



Restoring Faith: Women Rebuilding Trust in God



A 7-day plan to help women rebuild faith and trust
after crises, anchoring hope and strength in
Scripture and God's promises.

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Introduction

Welcome to this transformative 7-day journey focused on *women restoring their faith after a crisis of belief*. Faith crises can shake the very foundation of our trust in God, leaving us feeling lost, confused, or even abandoned. However, Scripture is full of women who faced overwhelming challenges and doubts, yet experienced God's faithful restoration and grace.

Through stories of biblical women, combined with God's eternal promises, this plan will encourage you to rebuild your spiritual foundation with hope, patience, and strength. You will find that the God who never fails walked with these women—and He will faithfully walk with you too.

Each day, you will explore scripture and devotional reflections designed to speak healing into your heart, helping you understand that faith is not about perfection but about trusting God even in the midst of questions and pain. Let the Spirit guide you as you rediscover God's love, purpose, and renewal for your life. You are not alone; this is a journey of restoration and deeper trust.

Prepare your heart to be refreshed, your mind to be renewed, and your faith to be rebuilt—one day at a time.





Day 1: Embracing God's Presence in Doubt



Day 1: 🌿 Embracing God's Presence in Doubt

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.'*



Day 1: 🌿 Embracing God's Presence in Doubt

Devotional: Finding God Near the Brokenhearted

Doubt is a natural part of faith. When your belief has been shaken, it's easy to feel distant from God, but He draws near especially when we feel broken. Psalm 34:18 reminds us that God is not far away; He is close to the brokenhearted and offers salvation to those crushed in spirit. Women in the Bible, like Hannah who sorrowed deeply because she was childless, openly expressed their pain and doubts to God, trusting He heard their cries.

Restoring faith begins by embracing God's presence amidst your doubt. Instead of pushing away your feelings, invite God into those vulnerable moments. Give Him your questions and pains, believing He is nearby and ready to meet you in your brokenness. This closeness is the first cornerstone to rebuilding your trust—knowing that your pain is seen and not ignored.

Remember, your crisis of belief is not the end but a sacred space where God can draw you closer and renew your spirit.



Reflect and Apply

1. How has doubt shaped your current relationship with God?

2. Can you identify specific moments when you felt God's presence during hardship?

3. In what ways can embracing your brokenness open you to God's restoration?



Day 1: 🌿 Embracing God's Presence in Doubt

Journaling Prompts

1. Write about a time when God comforted you in your weakest moment.

2. List feelings or questions you currently have that you want to bring honestly to God.

3. Describe what it means to you that God is close to the brokenhearted.



Day 1: 🌿 Embracing God's Presence in Doubt

Prayer for Today

Heavenly Father, I thank You that You are near to me, even when my heart feels broken and my faith is shaken. Help me to bring my doubts and pain to You without fear, trusting that You hold me close in every moment. Restore my soul and fill me with Your peace. Teach me to lean into Your presence and find comfort in Your unwavering love. Strengthen my faith, Lord, as I walk this journey of rebuilding trust in You. In Jesus' name, Amen. 🙏🌿❤️✨





Day 2: 🔥 The Power of Persistent Prayer



Day 2: 🔥 The Power of Persistent Prayer

Your Verse

Luke 18:1 "Then Jesus told his disciples a parable to show them that they should always pray and not give up."

Supporting Scriptures

- *1 Thessalonians 5:17 - 'Pray continually,'*
- *Romans 12:12 - 'Be joyful in hope, patient in affliction, faithful in prayer.'*



Day 2: 🔥 The Power of Persistent Prayer

Devotional: Strengthening Faith Through Persistent Prayer

When faith falters, prayer becomes our lifeline. It is in persistent conversation with God that our doubts begin to transform into deep trust. Jesus encouraged His disciples to never give up praying, using a parable to teach that perseverance in prayer strengthens our connection with God.

Consider the story of the widow in Luke 18 who kept asking the unjust judge for justice. Her persistence won the day—not because the judge cared, but as a reflection of the power in persistent faith. Similarly, women in Scripture, like Hannah and Anna, prayed with unwavering hope despite long seasons of waiting and uncertainty.

Prayer invites God into your crisis, making it a sacred dialogue that rebuilds your foundation. Each time you pray, you are expressing reliance on God even when answers feel delayed. This consistency nurtures spiritual growth and restores confidence that God is at work, even when unseen.



Day 2: 🔥 The Power of Persistent Prayer

Reflect and Apply

1. What role does prayer currently play in your faith journey?

2. How can cultivating persistent prayer impact your hope amid crisis?

3. Are there prayers you've been hesitant to bring to God? Why?



Day 2: 🔥 The Power of Persistent Prayer

Journaling Prompts

1. Write down your current prayer requests and promises you want to claim.

2. Reflect on a time persistent prayer led to a breakthrough in your life.

3. Describe how prayer changes your view of God during difficult times.



Day 2: 🔥 The Power of Persistent Prayer

Prayer for Today

Dear Lord, Teach me to pray without ceasing, especially when my faith feels fragile. Help me to persist with hope, even when answers seem delayed or unclear. Strengthen my heart to trust Your timing and Your plans. Let my prayers be a source of strength and renewal, reminding me that You are always listening and always faithful. Thank You for being my refuge in times of uncertainty. In Jesus' name, Amen. 🙏🔥🌟🕊️



Day 3: 🌸 Embracing God's Strength in Weakness



Day 3: 🌸 Embracing God's Strength in Weakness

Your Verse

2 Corinthians 12:9 "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"

Supporting Scriptures

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



Devotional: God's Power Perfected in Our Weakness

In moments of vulnerability, God's grace shines brightest. When we feel weak or unable to stand on our own, God's power lifts us up. The apostle Paul's words in 2 Corinthians remind us that our limitations are not obstacles but invitation points for God's strength to prevail.

Biblical women like Esther demonstrated courage not because they were invincible, but because they embraced their weaknesses and trusted in God's sufficient grace. Esther's vulnerability became a channel for God's mighty deliverance for her people.

Allow yourself to lean into God's strength instead of striving in your own power. Acknowledge areas of weakness and let God fill those spaces with His grace and might. This mindset shift rebuilds trust by showing that faith is not about self-sufficiency but God-sufficiency.

Remember, even in your frailty, God's power is perfect and ready to carry you forward.



Reflect and Apply

1. How do you respond emotionally to your own weaknesses?

2. Can you identify past experiences where God's strength was evident in your vulnerability?

3. What changes when you rely more on God's power than your own?



Journaling Prompts

1. Write about a weakness you struggle with and surrender it to God today.

2. List ways God has demonstrated His strength during difficult seasons.

3. Describe what it means to experience God's grace as sufficient for you.



Day 3: 🌸 Embracing God's Strength in Weakness

Prayer for Today

Gracious Father, Thank You that Your grace is enough for me, especially when I feel weak and powerless. Teach me to surrender my struggles and lean on Your strength each day. Help me remember that Your power is made perfect in my weakness. Renew my faith and give me courage to face challenges with confidence in You. I praise You for being my strength and refuge. In Jesus' name, Amen. 🙏🌸💪🌟





Day 4: 🌸 Learning from Biblical Women's Faith



Your Verse

Hebrews 11:1 "Now faith is confidence in what we hope for and assurance about what we do not see."

Supporting Scriptures

- *Luke 1:45 - 'Blessed is she who has believed that the Lord would fulfill his promises to her!'*
- *Romans 4:20 - 'Yet he did not waver through unbelief regarding the promise of God.'*



Day 4: 🌸 Learning from Biblical Women's Faith

Devotional: Inspiring Faith from Women in Scripture

Faith is a confident assurance in God's promises. Women throughout the Bible serve as inspirations for rebuilding faith after doubt and crisis. From Sarah, who laughed yet ultimately trusted God's promises, to Mary, who believed and submitted to God's will despite uncertainty, these women demonstrate various facets of trusting God.

Hebrews 11 celebrates faith as something not merely felt but acted upon with confidence. Even when facing the unknown, these women chose faith over fear. Their stories teach us to hold onto hope—even when evidence seems absent or delayed.

Draw encouragement from their journeys and let their courage inspire your own steps of faith. You don't have to have all the answers right now—faith is about trusting God's character and future fulfillment. Let these examples rebuild your foundation and point your eyes toward hope.



Reflect and Apply

1. Which biblical woman's story resonates most with your journey?

2. How does understanding biblical faith encourage you amid your doubts?

3. What promises from God do you want to hold onto when trust is hard?



Day 4: 🌸 Learning from Biblical Women's Faith

Journaling Prompts

1. Write about a biblical woman's faith journey that inspires you.

2. List personal hopes you choose to hold onto in faith today.

3. Reflect on how you can take one step of faith this week.



Day 4: 🌸 Learning from Biblical Women's Faith

Prayer for Today

Lord God, Thank You for the examples of women in the Bible whose faith inspires me. Help me to grow in confidence and trust in Your promises, even when I cannot see the full path ahead. Strengthen my assurance in You and renew my hope daily. Teach me to live by faith, embracing Your timing and grace. I surrender my fears and choose to believe. In Jesus' name, Amen. 🙏





Day 5: 🌻 Rebuilding Trust Through God's Promises



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



Devotional: Anchoring Trust in God's Promises

Trust is rebuilt through the steady foundation of God's promises. After a crisis shakes your faith, holding tightly to God's Word anchors your heart and mind. Joshua's charge to be strong and courageous is not just for ancient Israel but for you today—God goes with you wherever you face uncertainty.

Repeatedly, Scripture assures us of God's presence and protection. Biblical women stood firm on promises even when fear lurked around them. Trust is not the absence of fear but the decision to believe God is with you regardless.

Make God's promises your daily reminder that you are never alone or forsaken. Write them down, memorize them, and speak them aloud. Let them replace discouragement with courage, doubt with assurance.

This practice rebuilds your foundation and renews your peace amid life's storms.



Reflect and Apply

1. What promises from God have given you hope in difficult moments?

2. How does embracing God's presence help you overcome discouragement?

3. In what ways can daily reminders of God's Word strengthen your faith?



Journaling Prompts

1. Write out a favorite Bible promise that encourages you right now.

2. Reflect on a time when trusting God's presence changed your perspective.

3. Plan how you will incorporate God's promises into your daily routine.



Day 5: 🌻 Rebuilding Trust Through God's Promises

Prayer for Today

Faithful God, Thank You that You go with me wherever I go. Help me to be strong and courageous, not because my strength is enough, but because You are my refuge and ever-present help. Teach me to hold fast to Your promises, trusting that You will never leave or forsake me. Restore my courage and rebuild my trust day by day. I place my hope fully in You. In Jesus' name, Amen. 🙏🌻🛡️❤️





Day 6: 🌸 Healing Through God's Compassion



Day 6: 🌸 Healing Through God's Compassion

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

- *Psalm 103:13 - 'As a father has compassion on his children, so the Lord has compassion on those who fear him.'*
- *Matthew 9:36 - 'When he saw the crowds, he had compassion on them.'*



Day 6: 🌸 Healing Through God's Compassion

Devotional: Restoring Faith Through God's Compassion

God's compassion is a healing balm for wounded faith. After crisis, hearts often carry scars of pain, disappointment, or betrayal. Yet God's love and compassion offer restoration. Lamentations declares that God's compassions never fail and are renewed every morning, inviting us to find daily hope in His faithfulness.

Biblical women experienced God's compassion deeply. For instance, Naomi found renewal of heart when Ruth returned to care for her, reflecting God's tender love. Jesus' compassion for the hurting exemplifies God's heart for restoration.

Allow God's compassion to soften your wound and encourage your soul. Let God's love wash over your pain and rebuild your capacity to trust again. Compassion is the root of God's faithfulness; His daily mercy renews your spirit and gives you a fresh start.



Reflect and Apply

1. How have you experienced God's compassion in your darkest moments?

2. What feelings do you need to surrender to God's compassionate care?

3. How can embracing God's daily mercy change your perspective on faith recovery?



Journaling Prompts

1. Write about a moment when you felt God's compassion personally.

2. Reflect on wounds or disappointments you want God to heal.

3. Describe how you can extend God's compassion to yourself and others.



Day 6: 🌸 Healing Through God's Compassion

Prayer for Today

Compassionate Father, Thank You that Your love and mercies never fail. I ask for Your healing touch on my broken places and for Your compassion to restore my weary heart. Help me to embrace Your faithfulness each new day and to receive Your grace freely. Renew my spirit and teach me to trust again, wrapped in Your unfailing love. In Jesus' name, Amen. 🙏 🌸 ❤️ 🌅





Day 7: ✨ Moving Forward in Faith and Hope



Day 7: ✨ Moving Forward in Faith and Hope

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



Day 7: ✨ Moving Forward in Faith and Hope

Devotional: Step Forward with Renewed Hope and Trust

Faith restored invites hope-filled forward movement. As you near the end of this study, remember that God has good plans for your life—even when the path has been difficult. Jeremiah 29:11 assures you of a hopeful future shaped by God's loving hand.

Faith is a journey, and every step forward, no matter how small, signals growth and renewed trust. Women in Scripture faced uncertain futures yet stepped bravely into God's promises. Like Ruth, who left her past behind and embraced a new life, you too are invited to move forward empowered by faith and hope.

Let go of past doubts and embrace God's plan with confidence. Trust that God's purpose for you is good, and allow His peace and joy to fill your heart as you journey onward. Your faith foundation is being rebuilt—stronger and deeper than before.



Reflect and Apply

1. What does moving forward in faith look like for you personally?

2. How can you embrace God's plan even when the future is uncertain?

3. In what ways can hope influence your daily choices and attitude?



Day 7: ✨ Moving Forward in Faith and Hope

Journaling Prompts

1. Write a letter to yourself expressing your faith goals moving forward.

2. List concrete steps you can take to nurture your renewed trust in God.

3. Describe what hope means to you after this Bible study journey.



Day 7: ✨ Moving Forward in Faith and Hope

Prayer for Today

Lord of Hope, Thank You for the plans You have for me—plans filled with hope and a future. Help me to trust You wholeheartedly and to move forward with courage and peace. Fill me with joy as I follow Your guidance and step into all You have prepared. May my renewed faith shine as a testimony of Your faithfulness. Empower me to live boldly in Your love. In Jesus' name, Amen.





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