# Restoring the Mind: A 21-Day Journey Through Scripture for Complex PTSD



Discover healing and hope through Scripture as you navigate the challenges of Complex PTSD in this transformative 21-day Bible study.





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#### Introduction

Living with Complex Post-Traumatic Stress Disorder (C-PTSD) is a unique and often difficult journey. It brings challenges to the mind, heart, and spirit that affect every part of life. *Yet the Bible offers deep comfort, guidance, and healing for those struggling with emotional wounds and trauma.* This 21-day study invites you to explore Scripture through the lens of mental health and emotional restoration.

Unlike simple stress or temporary hardships, C-PTSD often results from prolonged and repeated trauma, leaving scars that feel overwhelming and complex. But God's word reminds us that He is near to the brokenhearted and saves those who are crushed in spirit (**Psalm 34:18**). Each day, you will find God's promises to help release burdens, renew your mind, and deepen your hope.

Throughout this study, you will engage with passages that address anxiety, fear, shame, identity, peace, and hope—core issues that often intersect with trauma recovery. You will be encouraged by Scripture that honors your pain but also lifts your gaze towards God's sustaining power. In these pages, you will not only find comfort but also practical spiritual tools to help face daily battles and long-term healing.

This journey is designed to meet you where you are — with compassion and truth. Whether your pain feels raw and unshakable or you're seeking new strength to persevere, these reflections, prayers, and questions aim to draw







you closer to God's heart. Healing is not linear, and sometimes progress is slow. But God's steadfast love never wavers, and He offers a peace the world cannot give (John 14:27).

As you commit these next 21 days to God, may you experience fresh hope, renewed courage, and deeper trust in His unfailing care. Remember, *you are not alone*—God walks with you every step, and His Word lights the path towards healing and freedom.

















#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

#### **Supporting Scriptures**

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: Finding God's Peace Amidst Anxiety

**Starting with God's peace** is crucial when navigating the stormy waters of Complex PTSD. Anxiety and fear often pull the mind in many directions, exhausting our emotional and spiritual energy. Yet Jesus offers a peace that surpasses all understanding — not a temporary calm, but deep, abiding tranquility rooted in His presence.

John 14:27 reminds us that this is a peace different from what the world offers. It is not dependent on circumstances but on knowing who Jesus is. When your mind is overwhelmed by past trauma or relentless thoughts, invite this peace to anchor you.

Prayer becomes a lifeline here. Philippians encourages us to bring everything — fears, worries, and pains — to God, with thanksgiving. Gratitude doesn't deny pain; it shifts our focus to God's faithful presence through it.

Isaiah promises perfect peace to those who trust God with their minds. Trust doesn't mean pretending all is well but courageously leaning on God's promises even when feelings betray us. Today, begin by asking God to steady your mind and fill your heart with His unshakable peace. It's the foundation for healing to come.







### Reflect and Apply

1.	How do I currently experience peace or unrest in my mind?
2.	What fears or doubts can I honestly bring to God today?
3.	In what ways can I practice trusting God with my thoughts?







#### **Journaling Prompts**

1.	Write down the worries that trouble your heart most right now.
2.	List ways you have experienced God's peace before in your life.
3.	Reflect on what trusting God looks like practically in your daily struggles.







#### Prayer for Today

**Lord,** I come to You with a heavy and troubled heart. Please grant me the peace You promised—a peace unlike anything the world offers. Still my anxious thoughts and help me to rest in Your presence throughout this day. Teach me to bring all my worries to You in prayer, and to trust that You are working even when I cannot see the way. Surround me with Your love and calm my spirit. Help me remember Your promise that You never leave me or forsake me. In Jesus's name, *amen*.







## Day 2: Bealing for the Brokenhearted









Day 2: B Healing for the Brokenhearted

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







Day 2: B Healing for the Brokenhearted

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

When trauma leaves deep emotional wounds, it can feel like those hurts will never fully heal. **Psalm 147:3** carries a powerful promise: God not only sees our broken hearts but actively heals and binds up our wounds.

*Healing* is a process, often gradual and sometimes painful, but God walks alongside, tenderly caring for your inner emotional scars. This is part of His heart to restore what trauma has fractured.

Isaiah 61 speaks prophetically of Jesus' mission to heal and restore those who are bruised and broken. Knowing this offers hope that your pain is not overlooked or ignored. Jesus invites you personally in Matthew 11:28 to come to Him for rest amid weariness and heavy burdens.

Rest may feel impossible when your mind is restless with memories or anxious thoughts. But God longs to bring you a peace that refreshes your soul and allows healing to begin. Dare to bring your brokenness to His altar—where grace is abundant and restoration is possible.







Day 2: 💋 Healing for the Brokenhearted

### Reflect and Apply

1.	What wounds am I feeling most deeply today?
2.	How do I respond to the invitation to bring my brokenness to God?
3.	In what ways have I experienced God's healing in the past?







Day 2: 💋 Healing for the Brokenhearted

#### **Journaling Prompts**

1.	Describe your brokenness or pain in honest terms to God.
2.	Recall a time when you sensed God's healing touch and write about it.
3.	Write a prayer asking God to help you trust His healing process.







Day 2: B Healing for the Brokenhearted

#### Prayer for Today

**Dear Father,** You know the depths of my pain and every wound I carry in my heart. I ask You to come and heal what trauma has broken. Bind my soul's wounds and restore my spirit with Your gentle love. Help me to rest and trust in Your goodness even when healing feels slow or distant. Thank You for never turning away from my suffering but for drawing near in compassion. May I lean into Your care today and find refuge in Your promises. In Jesus's name, *amen.* 

















#### Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







#### Devotional: Embracing Strength Through God's Grace

Complex PTSD can leave you feeling tired, overwhelmed, and weak — physically, emotionally, and spiritually. Yet **2 Corinthians 12:9** reveals a counterintuitive truth: God's grace is enough, and His power shines brightest in our moments of weakness.

Rather than hiding or being ashamed of your vulnerability, Paul encourages believers to embrace it as the stage on which God's strength works best. This may be difficult to accept when your mind tells you to be strong or perfect, but God's definition of strength looks very different.

Isaiah reminds us that God provides strength to the weary, renewing those who feel powerless. The psalmist echoes this hope—when our flesh and hearts falter, God remains our unwavering source of strength and sustenance.

Today, reflect on the areas where you feel weakest. Instead of resistance or shame, welcome God's grace into those places. You don't have to fight in your own power. God invites you to rely fully on Him and rest in His sustaining love.







### Reflect and Apply

1.	What parts of my life feel most weak or vulnerable right now?
2.	How do I typically respond to my weaknesses?
3.	What would it look like to invite God's power into these areas today?







#### **Journaling Prompts**

1.	Write honestly about your feelings of weakness and vulnerability.
2.	List ways you have seen God's strength at work in your life.
3.	Pray for help to receive God's grace fully in your weak moments.







#### Prayer for Today

**Lord God,** I confess my weaknesses and weaknesses to You. I need Your grace more than ever. Help me to stop trying to carry burdens on my own and let Your power rest on me. Renew my strength and lift my heart when I am weary. May Your peace fill the cracks where I feel broken, and may Your love remind me that I am never alone. Teach me to boast in my weakness so Your glory may shine through. In Jesus's name, *amen*.

















#### 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."







#### Devotional: Embracing Your New Identity in Christ

Complex PTSD often distorts self-identity, leaving us feeling fragmented, unworthy, or lost. However, Scripture offers a profound new identity rooted in Jesus Christ. **2 Corinthians 5:17** declares that in Christ, we become new creations; the old pain-filled self begins to fade as God makes all things new.

This transformation is not about pretending or erasing your past but about living empowered by God's love and grace. Galatians 2:20 tells us that our old self has died with Christ, and now His life flows through us, giving us purpose and hope beyond our scars.

Ephesians reminds us that we are God's masterpiece, created intentionally and beautifully for good works. Your worth is firmly grounded in what God says—not what trauma or negative voices declare.

Today, begin to cultivate the truth that your identity is secure and unshakeable in Christ. Let go of shame or self-condemnation and embrace the new life God offers you. You are seen, loved, and deeply valued by the Creator of the universe.







### Reflect and Apply

1.	How have past traumas shaped how I see myself?
2.	What does it mean to me to be a 'new creation' in Christ?
3.	Where do I struggle to believe God's truth about my worth?







#### **Journaling Prompts**

Write a letter to yourself from God's perspective as His beloved creation.
Reflect on areas where you still identify with old labels or shame.
Pray for God to help you fully embrace your new identity in Christ.







#### Prayer for Today

Heavenly Father, thank You for making me a new creation in Christ. Help me to see myself through Your eyes, not my wounds or past pain. Teach me to believe and live out my true identity as Your masterpiece. Remove any lies, shame, or confusion that hold me captive. Fill me with the assurance that I am deeply loved, chosen, and worthy. May Your Spirit continue to transform my heart day by day. In Jesus's name, amen. 🎔 🐒

















#### Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

#### **Supporting Scriptures**

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







# Devotional: Transforming Your Mind with God's Truth

Living with C-PTSD often involves battling negative thought patterns, intrusive memories, and self-condemnation. However, the Bible encourages us to intentionally renew the mind, opening space for healing and transformation.

**Romans 12:2** calls us not to conform to the world's messages — often filled with fear, shame, and falsehood — but to let God renew how we think and perceive reality.

This renewal comes through dwelling on what is true and good as Paul encourages in Philippians 4:8. Shifting focus to God's truth can gradually reframe our thoughts away from trauma's lies.

Ephesians echoes this call for mental renewal, urging a refreshed mindset aligned with God's purposes. Practically, this might involve Scripture memorization, prayerful meditation, or journaling to identify and challenge unhelpful thoughts.

Today, ask God to reveal areas of your thinking that need transforming and to help you receive His truth. Healing begins as the mind is invited into God's light.







## Reflect and Apply

1.	What negative thought patterns am I aware of today?
2.	How can I begin to replace lies with God's truth?
3.	What practices help me focus on things that are true and pure?







### **Journaling Prompts**

	Identify three recurring negative thoughts and rewrite them based on Scripture.
2.	List verses or truths that bring comfort or counter lies.
3.	Pray for strength to rely on God's Word amidst mental challenges.







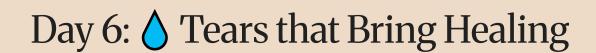
#### Prayer for Today

**Lord,** my mind is often a battlefield of anxious, painful, or negative thoughts. I ask You to renew my thinking and transform my heart. Help me to reject the lies that trauma tries to plant and embrace the truth found in Your Word. Teach me to fix my thoughts on what is good, right, and pure. I surrender my mind to You and trust You to guide every thought. Thank You for Your patience as I grow in this. In Jesus's name, *amen.*

















Day 6: 
Tears that Bring Healing

#### Your Verse

Psalm 56:8 – "You keep track of all my sorrows. You have collected all my tears in your bottle."

## **Supporting Scriptures**

- Revelation 21:4 "He will wipe every tear from their eyes."
- John 11:35 "Jesus wept."







Day 6: 
Tears that Bring Healing

## Devotional: God's Compassion in Your Tears

One of the hardest parts of living with trauma is the depth of sadness and grief it carries. Yet Scripture profoundly honors tears, showing us that God notices every sorrow — even counting each tear.

**Psalm 56:8** reveals a God who is intimately aware of your pain and does not overlook your tears. This validation is vital when you feel overwhelmed by emotions that seem endless or misunderstood.

In *John 11:35*, the shortest verse, we see Jesus weeping over loss—even though He knew the resurrection would come. His tears demonstrate divine empathy. You are not alone in your pain; Jesus feels it deeply.

Revelation gives us hope that one day, God will wipe away every tear, ending suffering forever. Until then, bring your tears to God honestly. Let them be a releasing of pain and an expression of trust that He cares deeply.

By allowing yourself to cry and grieve, you take vital steps toward healing. It's a sacred part of restoration that God invites you to experience fully.







Day 6: 👌 Tears that Bring Healing

## Reflect and Apply

1.	How comfortable am I with expressing my sadness or grief?
2.	Do I believe God cares about my pain and tears? Why or why not?
3.	What might it look like to invite Jesus into my sorrow today?







Day 6: 👌 Tears that Bring Healing

# **Journaling Prompts**

1.	Write about any feelings or memories you find difficult to express aloud.
2.	Describe a time you felt God's comfort during sadness.
3.	Pray asking God to help you trust Him with your deepest emotions.







Day 6: 
Tears that Bring Healing

## Prayer for Today

**Dear Jesus,** I bring You my tears and all the feelings I find hard to voice. Thank You that You collect every one in Your bottle and care deeply for my pain. Help me to find freedom in grieving and to know Your presence even in sorrow. May I sense Your comforting arms around me today and trust that You weep with me. Thank You for promising a day when all tears will be wiped away. Until then, hold me close. In Your loving name, *amen*.  $\triangleright$ 









Day 7: W The Gift of Rest









Day 7: 💙 The Gift of Rest

#### Your Verse

Matthew 11:28–29 – "Come to me, all you who are weary and burdened, and I will give you rest."

## **Supporting Scriptures**

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Hebrews 4:9-10 "There remains a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works."







Day 7: 🐯 The Gift of Rest

## Devotional: Receiving Soul-Rest in Jesus

Living with Complex PTSD often means living in a constant state of exhaustion—physically, mentally, and emotionally. The Bible invites you to find rest—not just physical sleep but soul-rest—in Jesus.

**Matthew 11:28–29** is one of the most tender invitations in Scripture. Jesus calls you to come to Him with your burdens and weariness, promising rest for your soul. This rest isn't earned by performance but freely offered by grace.

Psalm 62 expresses deep satisfaction and peace found in God alone, reminding us that true rest is tied to trusting Him as our salvation. Hebrews goes further to speak of a spiritual Sabbath—a resting place from striving and self-reliance.

Today, consider what would happen if you truly accepted this gift of rest. What burdens can you lay down at Jesus' feet? What rhythms of rest can you invite into your daily life? Rest heals and renews, making space for hope and courage to grow.







Day 7: 😂 The Gift of Rest

# Reflect and Apply

1.	Where do I feel most weary and burdened today?
2.	How do I define rest? How does God's rest differ?
3.	What prevents me from fully receiving the rest Jesus offers?







Day 7: 😂 The Gift of Rest

## **Journaling Prompts**

1.	Describe your current rest habits and how they affect you.
2.	Write a prayer asking Jesus to help you experience His rest.
3.	List small practical steps you can take to cultivate regular rest.







Day 7: 💙 The Gift of Rest

## Prayer for Today

**Jesus,** I come to You weary and heavy-laden. Thank You for Your invitation to find rest in You—rest that refreshes my soul and lifts my burdens. Help me to stop striving in my own strength and accept Your peace. Teach me practical ways to welcome this rest in each day. Remind me that You are my refuge and salvation. May I trust You more deeply and find healing in Your loving arms. In Your name, *amen*.







# Day 8: XX Hope Beyond the Darkness









Day 8: 🎇 Hope Beyond the Darkness

#### Your Verse

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

## **Supporting Scriptures**

- Lamentations 3:22–23 "His compassions never fail; they are new every morning."
- Psalm 42:11 "Why, my soul, are you downcast? Put your hope in God..."







Day 8: 🎇 Hope Beyond the Darkness

# Devotional: Anchoring Your Hope in God's Faithfulness

Living with C-PTSD often feels like walking through a long, dark tunnel. Yet Scripture offers renewed hope even in the bleakest seasons. **Romans 15:13** prays that God, the source of hope, would fill you with joy and peace as you learn to trust Him.

Hope is more than wishful thinking; it is a firm assurance anchored in God's faithfulness and love. Lamentations reminds us that God's mercy is new every morning—fresh and reliable even when yesterday was painful.

Psalm 42 acknowledges deep discouragement but models inviting the soul to hope in God, our eternal light and salvation. This act of choosing hope is a powerful step in healing from trauma's despair.

Today, lean into God as your hope source. Let His peace and joy strengthen your spirit, even when feelings of sadness or fear persist. Hope shines brightest in the darkness.







Day 8: 💥 Hope Beyond the Darkness

# Reflect and Apply

1.	Where do I struggle to hold onto hope today?
2.	How does God's faithfulness encourage me amid pain?
2	What practical ways can I nurture hone in my daily life?
Э.	What practical ways can I nurture hope in my daily life?







Day 8: 💥 Hope Beyond the Darkness

# **Journaling Prompts**

	Write about moments you experienced God's mercy as 'new every morning.'
2.	List things you hope God will bring forth in your healing journey.
3.	Pray asking God to fill you with joy and peace as you trust Him.







Day 8: 🎇 Hope Beyond the Darkness

## Prayer for Today

God of Hope, thank You that You never abandon me, even in the darkest moments. I ask You to fill me with Your joy and peace so my heart can trust You fully. Renew my spirit daily with Your mercy and light. Help me to keep hoping in You when it feels hard to believe. Strengthen me to walk steadily on this healing path with You. I place my future and fears into Your loving hands. In Jesus's name, *amen.* 🎇 😂 🙏

















#### Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

## **Supporting Scriptures**

- 2 Corinthians 1:3-4 "God of all comfort, who comforts us in all our troubles..."
- James 5:16 "Confess your sins to each other and pray for each other so that you may be healed."







## Devotional: God's Presence in Our Vulnerability

Living with the weight of C-PTSD sometimes tempts us to hide our wounds out of shame or fear. Yet true healing often begins with vulnerability — being honest about pain and inviting others to walk with us.

Psalm 34:18 assures us that God draws very near to us when our hearts are broken. We are not left to suffer alone. He not only comforts but actively saves those crushed in spirit.

Paul describes God as the "God of all comfort," highlighting the divine ability to meet us in our deepest troubles and provide consolation that surpasses human understanding.

James encourages believers to share burdens through confession and prayer, promoting healing within community. Vulnerability in trusted relationships is vital for breaking isolation and shame.

Today, consider who you might safely open up to about your struggles. Bringing your pain into the light can be a step toward freedom and stronger connection with God and others.







# Reflect and Apply

1.	What fears or barriers keep me from being vulnerable?
2.	How can I experience God's comfort in my brokenness?
3.	Who can I trust to share parts of my healing journey?







# **Journaling Prompts**

1.	Write about times you felt God's comfort in your struggles.
2.	List trusted individuals or support systems you can reach out to.
3.	Pray for courage to be vulnerable and open where you need healing.







## Prayer for Today

**Father,** thank You for being close when I am brokenhearted. Help me to lower walls of fear and shame so I can be vulnerable with You and with others. Teach me to accept comfort from Your Spirit and the love of community. Give me wisdom to know who to trust and strength to share my heart honestly. May Your healing flow in and through each step I take toward wholeness. In Jesus's name, *amen*. ▼▼









# Day 10: Freedom from Fear









Day 10: Preedom from Fear

#### Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

## **Supporting Scriptures**

- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear?"
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







Day 10: A Freedom from Fear

## Devotional: Living Boldly Through God's Spirit

Fear often becomes a constant companion after trauma, especially with C-PTSD. It can paralyze and isolate, making recovery feel impossible. Yet Scripture offers a powerful antidote: God's Spirit within you is not one of fear but of power, love, and self-control.

**2 Timothy 1:7** reminds you that the Holy Spirit equips you to overcome timidity and fear. This is not about human strength but divine empowerment that transforms your heart.

Psalm 27 declares God as our light and salvation, casting out the shadows of fear. Isaiah echoes this assurance with a direct command not to be afraid, highlighting God's constant presence.

Today, confront the fears that seek to limit you. Declare God's promises over your mind and heart. Through prayer and trust, choose faith over fear, knowing the Spirit empowers you to live courageously.







Day 10: A Freedom from Fear

# Reflect and Apply

1.	What fears hold the most power over my life?
2.	How can I invite the Holy Spirit to replace fear with power and love?
3.	What steps can I take to practice courage today?







Day 10: A Freedom from Fear

## **Journaling Prompts**

1.	List specific fears you want to surrender to God.
2.	Write about moments when God helped you face fear boldly.
3.	Pray for the Spirit's strength to live with power, love, and self-discipline.







Day 10: Preedom from Fear

## Prayer for Today

**Holy Spirit,** I ask You to fill me with courage and strength. Remove the fear that paralyzes me and replace it with Your power, love, and self-control. Help me to live boldly, trusting that You are always with me. Teach me to overcome fears rooted in trauma and to embrace the hope found in God alone. Thank You for Your presence and authority in my life. In Jesus's name, *amen*.



















#### Your Verse

Psalm 62:6 - "Truly he is my rock and my salvation; he is my fortress, I will never be shaken."

## **Supporting Scriptures**

- Isaiah 26:4 "Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal."
- Matthew 7:24 "Whoever hears these words of mine and puts them into practice is like a wise man who built his house on the rock."







#### Devotional: God Your Unshakable Rock

Complex PTSD can make life feel unstable and unpredictable. Finding a firm foundation to stand on becomes essential. Psalm 62:6 offers a beautiful image of God as a rock—a solid, unchanging refuge that keeps us from being shaken.

This picture reminds us that when all else feels uncertain, God's character and promises are immovable. Isaiah calls God the eternal Rock worthy of our unwavering trust.

Jesus, in Matthew, encourages us to build our lives on His teaching, likening it to a house founded on rock that endures storms. This is both a spiritual and practical invitation — to anchor your mind and heart in God's truth amidst turbulence.

As you face ups and downs today, remember that God's rock-like nature is your sure refuge. Lean into His strength and stability instead of your own shaky footing.







# Reflect and Apply

1.	Where do I feel unstable or insecure in life?
2.	How does the image of God as a rock encourage me?
3.	What practical ways can I build my life on God's promises today?







# **Journaling Prompts**

Write about times you felt shaken and how God helped you stand.
List scriptural truths that serve as foundation stones in your faith.
Pray for faith to trust God as your firm foundation always.







## Prayer for Today









Day 12: W God's Unfailing Love









#### Your Verse

Romans 8:38-39 - "Neither death nor life...nor anything else in all creation will be able to separate us from the love of God."

#### **Supporting Scriptures**

- Psalm 136:26 "Give thanks to the God of heaven. His love endures forever."
- Jeremiah 31:3 "I have loved you with an everlasting love; I have drawn you with unfailing kindness."







#### Devotional: Anchored in God's Everlasting Love

One of the greatest struggles in Complex PTSD is combatting feelings of worthlessness or abandonment. Yet, the Bible promises an unbreakable truth: God's love never fails or withdraws, no matter what.

Romans 8:38–39 powerfully expresses that nothing in life or death can separate us from God's love. This love transcends trauma, shame, and fear.

Psalm 136 joyfully celebrates God's enduring love, a love that continues generation after generation. Jeremiah paints a tender picture of God's everlasting love, actively drawing us with kindness and faithfulness.

No matter how broken or far you feel, God's love reaches and holds you firmly. It is the ultimate source of healing and worth.

Today, meditate on this unfailing love and let it soak into your heart. Allow it to silence voices telling you otherwise and to remind you of your true value before God.







#### Reflect and Apply

1.	How do I experience God's love in my daily life?
2.	What lies about love or worthiness do I need to reject?
3.	How does knowing God's unfailing love influence my healing?







#### **Journaling Prompts**

1.	Write about moments you have felt God's kindness and love deeply.
2.	List any lies your trauma has told you about your value.
3.	Pray, thanking God for loving you endlessly and unconditionally.







#### Prayer for Today

**Lord,** thank You that nothing can separate me from Your love. Even when I feel broken or unworthy, You love me with kindness that never ends. Help me to grasp this truth more deeply and let it heal my wounded heart. Cast out any lies that contradict Your Word and fill me with peace in Your embrace. May I live confidently, knowing I am cherished by You forever. In Jesus's name, amen.















#### 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**

- Isaiah 43:19 "See, I am doing a new thing!"
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







#### Devotional: Embracing God's Daily Renewal

Trauma can sometimes make us feel stuck in past pain or despair. Yet God promises daily renewal and hope. **Lamentations 3:22–23** reassures that His compassion never fails and is new every morning.

This means that each day holds God's fresh mercy and opportunity for healing. No matter how deep yesterday's wounds run, today can be a new beginning infused with God's faithfulness.

Isaiah speaks of God doing new things—encouraging us to look forward with expectation rather than backward in regret. Psalm 30 reminds us that while sorrow may last for a time, joy will return like morning light.

Allow yourself to embrace each new day as a gift from God, full of His renewing grace and potential for progress. Healing is often a journey marked by small steps forward.







#### Reflect and Apply

1.	What hopes or fears do I carry into each new day?
2.	How can I remind myself of God's faithfulness every morning?
3.	In what ways can I celebrate small steps of healing?







#### **Journaling Prompts**

1.	Write about how God's mercy has felt 'new' to you before.
2.	List hopeful goals or prayers you have for this new day.
3.	Pray for strength to trust God's faithful presence daily.







#### Prayer for Today

Faithful God, thank You that Your compassion never ends and is renewed with every morning. Help me to lay down past sorrows and receive Your fresh mercies today. Teach me to live with hope and joy, trusting in Your plan and timing. May I notice the new things You are doing in my heart and healing. Sustain me through this journey with Your unwavering love. In Jesus's name, amen.  $\triangle$ 















#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength."

#### **Supporting Scriptures**

- Nehemiah 8:10 "The joy of the Lord is your strength."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







#### Devotional: Renewing Strength by Hoping in God

Complex PTSD recovery is often a marathon, not a sprint. Physical, emotional, and spiritual strength can ebb and flow. Yet God promises renewal for those who place hope in Him.

**Isaiah 40:31** encourages us that waiting and trusting God revitalizes our strength symbolized by soaring like eagles. This is about ongoing renewal rather than quick fixes.

Nehemiah highlights joy in the Lord as a deep source of strength — a reminder that delighting in God nourishes the soul for the road ahead. Psalm 46 declares God as a refuge and ever-present help when troubles come.

Let today be a day to refuel spiritually. Lean into God's promises, seek His joy, and know that He is your constant helper. Strength will come in His timing and abundance.







#### Reflect and Apply

1.	Where do I feel my strength is most depleted?
2.	How can hope and joy in God renew me?
3.	What barriers prevent me from relying fully on God's help?







#### **Journaling Prompts**

1.	Write about how you have experienced God's help in difficult times.
2.	List practices that help you access God's strength and joy.
3.	Pray for renewed strength and endurance in your healing journey.







#### Prayer for Today

**Lord,** I am often weary and in need of Your renewing strength. Help me to place my hope fully in You and find joy in Your presence. Be my refuge and ever-present help when my spirit falters. Teach me to trust Your timing and power to sustain me through this journey. Thank You for being my constant source of strength. In Jesus's name, *amen.* �� �� 人







# Day 15: Assurance Through God's Promises









Day 15: Assurance 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**

- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you."







Day 15: 🌈 Assurance Through God's Promises

#### Devotional: Courage Rooted in God's Faithfulness

In the context of C-PTSD, fear and discouragement can feel like unwelcome companions. Yet God's Word is full of promises assuring His constant presence and strength.

**Joshua 1:9** commands courage grounded in the knowledge that God goes with you in every circumstance—undeviating and faithful.

Hebrews echoes this, reminding believers that God will never leave or forsake us, even when feelings of abandonment are strong.

Deuteronomy repeats the call to strength and courage, rooted in awareness of God's presence. These promises invite you to live with daily confidence, regardless of your struggles.

Today, meditate on these assurances. Let God's faithfulness be a shield against fear and discouragement, motivating you onward in your healing journey.







Day 15: 🌈 Assurance Through God's Promises

#### Reflect and Apply

1.	When have I felt discouraged or afraid recently?
2.	How can God's promises of presence change my perspective?
3.	What would it mean to rely on God's presence daily?







Day 15: Assurance Through God's Promises

#### **Journaling Prompts**

Write about places or situations where you need to be courageous.
List specific promises from Scripture that encourage your heart.
Pray for courage and trust in God's presence right now.







Day 15: Assurance Through God's Promises

#### **Prayer for Today**

**God,** I thank You for Your faithful promises to never leave or forsake me. When I feel afraid or discouraged, remind me that You go with me in every step. Fill me with strength and courage to face the challenges of healing. Help me to rest in the confidence that You are always by my side, especially when my emotions tell me otherwise. In Jesus's name, *amen.* 









## Day 16: 1 Light in the Darkness









Day 16: 🗘 Light in the Darkness

#### Your Verse

Psalm 18:28 – "You, Lord, keep my lamp burning; my God turns my darkness into light."

#### **Supporting Scriptures**

- John 8:12 "I am the light of the world. Whoever follows me will never walk in darkness."
- 2 Corinthians 4:6 "God, who said, 'Let light shine out of darkness,' made his light shine in our hearts."







Day 16: 🗘 Light in the Darkness

#### Devotional: Inviting God's Light into Darkness

The darkness of trauma can feel all-encompassing at times. Yet God promises to bring light that overcomes every shadow.

**Psalm 18:28** offers hope that God keeps your inner lamp burning, illuminating places of despair and fear.

Jesus declares in John 8:12 that He is the light of the world, and that following Him frees us from walking in darkness. His light is both guidance and healing, revealing truth and dispelling lies.

2 Corinthians expands this truth: God's light literally shines into our hearts, inviting transformation and hope.

Let today be a time to invite God's light into your darkest places. No shadow is too deep for His radiance to touch.







Day 16: 🐧 Light in the Darkness

#### Reflect and Apply

Where do I feel enveloped by darkness or despair?
How can I welcome Jesus as the light in those areas?
What truths can pierce the shadows in my mind and heart?







Day 16: 🐧 Light in the Darkness

#### **Journaling Prompts**

1.	Describe feelings or memories that feel shadowed in darkness.
2	Write down scriptures or prayers that bring light to you.
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3.	Ask God to shine His light on hidden or painful places within.







Day 16: 🗘 Light in the Darkness

#### Prayer for Today

**Lord Jesus,** You are the light of the world and my heart. Please shine Your light into the darkest places in me. Illuminate my fear, shame, and confusion with Your truth. Help me to follow You closely so I never have to walk alone in darkness again. Thank You for keeping my lamp burning with hope and faith. Let Your radiance bring healing and peace to every part of me. In Your name, amen. 1

















Day 17: Nammer for the Mind

#### Your Verse

Ephesians 6:11 – "Put on the full armor of God, so that you can take your stand against the devil's schemes."

#### **Supporting Scriptures**

- 2 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 17: Nammer for the Mind

# Devotional: Equipping Your Mind with Spiritual Armor

Recovery from trauma requires spiritual vigilance, especially over our thoughts that can be infiltrated by fear, lies, or negativity.

**Ephesians 6:11** calls believers to put on God's full armor to resist spiritual attacks and stand firm. This includes truth, righteousness, peace, faith, salvation, and the Word of God.

Paul's teaching in 2 Corinthians 10:5 speaks directly to the mind—capturing and making thoughts obedient to Christ—a powerful strategy against intrusive or harmful thinking patterns.

Philippians 4:13 reminds you that everything, including mental and emotional battles, can be faced through Christ's strength.

Today, commit to spiritual armor in your mind by prayer, Scripture, and faith. Recognize thoughts as battlegrounds where God's power can bring victory.







#### Reflect and Apply

1.	What negative thoughts or lies try to take hold in my mind?
2.	How can I use God's armor to defend against these attacks?
3.	In what ways have I experienced strength through Christ recently?







#### **Journaling Prompts**

1.	List spiritual 'armor pieces' you can apply against harmful thoughts.
2.	Write about battles won or difficulties overcome through faith.
3.	Pray for God's power to capture and renew your mind.







#### Prayer for Today

**Father God,** I put on Your armor today and ask for strength to stand against any attack on my mind and spirit. Help me to take captive every thought and make it obedient to Christ. Fill me with Your truth and peace as a shield against fear and negativity. I rely fully on Your power to overcome challenges and to walk in freedom. Thank You for being my protector and strength. In Jesus's name, *amen*.









# Day 18: Patience in the Process









#### Your Verse

James 1:4 - "Let perseverance finish its work so that you may be mature and complete, not lacking anything."

## **Supporting Scriptures**

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest."
- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."







# Devotional: Growing Stronger Through Patient Perseverance

Healing from Complex PTSD rarely follows a straight path. It requires patience and perseverance as transformation unfolds over time.

**James 1:4** reminds us that enduring trials produces maturity and completeness — qualities essential in the healing journey.

Galatians encourages not growing weary but continuing to do good, assuring a harvest will come in God's perfect timing.

Psalm 27 invites us to wait on the Lord with strength and courage, learning trust even when progress feels slow.

Today, embrace patience as a gift God uses to shape you. Resisting frustration or discouragement honors the work God is doing even when unseen. Trust that steady perseverance leads toward wholeness.







# Reflect and Apply

1.	Where do I feel impatient or frustrated in my healing journey?
2.	How can I cultivate perseverance and hope during slow progress?
3.	What does waiting on God mean in my current situation?







## **Journaling Prompts**

Write about times God has shown faithfulness during long waits.
List ways you can remind yourself to be patient with the healing process.
Pray for strength and courage to endure with trust in God.







## Prayer for Today

**Lord,** help me to embrace patience and perseverance as You work within me. When the healing process feels slow or discouraging, remind me that You are faithful and that good fruit will come in time. Strengthen my heart to wait confidently for Your timing. Teach me to trust You even in the in-between. Thank You for never giving up on me. In Jesus's name, *amen.* 







# Day 19: Community and Connection









Day 19: 🎔 Community and Connection

#### Your Verse

Hebrews 10:24–25 – "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

## **Supporting Scriptures**

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 19: 🎔 Community and Connection

## Devotional: Finding Strength Through Community

Healing from trauma is not meant to be done alone. Community and connection provide strength, encouragement, and love that nourish the soul.

**Hebrews 10:24–25** encourages believers to meet regularly to inspire and support one another, combating isolation that trauma can breed.

Ecclesiastes celebrates the practical benefits of companionship, emphasizing that we thrive better together.

Galatians calls us to carry each other's burdens—a model of mutual care that reflects Christ's compassion.

Consider today who surrounds you with God's love. If loneliness or distrust makes connection difficult, invite God to lead you into community healing and support.







Day 19: 🎔 Community and Connection

# Reflect and Apply

1.	How does connection with others affect my healing?
2.	Where might I need encouragement or to offer support?
3.	What barriers keep me from engaging in community?







Day 19: Community and Connection

# **Journaling Prompts**

1.	Write about relationships that have been helpful or healing for you.
2.	List ways you can nurture connection and mutual support.
3.	Pray for healing in relationships and openness to community.







Day 19: Ծ Community and Connection

## Prayer for Today

**God,** Thank You for placing community in my life as a source of strength and encouragement. Help me to reach out when I need support and to offer kindness to others who struggle. Break down barriers of loneliness or fear so I can experience connection rooted in Your love. May my relationships reflect Your compassion and healing. In Jesus's name, *amen*.  $\heartsuit$ 

















#### Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

## **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding..."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







## Devotional: Seeking God's Wisdom Daily

Complex PTSD recovery is complicated and requires wisdom to navigate decisions, emotions, and relationships.

**James 1:5** encourages you to seek God's wisdom boldly, trusting He provides generously without judgment.

Proverbs calls us to lean on God, not solely on our own understanding. This means surrendering control and inviting divine insight into your journey.

Psalm 119 affirms that God's Word lights our pathways, providing guidance when situations feel confusing.

Today, ask God for wisdom in whatever areas feel most uncertain or challenging. Be open to learning and guidance from His Spirit and Word.







# Reflect and Apply

1.	Where do I feel unsure about my next steps in healing?
2.	How willing am I to lean on God for understanding?
3.	What practical ways can I seek wisdom from Scripture and prayer?







## **Journaling Prompts**

1.	Write about situations where God's wisdom helped you.
2.	List questions or decisions where you need clarity now.
3.	Pray specifically for insight and discernment from God.







## Prayer for Today

**Father,** I come asking for wisdom in every area of my healing journey. Teach me to trust You and to seek understanding beyond my own instincts. Let Your Word be my guide and Your Spirit my counselor. Help me make choices that honor You and promote my restoration. Thank You for always offering wisdom freely and lovingly. In Jesus's name, *amen*.  $\bigcirc$ 

















Day 21: W Moving Forward in Grace

#### Your Verse

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

## **Supporting Scriptures**

- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead..."
- Hebrews 12:1 "Let us run with perseverance the race marked out for us."







Day 21: W Moving Forward in Grace

## Devotional: Embracing Grace for the Journey Ahead

As this 21-day study concludes, remember that healing is a lifelong journey built on God's grace.

**2 Corinthians 12:9** reminds us that God's grace is enough and that His power is most evident when we are at our weakest. This truth offers freedom from striving alone.

Paul encourages believers to forget the past hurts and press forward toward the future God has for them. Healing involves letting go of old wounds and embracing hope.

Hebrews invites perseverance with endurance, running the race God designed uniquely for each of us.

Today, commit to moving forward relying on God's grace, trusting His power to sustain and transform you continually. Your story is not defined by trauma but by the redeeming love of Christ.







Day 21: 😂 Moving Forward in Grace

# Reflect and Apply

1.	What have I learned about God's grace through this study?
2.	How can I keep moving forward despite challenges?
3.	What new habits or mindsets will support ongoing healing?







Day 21: 😂 Moving Forward in Grace

# **Journaling Prompts**

1.	. Write a prayer committing your healing journey to God's grace.
2.	List practical next steps for your mental, emotional, and spiritual health.
3.	. Reflect on how God's power is made perfect in weakness in your life.







Day 21: W Moving Forward in Grace

## Prayer for Today

Gracious God, thank You for walking with me through this time of study and healing. Help me to rely always on Your sufficient grace and to press forward with perseverance. Grant me strength to face challenges and hope for the future You have planned. May Your power continue to work through my weaknesses, shaping me into who You created me to be. I entrust my journey to You, trusting Your unfailing love and wisdom. In Jesus's name, amen. 😂











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