Rest and Renewal: A Biblical Journey for Women



A 7-day study guiding women to embrace self-care and biblical rest without guilt, promoting healing and renewal after abuse.





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Introduction

Welcome to this heartfelt 7-day Bible study, designed especially for women who are on the journey of recovery from abuse. Healing is never linear, and self-care often comes tinged with feelings of guilt or unworthiness. Yet, God's Word invites us into *rest and renewal*, reminding us that caring for ourselves is not selfish, but sacred.

Throughout this study, we will explore the lives of women in Scripture who demonstrate resilience, faith, and the transformation that occurs when God's healing touch meets the soul weary from pain. From the stories of Hannah's prayerful surrender to Mary's peaceful trust, you will find biblical support that embraces your need for rest and restoration.

Self-care without guilt is rooted in understanding that God values your well-being and created you for fullness of life. This study will encourage you to lean into God's promises of peace and renewal through Scripture, prayer, and reflection. You will be invited to confront and release any shame or misplaced guilt that obstructs your healing journey.

Remember, you are cherished, worthy, and deeply loved by God. As you engage with these Scriptures and meditations, may you discover how rest and renewal are essential gifts from God that empower you to heal, thrive, and reflect His glory.

















Your Verse

Matthew 11:28 — "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







Devotional: Finding Rest in Jesus' Invitation

Many women recovering from abuse carry heavy burdens—shame, fear, pain—that weigh down their spirits. In Matthew 11:28, Jesus extends a tender invitation to all who are weary and burdened to come to Him and find rest. This rest is more than physical relaxation; it is a deep, soul-level renewal that refreshes your innermost being.

God is not calling you to earn His rest through performance or perfection, but to receive it as a gift. In Psalm 34:18, we're reminded that the Lord is especially near when we feel brokenhearted. When the world feels overwhelming, He is the refuge where you can safely lay down your worries and pain.

Embracing this divine rest begins with trusting God's presence in your midst, even when healing feels slow or uncertain. As Isaiah 40:31 promises, hope in the Lord results in renewed strength—the stamina needed for each step forward.

Today, accept Jesus' invitation and give yourself permission to rest without guilt. Your worth is not measured by what you can endure but by the depth of God's love for you.







Reflect and Apply

| 1. V - | What burdens am I carrying that I need to bring to Jesus today? |
|-----------|---|
| - 2 I | How does God's promise of rest challenge my feelings of guilt about self- |
| | eare? |
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| 3. I | n what ways can I begin to hope more fully in the Lord's strength? |
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Journaling Prompts

| 1. | Write down the burdens you want to release to Jesus. |
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| 2. | Describe what rest feels like to you beyond physical relaxation. |
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| 3. | List practical ways you can invite God's rest into your daily routine. |
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Prayer for Today

Dear Lord, thank You for inviting me to come to You with my weariness. Help me to receive Your rest without guilt or hesitation. Heal my broken heart and renew my strength each day. Teach me to trust Your steadfast love as I walk this path of recovery. In Jesus' name, Amen. **\mathref{Y} \mathref{P} \mathref{B}

















Your Verse

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

Supporting Scriptures

- Genesis 1:27 "So God created mankind in his own image; in the image of God he created them; male and female he created them."
- Proverbs 31:25 "She is clothed with strength and dignity; she can laugh at the days to come."







Devotional: Recognizing Your God-Given Worth

In the aftermath of abuse, it is common for women to struggle with feelings of worthlessness or diminished self-esteem. Today's Scriptures remind us of a powerful truth: you are created intentionally and wonderfully by God. Psalm 139:14 affirms that you are fearfully and wonderfully made, reflecting the Creator's care and artistry.

Genesis 1:27 affirms that being made in God's image gives your life unparalleled dignity and value. Your worth is inherent and not dependent on circumstances or others' opinions.

Proverbs 31:25 encourages women to embrace strength and dignity, facing each new day with confidence. This does not suggest invulnerability but an empowered spirit sustained by God's grace.

Valuing yourself as God's unique creation is a crucial step in overcoming guilt and embracing self-care. It is an act of faith to believe God's perspective of you, especially when your past has sought to diminish that reality. As you meditate on these verses, may you begin to see yourself through God's eyes—worthy, honored, and deeply loved.







Reflect and Apply

| How does seeing yourself as wonderfully made challenge negative selfbeliefs? |
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| What areas of your life reflect strength and dignity you may have overlooked? |
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| How can understanding your identity in God's image influence your self-care practices? |
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Journaling Prompts

| 1. | Write down traits you believe God appreciates about you. |
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| 2. | Reflect on moments when you felt strong or dignified despite difficulties. |
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| 3. | Describe how embracing your God-given worth changes your view of self-care. |
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Prayer for Today

Heavenly Father, thank You for creating me with intentionality and love. Help me to see myself as You see me—wonderfully made and deeply valuable. Fill me with strength and dignity as I move forward. Teach me to embrace selfcare as a loving response to Your creation. In Jesus' name, Amen.

















Day 3: Healing Through God's Strength

Your Verse

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

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 3: V Healing Through God's Strength

Devotional: Embracing God's Power in Weakness

Healing from abuse often feels overwhelming, and weakness may seem like a hindrance. Yet, in 2 Corinthians 12:9, Paul shares a profound truth: God's grace fills every gap of our weakness, and His power is perfected within it.

This means that your vulnerability is not a liability but a space where God's transformative strength can be showcased. In Psalm 147:3, God is described as the Healer of broken hearts who tenderly binds wounds.

Isaiah 41:10 reassures us not to fear because God is present in every moment of pain and recovery. Accepting weakness as part of your journey allows God's grace to work deeply within you.

Rather than running from your pain, invite God's power to infuse your healing. This transforms self-care into a spiritual act where grace meets need, offering restoration.







Day 3: **(**) Healing Through God's Strength

Reflect and Apply

| 1. | What weaknesses or vulnerabilities have I been reluctant to offer to God? |
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| 2. | How can I invite God's grace to work through my healing journey? |
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| | In what ways might my experiences be used for God's glory despite or because of my weakness? |
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Day 3: **(**) Healing Through God's Strength

Journaling Prompts

| 1. | List areas of weakness you want to surrender to God's power. |
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| 2. | Write a prayer asking God to perfect His strength in your life. |
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| 3. | Reflect on past moments when God's grace helped you endure challenges. |
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Day 3: Healing Through God's Strength

Prayer for Today

Lord Jesus, I thank You that Your grace is enough and Your power shines in my weakness. Help me surrender my fears and pain to You, trusting Your healing touch. Strengthen me to continue this journey with courage and hope. In Your holy name, Amen. **Para**

















Your Verse

Psalm 23:3 — "He restores my soul. He guides me along the right paths for his name's sake."

Supporting Scriptures

- Jeremiah 31:25 "I will refresh the weary and satisfy the faint."
- Matthew 6:33 "Seek first his kingdom and his righteousness, and all these things will be given to you as well."







Devotional: God's Promise to Renew and Guide

The journey from pain to healing requires not only physical rest but a deep soul restoration. Psalm 23:3 beautifully portrays God as the Restorer of souls who leads us on paths of righteousness.

In the face of brokenness, God's desire is to refresh your weary heart and satisfy your faint spirit (Jeremiah 31:25). This refreshment is a sacrificial offering rooted in His unfailing love.

Matthew 6:33 encourages seeking God first as the path toward provision and peace. Prioritizing spiritual renewal invites God's guidance, which is essential for discerning healthy self-care and boundaries.

Allow yourself to rest in the knowledge that God is actively restoring your soul and leading your steps. As you walk with Him, self-care becomes an outgrowth of this sacred restoration rather than a source of guilt.







Reflect and Apply

| 1. | What areas of my soul feel most in need of restoration? |
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| 2. | How can seeking God's kingdom transform my self-care practices? |
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| 3. | In what ways can I listen more attentively to God's guidance today? |
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Journaling Prompts

| Describe what soul restoration looks like for you personally. |
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| Write about times God has refreshed you in weariness. |
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| Plan one way to seek God first this week and journal the experience. |
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Prayer for Today

Gracious God, thank You for restoring my soul and guiding my path. Refresh my weary heart and satisfy my deepest needs. Teach me to seek Your kingdom above all else and trust Your provision in my healing. In Jesus' name, Amen.

















Day 5: Walking in Renewal and Hope

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; great is your faithfulness."

Supporting Scriptures

- Romans 8:38–39 "Nothing can separate us from the love of God."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 5: Walking in Renewal and Hope

Devotional: Embracing New Mercies Each Day

Healing is often filled with setbacks, but God's mercies offer fresh hope each new day. Lamentations 3:22–23 inspires us with God's unfailing compassion that renews like the morning sun.

For women recovering from abuse, the past may try to haunt or define you, but Romans 8:38–39 assures that nothing can separate you from God's love – not pain, fear, or shame.

2 Timothy 1:7 reminds us that God's Spirit fills us with power, love, and self-discipline—not fear. This empowers you to take courageous steps toward freedom and self-care.

Each morning is a promise that healing continues, and God's faithfulness escorts you into a future filled with hope. Trusting His daily mercies allows you to walk forward with renewed strength and confidence.







Day 5: 🛱 Walking in Renewal and Hope

Reflect and Apply

| 1. | How does God's daily new mercy encourage me in my healing? |
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| 2. | What fears or doubts can I release to embrace God's power today? |
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| 3. | In what ways can I practice love and self-discipline as part of self-care? |
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Day 5: 🛱 Walking in Renewal and Hope

Journaling Prompts

| 1. | Write a letter to yourself encouraging hope based on God's faithfulness. |
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| 2. | Identify fears you want to surrender to God's Spirit. |
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| 3. | Outline practical ways to demonstrate love and self-discipline this week. |
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Day 5: 🔀 Walking in Renewal and Hope

Prayer for Today

Faithful God, thank You for Your mercies that are new every morning. Help me to walk in hope and strength, empowered by Your Spirit. Cast out fear and fill me with love as I grow in healing. In Jesus' name, Amen.

















Day 6: ★ Renewing Mind and Heart

Your Verse

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

Supporting Scriptures

- Philippians 4:8 "Think about such things ... whatever is true, noble, right, pure, lovely, admirable."
- Ephesians 4:23 "Be made new in the attitude of your minds."







Day 6: ★ Renewing Mind and Heart

Devotional: The Power of Mind Renewal

Emotional wounds deeply impact our thoughts and self-perception, often creating unhealthy patterns. Romans 12:2 invites believers to be transformed through the continual renewing of the mind—a key component of recovery for women healing from abuse.

Choosing to focus on what is true, noble, and pure (Philippians 4:8) rewires negative thought cycles, opening space for God's truth to set you free.

Ephesians 4:23 stresses the importance of renewing your heart attitude, which shapes how you respond to life and yourself.

Mind renewal is not an instant cure but a daily choice to invite the Holy Spirit to realign your thoughts with God's truth. This empowers you to step away from guilt and self-condemnation toward truth, peace, and joy.







Day 6: 🛠 Renewing Mind and Heart

Reflect and Apply

| ow can focusing on virtuous qualities shape my emotional healing? |
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| hat daily habits can help me renew my mind and heart effectively? |
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Day 6: 🛠 Renewing Mind and Heart

Journaling Prompts

| | List unhelpful thoughts and write corresponding Scriptures as truth-filled replacements. |
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| 2. | Reflect on a time when focusing on positive things changed your mood or perspective. |
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| 3. | Create a personal plan for daily mind renewal practices. |
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Day 6: ★ Renewing Mind and Heart

Prayer for Today

Holy Spirit, guide me in the renewing of my mind and heart. Help me to replace harmful thoughts with Your truth and to embrace Your transforming power. Teach me daily to focus on what is pure and lovely as I heal. In Jesus' name, Amen. *









Day 7: & Living in Freedom and Joy









Day 7: 🍇 Living in Freedom and Joy

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







Day 7: 🍇 Living in Freedom and Joy

Devotional: Freedom and Joy in Christ's Love

Today, we celebrate the freedom and joy available in Christ for every woman recovering from abuse. Galatians 5:1 powerfully states that Christ has set us free—not just partially, but completely.

John 8:36 confirms that this freedom is genuine and eternal. No past pain or brokenness can bind you when Christ's love breaks every chain.

Nehemiah 8:10 reminds us that the joy of the Lord is our strength—a joy that uplifts the soul and equips us to face the future with hope.

Living in freedom means embracing self-care as an expression of God's love and victory in your life. Moving forward, let your heart be filled with joy, knowing that rest, renewal, and healing are both promises and realities.







Day 7: 👸 Living in Freedom and Joy

Reflect and Apply

| 1. | What does freedom in Christ mean to me personally? |
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| 2. | How can I cultivate joy amidst ongoing healing? |
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| 3. | In what ways can I share this freedom and hope with others? |
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Day 7: 餐 Living in Freedom and Joy

Journaling Prompts

| 1. | Write about what freedom in Christ looks like in your life today. |
|----|--|
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| 2. | Describe moments when God's joy strengthened you. |
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| | Brainstorm how you can encourage other women with your story of healing. |
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Day 7: 🍇 Living in Freedom and Joy

Prayer for Today

Loving Father, thank You for setting me free by Your Son's sacrifice. Fill me with Your joy and strength as I live in this freedom daily. Help me to love myself well and to share hope with others. May Your peace overflow in my heart forever. In Jesus' name, Amen.







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