Restoring Joy: A Biblical Journey for Women Healing from Betrayal



A 7-day study to help women reclaim joy and trust through Scripture after narcissistic betrayal.





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Introduction

Welcome to this transformative journey designed especially for women seeking restoration after the deep wounds of narcissistic betrayal. *Such betrayal can shatter trust, leaving painful doubts and sorrow in its wake.* Yet, the Bible offers profound hope and practical guidance for healing and reclaiming joy.

Throughout this study, we'll walk through God's Word to understand His heart for those who have been deeply hurt and learn how to restore trust in a safe, biblical way. You are not alone; God sees your pain and states clearly that joy can be renewed even after profound loss.

Each day, you will engage with Scripture that highlights God's unwavering love, restoration, and wisdom. You'll be invited to reflect deeply on His promises and practical truths, helping you rebuild your foundation of trust—not only in Him but in healthy relationships moving forward.

This journey is about restoration rooted in God's justice and compassion, empowering you to embrace a future filled with hope and renewed joy. So take heart—we will walk this path together, leaning on God's Word and Spirit to bring healing and peace. May you find strength, comfort, and fresh courage in these pages as God restores your soul.







Day 1: Brokenness









Day 1: 💋 Finding Hope in Brokenness

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







Day 1: 💋 Finding Hope in Brokenness

Devotional: God's Nearness in Your Pain

When betrayal cuts deep, it can feel as if hope is out of reach. The pain often leaves us crushed in spirit, questioning God's presence and care.

Yet, Psalm 34:18 reminds us that God is exceptionally near during these times of brokenness. He does not distance Himself but draws close to offer comfort and healing.

Understanding that God identifies with our pain is the first step toward restoration. He sees your bruised spirit and offers tender care. This is not a passive presence; He actively saves and mends your broken heart.

Let this truth fill you with renewed hope today. You are not isolated in your sorrow—God is intimately near, ready to walk alongside you as the journey to healing begins. Trust that His love can restore even the most shattered parts of your heart.







Day 1: **B** Finding Hope in Brokenness

Reflect and Apply

1.	How does knowing God is close to the brokenhearted change your view of your pain?
2.	What fears or doubts about God do you need to surrender today?
3.	In what ways can you begin to welcome God's healing into your brokenness?







Day 1: **B** Finding Hope in Brokenness

Journaling Prompts

1.	Describe your current feelings about your pain and healing journey.
2.	Write a prayer asking God to reveal His presence in your brokenness.
3.	List moments, even small ones, when you sensed God's comfort recently.







Day 1: 💋 Finding Hope in Brokenness

Prayer for Today

Heavenly Father, thank You for being close to me in my brokenness. When my heart feels crushed by betrayal, remind me that You are near and You care deeply. Help me to trust in Your healing power and to lean into Your presence in moments of pain. Restore my soul and give me hope for the days ahead. Surround me with Your peace that surpasses all understanding. In Jesus' name, Amen.











Day 2: **(**) Rebuilding Trust in God









Day 2: Nebuilding Trust in God

Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Psalm 56:3 "When I am afraid, I put my trust in you."
- Jeremiah 29:11 "For I know the plans I have for you," declares the LORD.







Day 2: Nebuilding Trust in God

Devotional: Learning to Trust the Lord First

After the betrayal of trust, it's natural to feel hesitant to trust again—especially in relationships. But God calls us first to place our trust fully in Him. Proverbs 3:5–6 encourages us to lean not on our own understanding, which can be clouded by pain and doubt, but to submit to God's wisdom and guidance.

Trusting God doesn't mean we ignore hurt or rush healing; it means choosing to rely on His faithfulness above our feelings. He is steady and sure even when our emotions waver.

This is a powerful step toward reclaiming your confidence—for God will direct your steps on a path made right and secure. As you learn to trust Him, your heart will gradually open to trusting others in safe, healthy ways aligned with His protection and love.







Day 2: **(**) Rebuilding Trust in God

Reflect and Apply

1.	What areas of your heart struggle most with trusting God after betrayal?
	How can you remind yourself daily to lean on God's understanding instead of your doubts?
	What does submitting to God's guidance look like in your healing journey?







Day 2: **(**) Rebuilding Trust in God

Journaling Prompts

1.	Write about a time when God's faithfulness helped you trust despite fear.
2.	Identify any barriers you feel in trusting God today.
3.	Make a list of practical ways you can practice submitting decisions to Goothis week.







Day 2: Nebuilding Trust in God

Prayer for Today

Lord, *I confess my fears around trusting again.* Help me to place my full trust in You, knowing that Your understanding is perfect even when mine is not. Guide my heart and decisions as I rebuild trust in You and others. Give me courage to step forward on the path You make straight and to embrace the hope You offer. In Jesus' name, Amen.



















Day 3: \(\rightarrow \) Healing Emotional Wounds

Your Verse

Jeremiah 30:17 - "I will restore you to health and heal your wounds," declares the LORD.

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 71:20 "Though you have made me see troubles, many and bitter, you will restore my life again."







Day 3: \(\rightarrow \) Healing Emotional Wounds

Devotional: God's Promise to Heal Your Deepest Hurts

Emotional wounds from betrayal can feel overwhelming and long-lasting. Yet God's promise in Jeremiah 30:17 is one of restoration and healing.

He desires to restore your health and mend the deepest hurts you carry. Healing is a process—sometimes gradual—but God assures us He is at work, even when we cannot see immediate results.

Jesus invites all who are weary and burdened to come to Him for rest. Receiving His peace and comfort is a crucial part of healing emotional wounds. Trust that the Lord sees every tear and pain you have endured, and He promises not only relief but restoration of joy.







Day 3: 👌 Healing Emotional Wounds

Reflect and Apply

1.	What emotional wounds are you currently carrying from the betrayal?
2.	How have you tried to find healing, and what has helped or hindered?
	In what ways can you accept Jesus' invitation to come to Him for rest and renewal?







Day 3: 👌 Healing Emotional Wounds

Journaling Prompts

1.	Write a letter to God expressing your pain and desire for healing.
2.	Recall a moment when you felt God's healing touch—describe it.
	List practical steps you can take to nurture your emotional healing this week.







Day 3: \(\rightarrow \) Healing Emotional Wounds

Prayer for Today

Dear Jesus, *Thank You for Your promise to heal my wounded heart.* I come to You, seeking the rest and restoration only You can provide. Please mend the hurts too deep for words and renew my spirit with Your peace. Teach me to lean on Your strength as You restore joy in my soul. In Your loving name, Amen.









Day 4: Day Embracing Your Identity in Christ









Day 4: 💮 Embracing Your 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 3:26 "You are all children of God through faith in Christ Jesus."
- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."







Day 4: 💮 Embracing Your Identity in Christ

Devotional: Discovering Your New Identity in Christ

After betrayal, it's common to question who we are or feel diminished by shame. However, God's Word tells us clearly that in Christ, we are made new.

2 Corinthians 5:17 declares that the old—your past pain, regrets, and brokenness—has passed away and a new creation has begun. Your identity is no longer defined by what happened to you but by who you are in Him: a beloved, fearfully and wonderfully made child of God.

Embracing this truth is critical to reclaiming joy and building trust. When your foundation is secure in Christ's unconditional love, you can walk forward without carrying shame or the lies of betrayal.







Day 4: 🎡 Embracing Your Identity in Christ

Reflect and Apply

1.	How has betrayal affected your view of yourself?
2.	What does being a 'new creation' in Christ mean to you personally?
	What lies about your identity do you need to replace with God's truth today?







Day 4: 🎡 Embracing Your Identity in Christ

Journaling Prompts

1.	Write down the ways God sees you according to Scripture.
2.	Describe how you want to live out your new identity this week.
	Identify any negative self-perceptions to surrender and replace with God's Word.







Day 4: 💮 Embracing Your Identity in Christ

Prayer for Today

Father God, *Thank You for making me new in Christ.* Help me to leave behind the old story marked by pain and shame, and to embrace the identity You give me—as Your beloved daughter. Strengthen my heart to walk confidently in this truth and to reflect Your love in all I do. In Jesus' name, Amen.

















Your Verse

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

Supporting Scriptures

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







Devotional: The Freedom Forgiveness Brings

Forgiveness after narcissistic betrayal may feel impossible or unsafe. Yet Scripture invites us into the liberating path of forgiving—not to condone harm but to release bitterness and reclaim freedom.

Ephesians 4:31–32 reminds us that forgiving others is a reflection of the forgiveness we have received from Christ. Forgiveness is not about forgetting but about choosing to let go of resentment and bitterness that trap us in pain.

Walking in forgiveness opens your heart to healing, peace, and new relationships built on compassion. It is a courageous act that releases both your victimhood and your hope for restoration.







Reflect and Apply

1.	What feelings arise when you think about forgiving the one who betrayed you?
	How can forgiving be a step toward healing rather than excusing wrongdoing?
3.	What might God be inviting you to release through forgiveness today?







Journaling Prompts

1.	Write honestly about your struggles with forgiveness.
2.	Consider what forgiveness might look like practically in your life.
3.	Pray for the ability to forgive and describe how freedom would feel.







Prayer for Today

Lord Jesus, *Forgiveness feels hard, but I want to follow Your example.* Please help me release bitterness and resentment and fill my heart with kindness and compassion. Teach me to forgive as You have forgiven me, so I can walk in freedom and peace. Heal the wounds forgiveness can touch. Amen.



















Day 6: 😂 Embracing Joy and New Beginnings

Your Verse

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

Supporting Scriptures

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in Him."







Day 6: 😂 Embracing Joy and New Beginnings

Devotional: God's Joy as Your Strength

Joy can seem distant when healing from betrayal feels slow or incomplete. But God offers a joy that is not circumstantial—it is a supernatural strength that fuels our endurance.

Nehemiah 8:10 reminds us that the joy of the Lord is our strength. This joy empowers us to face new beginnings with hope and courage.

As you continue healing, invite God's joy to permeate your heart. Choose to celebrate small victories and trust that morning will come after the night. God's presence brings renewal, and with Him, every new beginning carries promise and purpose.







Day 6: 🛱 Embracing Joy and New Beginnings

Reflect and Apply

1.	What steals joy from your heart in the midst of healing?
2	How can you cultivate the joy of the Lord daily?
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3.	What new beginnings do you sense God calling you toward?







Day 6: 🛱 Embracing Joy and New Beginnings

Journaling Prompts

1.	List moments this week when you experienced joy despite pain.
2.	Write about what a new beginning looks like for you now.
3.	Pray for a heart full of God's joy and note your feelings afterward.







Day 6: Day 6: Embracing Joy and New Beginnings

Prayer for Today

Gracious Father, *Thank You that Your joy is my strength.* In moments of weariness, fill me with Your peace and hope. Help me to embrace each new day as a fresh start, trusting You to lead me toward joy and purpose. May Your joy overflow in my heart always. 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

- Isaiah 41:13 "I am your God who takes hold of your right hand and says to you, Do not fear; I will help you."
- Hebrews 13:5 "Never will I leave you; never will I forsake you."







Devotional: Courage to Embrace God's Future for You

As this week draws to a close, the next step is moving forward with faith and courage. Joshua 1:9 calls us to strength, reminding us that God's presence goes before us in every situation.

Fear and discouragement often fight for our attention after betrayal, but God commands us to reject them and trust in His ongoing help and presence. He is by your side, holding your hand through each step.

Walking forward is a choice—a choice to trust God's faithfulness beyond pain, to embrace hope, and to live confidently in His promises. May you step into the future empowered by His love and the lessons learned in this study.







Reflect and Apply

1.	What fears hold you back from moving forward in faith?
2.	How have you experienced God's presence through this healing journey?
3.	What practical steps can you take to walk courageously in the days ahead?







Journaling Prompts

1.	Write about what courage means in your situation.
2.	List promises from God's Word you want to hold onto moving forward.
3.	Pray for strength and boldness to embrace the future God has for you.







Prayer for Today

Lord God, *Thank You for Your promise to be with me always.* Help me to be strong and courageous as I step into the future You have prepared. Remove fears and discouragement and fill me with confidence in Your faithful presence. Hold my hand and guide me in every step. In Jesus' name, Amen.









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