will be able to separate us from the love of God."







#### Devotional: Walking Boldly in God's Freedom

After a season of pain and healing, God calls you to live fully free and joyful. Galatians 5:1 declares that Christ has set you free—a freedom that overcomes chains of the past and pain.

This freedom is not just physical but spiritual and emotional liberation. Knowing you are unconditionally loved by God means no past abuse can define or control your future. His love secures your identity and renews your joy.

Today is an invitation to embrace a future where fear, shame, and hurt do not hold power. Step into your God-given freedom with boldness and gratitude. Celebrate the hope, peace, and joy that come from walking in the light of God's love.







### Reflect and Apply

1.	What does freedom in Christ mean to you personally?
2.	How can you hold onto God's love when old wounds try to resurface?
3.	What joys do you want to embrace as you live in God's freedom?







### **Journaling Prompts**

1.	Write a declaration of freedom over your life today.
2.	List ways God's love has shown you joy amid hardship.
3.	Describe dreams you have for your future filled with peace and hope.







#### Prayer for Today

**Lord Jesus,** thank You for the freedom You have won for me. Help me walk boldly in that freedom every day, remembering Your love is unbreakable. Fill me with joy and peace as I leave behind past pain and step into Your future for me. May my life reflect Your grace and hope. *In Your name, Amen.* \* \(\mathbb{L}\) \(\mathbb{L}\)







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