

# Returning to Wholeness – Women Struggling with Same-Sex Attraction or a Lesbian Lifestyle



This 3-week Bible study helps women surrender same-sex attraction or past relationships to Christ and walk in identity, purity, and restored intimacy with God.



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## Introduction

You are not alone.

Many Christian women wrestle with confusing emotions, lingering temptations, or past experiences involving same-sex attraction or relationships. Some feel a deep pull toward emotional connection with other women that eventually turned physical. Others carry shame or regret over a past lesbian or bisexual relationship and are now unsure how to walk forward with Jesus.

This study isn't here to shame you.

It's here to **draw you back to truth, healing, and wholeness in Christ.**

We live in a world that says, “Follow your feelings.” But the gospel says, “Follow Me.” Jesus isn't afraid of your past, your questions, or your struggle. He came to rescue, restore, and transform *every* part of us—including our desires.

Whether you've dabbled, fallen deeply into same-sex relationships, or are just confused about your attractions, this Bible study will meet you right where you are and gently guide you toward **hope, holiness, and healing.**

For the next 21 days, let God speak to your heart.

Let Him rewrite the story.

He isn't angry.

He's calling you home.



## Day 1: Who God Says You Are





## Day 1: Who God Says You Are

## Your Verse

**Genesis 1:27 (NIV):**

*“So God created mankind in his own image, in the image of God he created them; male and female he created them.”*

## Supporting Scriptures

- **Ephesians 1:4 (NLT):**

*“Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.”*

- **Psalms 139:13–14 (NIV):**

*“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made.”*

- **2 Corinthians 5:17 (NIV):**

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*





## Day 1: Who God Says You Are

## Devotional Thought

Before we talk about feelings, habits, or sexuality—let's start at the **core**:  
**Who does God say you are?**

Not who you feel like today.  
Not what culture labels you.  
Not what your past says.  
But *who God declares you to be*.

Genesis 1:27 reminds us that you were created **in the image of God**. That's the foundation of your identity—not your desires, mistakes, or confusion. You were handcrafted by a loving Father with intention, dignity, and beauty. And even if you've strayed far from that design, His invitation remains the same: **Come home**.

The world tells us our feelings define us. But feelings are **real**, not always **right**. God created male and female not just biologically—but for a sacred purpose. It was His good design for wholeness, fruitfulness, and intimacy. If you've strayed from that, you're not ruined—you're **redeemable**.

You are not your attractions.  
You are not your worst moment.  
You are not a lost cause.

You are deeply loved. Fully seen. Still wanted.  
And in Christ—you are being made new.



## Day 1: Who God Says You Are

## Reflect and Apply

What labels have you carried—internally or from others?

Have you ever believed that your sexual desires define your entire identity?

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How does it feel to be reminded that *God's image* is what defines you first?

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## Day 1: Who God Says You Are

# Journaling Prompts

1. Write down 5 negative labels you've believed about yourself and then cross them out. Underneath, write what God says about you.

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2. Describe how your identity might look different if it were rooted solely in God's Word and not your feelings.

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3. What fears come up when you think about surrendering your identity to Christ fully?

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## Day 1: Who God Says You Are

## Prayer for Today

Father,

Thank You for making me in Your image. I confess that I've let other things—feelings, past experiences, cultural voices—define me instead of Your truth. But today, I come back to what is real: I am Yours. You chose me, loved me, and formed me on purpose.

Help me believe what You say about me, even when it's hard. Begin the work of re-rooting my identity in Your Word. Strip away the lies, the shame, and the confusion. I want to walk in truth. I want to be whole again.

In Jesus' name,  
**Amen.**





## Day 2: You Are Not Your Desires





## Day 2: You Are Not Your Desires

## Your Verse

**James 1:14–15 (NIV):**

*“But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin...”*

## Supporting Scriptures

- **Galatians 5:16 (NIV):**

*“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”*

- **Romans 6:12–13 (NLT):**

*“Do not let sin control the way you live; do not give in to sinful desires. Do not let any part of your body become an instrument of evil to serve sin.”*

- **Hebrews 4:15 (NIV):**

*“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.”*





## Day 2: You Are Not Your Desires

## Devotional Thought

You might wonder: *If I feel it, does that mean it's who I am?*

The answer—according to Scripture—is no.

Desires, especially sexual ones, are powerful. But they are not always holy. And just because a desire feels natural doesn't mean it's godly or right. That truth applies to *everyone*—not just those dealing with same-sex attraction.

We all battle desires that don't align with God's plan. Some wrestle with anger. Some with lust. Some with pride. Some with addiction. That's part of the fallen world we live in. But being tempted is not a sin. Acting on those desires—letting them guide our identity, our behavior, or our relationships—is what leads us away from God's best.

In James 1, we learn that desire becomes sin when we allow it to control us. But you were never meant to be ruled by desire—you were meant to be ruled by love. **God's love.**

Jesus understands our struggle. He was tempted too. He doesn't look at your attraction and run away—He draws near with grace and power to help you walk in freedom.

So take a deep breath: **You are not your desires.**

You are not broken beyond repair.

You are still loved.



And you have the power of Christ within you to say no to what is false and yes to what is true.



Day 2: You Are Not Your Desires

## Reflect and Apply

Have you ever assumed that what you feel is automatically who you are?

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How does it change your perspective to realize that even Jesus faced temptation without giving in?

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What does it mean to you to walk by the Spirit and not by your desires?



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Day 2: You Are Not Your Desires

## Journaling Prompts

1. List a few desires you've struggled with—sexual or otherwise—and ask God to show you His truth about them.

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2. Write about what it would look like to follow Jesus even when your feelings pull in another direction.

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3. Journal a prayer asking the Holy Spirit to guide your heart above your emotions and temptations.

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## Day 2: You Are Not Your Desires

## Prayer for Today

Lord Jesus,

You know what it's like to be tempted. You see every battle I face inside my mind and body. But You also show me a better way—a holy way. Please remind me that I am not my temptations. I am not defined by attraction. I am defined by You.

Strengthen me, Holy Spirit, to walk in step with You. Give me clarity, courage, and peace as I surrender my desires to Your loving care. Even when it's confusing or hard, help me believe that You are forming something beautiful and whole within me.

In Your name I trust,  
**Amen.**



## Day 3: Rewriting the Labels





## Your Verse

**Isaiah 62:2 (NLT):**

*“The nations will see your righteousness. World leaders will be blinded by your glory. And you will be given a new name by the Lord’s own mouth.”*

## Supporting Scriptures

- **2 Corinthians 5:17 (NIV):**

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*

- **Isaiah 43:1 (NIV):**

*“Do not fear, for I have redeemed you; I have summoned you by name; you are mine.”*

- **Revelation 2:17 (NIV):**

*“To the one who is victorious... I will also give that person a white stone with a new name written on it, known only to the one who receives it.”*



## Day 3: Rewriting the Labels

## Devotional Thought

Maybe you've heard the label. Maybe you've claimed it.

"Lesbian."

"Bi."

"Queer."

Or maybe the label wasn't about sexuality—maybe it was something else.

"Unworthy." "Confused." "Disgusting." "Used."

But here's the truth: **God never named you that.**

He is the only One who has the authority to define you—and He says you are loved, chosen, redeemed, called, and new in Christ.

Isaiah 62:2 gives a breathtaking promise: *You will be given a new name by the Lord's own mouth.* Not a label. Not a slur. Not an identity assigned by feelings or mistakes. A name rooted in eternity, spoken by the God who formed you.

When we accept labels that don't reflect God's truth, we limit who we become. But when we let God rewrite the label, we make room for healing.

Your past doesn't name you.

Your feelings don't name you.

Even your sin doesn't name you.

**Jesus names you.**



And He calls you daughter.

Redeemed.

Holy.

His.



## Day 3: Rewriting the Labels

### Reflect and Apply

What labels or identities have you worn—either internally or publicly?

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What do you believe God would say to you if He whispered your “new name”?

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Why is it important to surrender the world’s labels and let God define who you are?



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## Day 3: Rewriting the Labels

# Journaling Prompts

1. <li>Write out every label you've believed about yourself. Then prayerfully write God's truth next to each one.</li>

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2. <li>Imagine God handing you a white stone with a new name on it. What name do you think He might give you?</li>

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3. <li>Journal how your mindset might change if you walked confidently in your God-given identity.</li>

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## Day 3: Rewriting the Labels

## Prayer for Today

Father God,

You know every label I've ever worn—spoken or unspoken. Some were given to me in pain. Some I gave myself in confusion. But today, I surrender them all to You. I no longer want to live under any name that doesn't come from Your mouth.

Call me by my true name, Lord.

Speak identity over me that's rooted in Your Word.

Help me walk away from false labels and stand firm in the truth of who I am in You.

In Jesus' name,

**Amen.**





## Day 4: Created for Connection with God





## Your Verse

**John 17:3 (NIV):**

*“Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.”*

## Supporting Scriptures

- **Psalm 42:1–2 (NIV):**

*“As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?”*

- **Jeremiah 31:3 (NIV):**

*“I have loved you with an everlasting love; I have drawn you with unfailing kindness.”*

- **Colossians 1:16 (NLT):**

*“Everything was created through him and for him.”*





## Devotional Thought

Every human being was designed for deep connection. We were not created to walk alone. Our hearts crave intimacy, affection, and the feeling of being fully seen and fully loved. But the truth is—**no human relationship can fill that ache completely.**

Only God can.

Often, same-sex attraction emerges out of a genuine desire for emotional closeness, safety, or tenderness. Maybe you longed for a deep friendship that crossed a boundary. Maybe a female relationship felt safer than one with a man. Maybe you experienced hurt or betrayal and turned to someone who seemed to “get” you.

But here’s what the Bible tells us: the deepest need you feel is not sexual. It’s **spiritual.**

Your soul was made for intimacy—with God.

Jesus said in John 17:3 that eternal life isn’t just about getting to heaven—it’s about **knowing** Him. Real, soul-deep, healing connection begins in a relationship with Jesus. It’s not stiff or formal—it’s real and rich and satisfying.

When you draw near to Him, the ache lessens. The fog clears. Your identity stabilizes.

Because finally, your heart finds home.



Day 4: Created for Connection with God

## Reflect and Apply

Have you ever looked to people (especially women) to meet a need only God can fill?

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What does it look like to pursue emotional closeness with God instead?

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In what areas of your life do you feel emotionally or spiritually disconnected right now?



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## Journaling Prompts

1. Write about a time when emotional closeness with another woman became confusing. What were you really seeking in your heart?

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2. How does it make you feel to know that God *wants* intimacy with you—not just obedience?

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3. Journal a letter to God expressing your desire to draw near to Him, even in the messy parts of your life.

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## Prayer for Today

Lord,

You created me with the need for connection, and I confess that I've often turned to people instead of turning to You. I've tried to fill a God-shaped hole with human intimacy, and it has left me feeling confused and empty.

But You are the One who truly sees me. You love me with an everlasting love. Help me seek closeness with You first. Help me understand that the emotional ache in my heart is actually a holy longing—for my Creator.

Draw me into Your arms today, Jesus.

I want You to be my first love.

In Your name I pray,

**Amen.**





## Day 5: Surrendering Hidden Idols





## Your Verse

**Ezekiel 14:3 (NIV):**

*“Son of man, these men have set up idols in their hearts and put wicked stumbling blocks before their faces. Should I let them inquire of me at all?”*

## Supporting Scriptures

- **1 John 5:21 (NLT):**

*“Dear children, keep away from anything that might take God’s place in your hearts.”*

- **Exodus 20:3 (NIV):**

*“You shall have no other gods before me.”*

- **Psalms 16:4 (ESV):**

*“The sorrows of those who run after another god shall multiply...”*





## Devotional Thought

When we hear the word “idol,” we usually picture golden statues or pagan shrines. But in God’s eyes, an idol is **anything we elevate above Him**—anything we trust, treasure, or run to for security more than we run to Him.

For many women wrestling with same-sex desires or relationships, there may be a woman, a memory, or even a fantasy that has become an idol. Not intentionally—but slowly, it grew in importance, began to control your thoughts, dictated your emotions, and maybe even altered your choices.

Idols live in the heart.

They don’t announce themselves loudly—they slip in quietly.

We begin to believe things like:

- “I can’t live without her.”
- “No one understands me like she does.”
- “I’ll never feel whole unless I’m with her.”

But here’s the truth:

**Anything that replaces God as the ultimate source of identity, comfort, or wholeness becomes a false god—and false gods always lead to bondage.**

Ezekiel 14 shows us that idols block our connection to God. But the beautiful news is this: when we surrender them, **God restores access**. He welcomes us back with open arms.



So ask yourself today—what's taken God's place in your heart?  
What are you unwilling to let go of?



## Day 5: Surrendering Hidden Idols

## Reflect and Apply

What person, memory, or emotional tie might be functioning like an idol in your heart?

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Have you ever justified a connection or feeling that you knew God was asking you to release?

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What would it look like to surrender that idol completely and trust God with your heart?

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Day 5: Surrendering Hidden Idols

## Journaling Prompts

1. Write out the names, memories, or desires that you suspect may have become idols in your heart.

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2. How have these things shaped your identity, emotions, or spiritual walk?

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3. Journal a prayer of surrender, asking God to remove the idol and replace it with His peace and presence.

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## Day 5: Surrendering Hidden Idols

## Prayer for Today

God,

You alone are worthy of first place in my heart. I confess that I've held onto things—maybe even people—that have taken Your rightful place. I've trusted in emotional connections more than I've trusted in You. I've sought intimacy outside of Your design, and it has left me empty and confused.

Today, I surrender my idols. Even if it hurts, I want freedom. Even if it's hard, I choose obedience. Tear down every false god in my heart and rebuild it with Your love. You are enough for me, Lord.

In Jesus' name,  
**Amen.**





## Day 6: When the Enemy Whispers Lies





## Your Verse

**John 8:44 (NIV):**

*“When he lies, he speaks his native language, for he is a liar and the father of lies.”*

## Supporting Scriptures

- **2 Corinthians 10:5 (NIV):**

*“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”*

- **1 Peter 5:8–9 (NIV):**

*“Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...”*

- **Romans 12:2 (NLT):**

*“Let God transform you into a new person by changing the way you think...”*





Day 6: When the Enemy Whispers Lies

## Devotional Thought

The enemy of your soul doesn't just attack through circumstances—he whispers.

And many of his lies sound like your own voice.

“You'll never change.”

“This is who you are.”

“You're too far gone.”

“You were born this way.”

“God won't really love you unless you clean up first.”

The enemy knows if he can get you to *agree* with his lies, he doesn't need to chain you—because you'll chain yourself.

But here's what Jesus said: *Satan is the father of lies*. Lies are his native language. So anytime you hear words that contradict the voice of Scripture—you can be sure they're not from your Savior.

God's Word is truth. His voice brings life.

He says you are redeemed (Colossians 1:13).

He says you are a new creation (2 Corinthians 5:17).

He says you can be transformed by renewing your mind (Romans 12:2).

And He says you belong to Him (Isaiah 43:1).

So when the enemy whispers, don't entertain him. **Answer him with Scripture.**



Take those thoughts captive. Challenge them. Replace them with God's truth.

Because the more you practice truth, the easier it becomes to silence the lie.



## Day 6: When the Enemy Whispers Lies

## Reflect and Apply

What lie has the enemy whispered most consistently in your battle?

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How do those lies shape the way you see yourself or your relationship with God?

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Which truths from Scripture speak directly to those lies?



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## Day 6: When the Enemy Whispers Lies

# Journaling Prompts

1. <p>Write out a list of recurring lies you've believed about your identity, desires, or worth.</p>

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2. <p>Next to each lie, write a Bible verse that speaks the truth over it.</p>

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3. <p>Journal a declaration of truth you can return to whenever that lie resurfaces.</p>

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Day 6: When the Enemy Whispers Lies

## Prayer for Today

Lord Jesus,

You are the Way, the Truth, and the Life. You never lie to me—and yet I've often listened to the enemy more than I've listened to You. Today, I reject every false word spoken over my mind and heart. I take those thoughts captive and submit them to Your truth.

Transform my thinking, God. Rewire my mind. Make Your voice louder than the lies. And when I'm weak or tired, remind me that You've already won the battle on my behalf.

In Your powerful and victorious name,  
**Amen.**





## Day 7: Loved as You Are — Called to More





## Your Verse

**Romans 5:8 (NIV):**

*“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”*

## Supporting Scriptures

- **John 8:11 (NIV):**

*“Then neither do I condemn you,” Jesus declared. “Go now and leave your life of sin.”*

- **Ephesians 2:4–5 (NLT):**

*“But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead.”*

- **Isaiah 1:18 (NIV):**

*“Though your sins are like scarlet, they shall be as white as snow...”*





## Devotional Thought

You are loved exactly as you are.

Let that sink in:

Right now.

With your past.

With your questions.

With your struggles.

Even with your current temptations or confusion.

**You are fully loved.**

But don't stop there. Because **you are also called to more.**

Many people stop at “God loves me,” but never move to “God transforms me.” The same love that embraces you today is the same love that invites you into healing, freedom, and new life.

In John 8, Jesus did not condemn the woman caught in adultery—but He also didn't ignore her sin. He said, “Go and sin no more.”

Why?

Because He loved her too much to leave her bound.

That's the gospel.

**God loves you as you are, but He calls you higher.**

He doesn't want you stuck in patterns that break your heart and distance your



soul. He wants you free. Whole. Filled with peace and purpose.

You may feel unqualified or unworthy, but His grace covers it all. And His Spirit empowers you to walk differently than before.

This is not about behavior modification.

It's about heart transformation.

And it begins when you say yes—not just to God's love, but to His calling.



## Day 7: Loved as You Are — Called to More

## Reflect and Apply

Where in your life have you stopped at "God loves me" but resisted His call to change?

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Do you believe God's love and God's commands can coexist without contradiction?

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What would it look like for you to walk in both His acceptance and His instruction?

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## Journaling Prompts

1. Write a letter to yourself as if God were speaking through you—reminding you that you are loved and also lovingly called to more.

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2. Reflect on any area of your life where God is gently calling you to grow, heal, or let go.

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3. Journal what scares you most about surrender—but also what excites you about being truly free.

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## Prayer for Today

Father,

Thank You for loving me without conditions. Thank You for meeting me right where I am. Your love has carried me, comforted me, and kept me through so much. But I know You love me too much to let me stay stuck.

Today I say yes—not just to Your love, but to Your call.

Yes to leaving behind what's broken.

Yes to trusting Your design over my feelings.

Yes to walking forward, even if it's hard.

Hold my hand as I go. I am Yours.

In Jesus' name,

**Amen.**





## Day 8: The Wounds Beneath the Feelings





## Your Verse

***Psalm 34:18 (NIV):***

*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*

## Supporting Scriptures

- ***Isaiah 61:1 (NIV):***

*“He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”*

- ***Lamentations 3:22–23 (ESV):***

*“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”*

- ***Psalm 147:3 (NIV):***

*“He heals the brokenhearted and binds up their wounds.”*



## Devotional Thought

Same-sex attraction doesn't come from nowhere.

In many women's lives, it has roots—deep emotional, relational, or even physical wounds. These may include:

- **Emotional neglect or absence** from a parent
- **Sexual abuse or trauma**
- **Shame** from early sexual experiences
- **Longing for same-gender affirmation** that was missing growing up
- **Fear of men** due to betrayal or abuse
- **Identity confusion** in a hypersexual world

None of this makes your feelings “invalid.”

But it does mean this: **God sees the pain underneath.** And He doesn't shame you—He moves toward you.

Jesus came to bind up the brokenhearted. Not just the *sinner*s—the *wounded*. The confused. The abandoned. The shamed.

If you've never taken time to explore the pain underneath the pull, let today be the beginning. Not so you stay stuck in your past—but so you can be set free.

God is not asking you to “just stop feeling that way.”  
He's inviting you to let Him heal what hurts.



## Day 8: The Wounds Beneath the Feelings

### Reflect and Apply

What past wounds might be connected to your current struggles?

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Have you ever felt like your emotions were wrong, when they were really pointing to pain?

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How do you feel knowing Jesus doesn't shame you—but seeks to heal you?



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## Day 8: The Wounds Beneath the Feelings

# Journaling Prompts

1. Write about a moment in your childhood or teen years that left a wound you've never fully processed.

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2. Journal how that pain may have shaped your desires, relationships, or identity.

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3. Invite Jesus into that memory in writing—ask Him what He wants to say to you there.

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## Day 8: The Wounds Beneath the Feelings

## Prayer for Today

Jesus,

You are the One who binds up broken hearts. I admit that some of my desires and confusions may be rooted in pain—not just rebellion. There are places in my past that I've avoided because they hurt too much. But today, I give You access.

Heal the little girl inside me.

Heal the places I've buried.

Heal the shame I've carried.

Speak truth to my story and kindness to my confusion.

I don't want to just change my behavior—I want to be made whole.

In Your name,

**Amen.**







## Day 9: The Power of Honest Confession



## Your Verse

**1 John 1:9 (NIV):**

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

## Supporting Scriptures

- **James 5:16 (NIV):**

*“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”*

- **Proverbs 28:13 (NLT):**

*“People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.”*

- **Psalms 32:5 (NIV):**

*“Then I acknowledged my sin to you and did not cover up my iniquity... and you forgave the guilt of my sin.”*





## Devotional Thought

One of the most powerful steps in healing is also one of the hardest: **confession.**

Not the shallow kind. Not the “I messed up” muttered under your breath. But the kind that says:

“God, here it all is—my actions, my thoughts, my struggle, my rebellion, my confusion. I won’t hide it anymore.”

Sin thrives in secrecy.

Shame grows in silence.

But healing begins with honesty.

You may feel like you’ve confessed “so many times before,” and wonder what difference it makes now. But confession isn’t about checking a box. It’s about restoring relationship. It’s about **realigning your heart with God’s truth** and receiving the grace that’s been waiting for you all along.

It’s also okay to confess to a trusted Christian mentor or counselor. James 5:16 tells us healing flows not just through confession to God—but through safe, prayer-filled confession with others.

Today, don’t pretend. Don’t edit. Don’t hold back.

There is **nothing you can confess that God didn’t already know—and still chose to love you anyway.**



Day 9: The Power of Honest Confession

## Reflect and Apply

What thoughts or actions have you kept hidden out of shame?

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How does it feel to know that true confession leads to both forgiveness and *freedom*?

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Who is a safe, trusted believer you could talk to and invite into your healing journey?



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## Day 9: The Power of Honest Confession

# Journaling Prompts

1. Write out a full, honest confession to God—without fear, without editing.

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2. What specific thoughts, behaviors, or patterns do you need to bring into the light?

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3. Ask God in writing: “What do You want me to know after this confession?” Listen and record what He places on your heart.

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## Day 9: The Power of Honest Confession

## Prayer for Today

God,

You see it all—and You still want me. I'm tired of hiding, pretending, and carrying this alone. I confess my thoughts, my struggles, my desires, and my sin. I've made choices that didn't honor You. I've followed paths that left me more broken than before.

But I believe You are faithful.

I believe You forgive.

I believe You purify.

Wash me today. Restore me. And give me the courage to walk in honesty—not shame.

In Jesus' name,

**Amen.**





## Day 10: Healing the Image of God in You







## Your Verse

**Genesis 1:27 (NIV):**

*“So God created mankind in his own image, in the image of God he created them; male and female he created them.”*

## Supporting Scriptures

- **Psalm 139:14 (NIV):**

*“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”*

- **Ephesians 2:10 (NLT):**

*“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”*

- **Colossians 3:10 (ESV):**

*“...and have put on the new self, which is being renewed in knowledge after the image of its creator.”*



## Day 10: Healing the Image of God in You

## Devotional Thought

Before you were confused.

Before you were hurt.

Before you were tempted.

**You were made in the image of God.**

That truth is unshakable. It's not erased by your past. It's not canceled by your struggles. And it's certainly not replaced by cultural opinions.

The enemy has spent years trying to distort that image in you—through lies, trauma, insecurity, and shame. He wants you to see yourself as **less than, broken, or a mistake**. But God says you are **a masterpiece**.

Not a mistake.

Not a problem to fix.

Not a lost cause.

**A masterpiece.**

The more you walk with Jesus, the more He restores what's been blurred. He renews your identity not by shaming your weakness, but by **revealing your worth** in Him.

You are not “just your sexuality.” You are not “just your history.” You are a **daughter of God**, created with intention, beauty, and eternal purpose.

Let Him show you what He sees.



## Day 10: Healing the Image of God in You

### Reflect and Apply

How has your view of yourself been shaped by other people, your past, or your pain?

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What would it mean to believe—deeply—that you are made in God's image?

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Are you willing to let God redefine how you see yourself?



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## Day 10: Healing the Image of God in You

# Journaling Prompts

1. Write a letter to your younger self, affirming the truth that she was always made in God's image—no matter what happened to her.

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2. Journal what it means to be a masterpiece, even in the midst of your current struggle.

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3. Ask God to show you one way He uniquely reflects His image through your life.

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## Prayer for Today

Father,

You made me. You formed me in love. Before the world labeled me, before pain shaped me, I was made in Your image. And I still am.

Today I confess that I've believed lies about myself—lies that said I wasn't enough, that I was broken, or beyond redemption. But You call me wonderful. You call me Yours. You say I am being renewed into the image of my Creator.

So renew me, God.

Restore what's been broken.

Rebuild my identity on truth, not trauma.

In Jesus' name,  
**Amen.**





## Day 11: Don't Let Feelings Be the Final Authority



## Your Verse

**Jeremiah 17:9 (ESV):**

*"The heart is deceitful above all things, and desperately sick; who can understand it?"*

## Supporting Scriptures

- **Proverbs 3:5–6 (NIV):**

*"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."*

- **Galatians 5:16–17 (NLT):**

*"So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves."*

- **2 Corinthians 10:5 (NIV):**

*"We take captive every thought to make it obedient to Christ."*







## Day 11: Don't Let Feelings Be the Final Authority

## Devotional Thought

Feelings can be loud.

So loud, in fact, that they often feel like truth.

Same-sex attraction can feel powerful, overwhelming—even natural. And our culture often tells us that “if you feel it, it must be right.”

But God says something different: **Your feelings are real, but they are not always reliable.**

God never told us to follow our hearts. He told us to guard them. Why? Because the heart, while precious, can also be deceived.

This doesn't mean you're crazy or broken for feeling what you feel. It just means feelings alone shouldn't be the compass for your life. **God's Word must be.**

The more you let Scripture shape your thoughts and identity, the more you'll notice something miraculous: your heart begins to realign.

It may not happen overnight.

It may be slow and difficult.

But God honors the woman who says, “Even if my feelings scream otherwise, I'll trust what You say is good.”



## Day 11: Don't Let Feelings Be the Final Authority

## Reflect and Apply

Have you ever made decisions based on feelings that later led to regret?

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What's one area where your feelings and God's Word are currently in tension?

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How might your life change if you trusted God's Word over your emotions?

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## Day 11: Don't Let Feelings Be the Final Authority

## Journaling Prompts

1. Write about a time when a strong feeling led you away from God's best—and what you learned from it.

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2. Reflect on current emotions or attractions that you're wrestling with. How might God's truth speak to them?

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3. Journal a prayer surrendering your emotions to God, asking Him to lead you by His Spirit instead of by your feelings.

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## Day 11: Don't Let Feelings Be the Final Authority

## Prayer for Today

Lord,

You know how deeply I feel. You created my emotions, and You care about my heart. But I confess that sometimes I let feelings become my guide instead of Your Word.

Help me to walk by truth, not by impulse.

Teach me to trust Your wisdom over my instincts.

Give me strength when the emotions are strong and the temptations feel justified.

Holy Spirit, lead me in paths of righteousness, not paths of comfort.

I want to follow You—even when it's hard.

In Jesus' name,

**Amen.**



## Day 12: Purity Is Still Possible





## Your Verse

### **1 Thessalonians 4:3–5 (NIV):**

*“It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God.”*

## Supporting Scriptures

- **1 Corinthians 6:18–20 (NIV):**

*“Flee from sexual immorality... Do you not know that your bodies are temples of the Holy Spirit... You are not your own; you were bought at a price. Therefore honor God with your bodies.”*

- **Psalms 119:9 (ESV):**

*“How can a young person stay on the path of purity? By living according to your word.”*

- **Titus 2:11–12 (NIV):**

*“For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions...”*



## Devotional Thought

Purity often feels like an outdated word—especially when the world mocks it and many churches rarely mention it anymore.

But the truth is this: **purity is still possible**—even after failure. Even after wandering. Even after confusion and sin.

Purity is not about perfection or pretending you’ve never struggled. It’s about walking in daily surrender to the Holy Spirit and honoring God with your body and heart.

Sexual sin isn’t just about behavior. It’s about identity, broken intimacy, and misplaced comfort. But when Jesus forgives, **He also restores**. He doesn’t just cleanse you from your past—He empowers you to walk in a new future.

Yes, temptations may still come. Desires may not vanish overnight. But the Holy Spirit in you is stronger than any pull.

Purity isn’t about repression—it’s about freedom. Freedom from the shame of hidden sin. Freedom from soul ties that weigh you down. Freedom to walk closely with God, unhindered by guilt.

And that freedom is available to you—today.





## Day 12: Purity Is Still Possible

## Reflect and Apply

What lies have you believed about purity being out of reach?

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What would it look like to pursue purity not just in behavior, but in your thoughts and heart?

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How can purity become part of your worship to God?



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## Day 12: Purity Is Still Possible

# Journaling Prompts

1. Write about how your view of purity has changed through this study.

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2. Confess any areas where you've compromised and ask God to help you reset.

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3. Journal a vision of what a pure, surrendered, joyful walk with Jesus could look like for you.

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## Prayer for Today

Jesus,

You are my Redeemer. You see where I've fallen, where I've wandered, and where I've struggled—and You still call me worthy of restoration.

Today I choose to believe that purity is not out of reach. Not because I'm strong—but because You are. Not because I've never sinned—but because You have cleansed me.

Teach me how to walk in sexual purity—not out of fear, but out of love for You.

Let my body and mind be holy ground, set apart for Your glory.

Empower me through Your Spirit to flee temptation, pursue righteousness, and live as a daughter who knows she is loved.

In Your name,

**Amen.**





## Day 13: Walking Forward After a Fall



## Day 13: Walking Forward After a Fall

## Your Verse

**Micah 7:8 (NIV):**

*“Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light.”*

## Supporting Scriptures

- **Proverbs 24:16 (NLT):**

*“The godly may trip seven times, but they will get up again.”*

- **Psalms 37:23–24 (NIV):**

*“The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand.”*

- **Romans 8:1 (NIV):**

*“Therefore, there is now no condemnation for those who are in Christ Jesus.”*



## Devotional Thought

You were doing well... until you weren't.

Maybe it was a thought you entertained. A message you responded to. A night you regretted. And now, shame creeps in whispering, "You'll never change."

But let this truth ring louder: **Falling is not the end. It's an opportunity to rise again with God's help.**

God never expected you to walk out of old habits without stumbling. But He *did* promise to uphold you when you fall. He promised not to condemn you, but to **lift you**, restore you, and continue what He started in you.

The enemy wants you to quit because of one fall. God says, "*Come back. I'm still here. Let's keep walking.*"

Your healing journey may not be in a straight line, but it *is* progressing. And every time you rise up in repentance and lean on His grace, the chains lose more of their grip.

Don't wallow in guilt.

Don't let one mistake define you.

**Get up. Walk again. God is not done.**



Day 13: Walking Forward After a Fall

## Reflect and Apply

What “fall” have you experienced that has made you feel disqualified?

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How does today’s scripture encourage you to stand back up?

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What’s one step forward you can take today, even if you feel ashamed?

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Day 13: Walking Forward After a Fall

## Journaling Prompts

1. Write a letter to yourself as if from God's loving perspective after your most recent fall.

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2. Journal what it would look like to rise again—emotionally, spiritually, and practically.

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3. Reflect on how grace empowers—not excuses—your transformation.

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## Prayer for Today

God of Mercy,  
I fell again. I gave in to what I said I'd resist. And now guilt tries to bury me.  
But I refuse to stay in the pit. I believe what You say: that I can rise again.

You are not surprised by my struggle. You knew I'd need grace every day. So  
here I am—bringing my mess, my weakness, my apology.

Lift me again.  
Heal me again.  
Strengthen me again.

Let this stumble be a stepping stone, not a setback. And let Your love be the  
voice I hear louder than my shame.

In Jesus' name,  
**Amen.**





## Day 14: Your Body Is a Temple



## Your Verse

### **1 Corinthians 6:19–20 (NIV):**

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”*

## Supporting Scriptures

- **Romans 12:1 (NIV):**

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”*

- **2 Timothy 2:21 (ESV):**

*“Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy...”*

- **1 Peter 2:9 (NIV):**

*“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession...”*



## Devotional Thought

You may have been told your body doesn't matter.  
That what you do with it is your choice, your freedom, your business.  
But God says otherwise:  
**Your body is holy ground. A temple. A dwelling place for the Spirit of God.**

What does that mean?

It means your body isn't dirty or shameful, no matter what you've done. It means you don't have to punish it, flaunt it, or use it to feel loved. It means you are not just spirit—you are embodied glory, designed with intention and honor.

God doesn't just want your soul.  
He wants your whole self—heart, mind, and body—to reflect His love and truth.

This changes everything.

It reshapes how we think about sex, desire, and intimacy. It reminds us that purity isn't repression; it's reverence. That God's commands are not restrictive—they're protective.

You were bought with a price. The blood of Jesus sealed your worth.  
You are sacred, sister.  
Live like it. Believe it.



## Day 14: Your Body Is a Temple

## Reflect and Apply

What messages have you internalized about your body—through culture, relationships, or trauma?

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How might your choices change if you saw your body as a temple?

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What does honoring God with your body look like practically in your current season?



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## Journaling Prompts

1. Write a declaration of truth over your body, renouncing shame and inviting the Holy Spirit to dwell freely in you.

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2. Journal any patterns or behaviors that you now feel called to surrender to honor God with your body.

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3. Reflect on how your view of physical intimacy is changing as you embrace God's design.

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## Prayer for Today

Holy God,  
Thank You for making me wonderfully. Even when I've misused, hated, or doubted my body, You have called it a temple.

Forgive me for the ways I've dishonored this temple—through choices, relationships, or self-loathing. Today, I choose to see myself through Your eyes.

Cleanse me. Restore me. Dwell in me.

Let my body be a vessel for purity, love, and worship.  
Not shame. Not compromise.  
But honor.

In Jesus' name,  
**Amen.**





## Day 15: Boundaries, Triggers & Temptation



## Your Verse

**Proverbs 4:23 (NIV):**

*“Above all else, guard your heart, for everything you do flows from it.”*

## Supporting Scriptures

- **1 Corinthians 10:13 (ESV):**

*“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape...”*

- **Matthew 26:41 (NIV):**

*“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”*

- **Romans 13:14 (NIV):**

*“Clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.”*



## Devotional Thought

Healing does not happen in a vacuum.

It takes **intentional boundaries** and **awareness of your triggers** to keep walking in freedom.

There are places, people, shows, songs, even thought patterns that act like open doors to old behaviors. They don't always seem harmful at first—but they weaken your resistance and cloud your convictions.

God's Word tells us to *guard our hearts*—not to live in fear, but to live in wisdom.

Jesus didn't just call us to deny sin—He taught us to flee from it. That means there's no shame in setting strong boundaries. There's wisdom in knowing your patterns. There's strength in choosing what protects your soul over what feels convenient.

This isn't about legalism or fear.

It's about **freedom**.

Freedom to live without shame, regret, or the confusion that comes from entertaining old habits.

You don't have to apologize for choosing holiness.

You don't have to explain your standards.

You're not being “extra” for protecting your healing.



You're being faithful.  
And God honors it.



Day 15: Boundaries, Triggers & Temptation

## Reflect and Apply

What are some triggers in your environment or relationships that make temptation harder to resist?

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Have you been afraid to set boundaries because of how others may perceive you?

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How can guarding your heart become an act of worship, not fear?



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## Journaling Prompts

1. List your top 3 triggers—then write a boundary for each one that will help you honor God.

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2. Journal about a recent situation where you resisted temptation. What helped? What could help next time?

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3. Reflect on how God’s way of escape has looked in your life. What new “exit strategies” can you prepare today?

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## Prayer for Today

Father,

You are the guard of my heart and the strength of my will. I want to live wisely—  
—not carelessly. I want to walk forward—not slide backward.

Help me recognize temptation early.

Give me the courage to set strong boundaries, even when others don't understand.

Lead me away from triggers and into peace.

Show me how to build a life that doesn't just avoid sin—but delights in You.

I trust You to lead me out of temptation and into freedom.

In Jesus' name,

**Amen.**





## Day 16: Lies the Enemy Wants You to Believe



## Your Verse

*John 8:44 (NIV): “When he lies, he speaks his native language, for he is a liar and the father of lies.”*

## Supporting Scriptures

- *2 Corinthians 10:5 (NIV): “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”*
- *Genesis 3:1 (NIV): “Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, ‘Did God really say...?’”*
- *Romans 12:2 (NIV): “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*





## Devotional Thought

The enemy doesn't need to destroy you to defeat you.  
He just needs to convince you of a lie.

He whispers things that sound like truth:

🕸 *"You'll never change."*

🕸 *"This is who you really are."*

🕸 *"You're too far gone."*

🕸 *"If God really loved you, you wouldn't struggle."*

But lies only work when we agree with them.

That's why Scripture tells us to take *every thought captive*—because your mind is a battlefield. And your thoughts shape your identity.

The first lie ever told was, "Did God really say...?"

It still echoes today. But God's Word still answers it: **Yes, He really said.**

And what He said is final. You are loved, redeemed, free, chosen, and being transformed—day by day.

You don't have to listen to shame anymore.

You don't have to believe the voice that told you you'll always be that way.

You are **not** the sum of your thoughts or temptations. You are the beloved of God.

So today, choose truth. Speak truth. Live truth.

The devil is a liar—and he's losing ground in your life.



## Day 16: Lies the Enemy Wants You to Believe

### Reflect and Apply

What lies have you believed about yourself that don't align with God's Word?

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How have those lies affected your identity or your healing?

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What truth can you speak over your life today to silence those lies?

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## Day 16: Lies the Enemy Wants You to Believe

## Journaling Prompts

1. Make a two-column list: Lies You've Believed vs. Truth from God's Word.

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2. Write a personal "truth declaration" that you can reread every morning.

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3. Journal how you feel when you start replacing lies with truth. What changes inside?

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## Day 16: Lies the Enemy Wants You to Believe

## Prayer for Today

Jesus,

You are the Truth that sets me free. I've believed lies—some for years. But today I choose to reject the voice of the enemy and align with Your Word.

Help me take every thought captive. Let no deception rule over me.

Replace every accusation with affirmation.

Replace confusion with clarity.

Replace fear with faith.

I know the enemy speaks in lies, but You speak in love.

Let Your truth be louder than every whisper of shame.

In Your holy name,  
**Amen.**





## Day 17: Embracing God's Love Without Earning It



## Your Verse

***Ephesians 2:8–9 (NIV):***

*“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”*

## Supporting Scriptures

- ***Romans 5:8 (NIV):***

*“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”*

- ***Titus 3:5 (NIV):***

*“He saved us, not because of righteous things we had done, but because of his mercy.”*

- ***Isaiah 64:6 (NIV):***

*“All our righteous acts are like filthy rags...”*



## Devotional Thought

You've tried to "earn" your way back into God's good graces, haven't you?

You prayed harder.

You fasted longer.

You tried to "clean yourself up."

But still, that quiet fear lingered: *"Maybe I'm not enough."*

Friend, listen—you **don't have to earn what's already been given.**

God's love is not a paycheck for good behavior. It's a gift of grace.

You didn't deserve it before you sinned. And you can't work your way back into it now.

That's the scandal of grace.

It levels the playing field.

It wraps you in love **even when you're a mess.**

It whispers, *"I love you as you are, but I won't leave you that way."*

There's nothing you can do to make God love you more.

And nothing you've done will make Him love you less.

Let that settle in your soul today.

You are loved. Fully. Freely. Right now.

Stop striving. Let grace do what it was meant to do.



## Day 17: Embracing God's Love Without Earning It

## Reflect and Apply

Where in your walk have you tried to earn God's love or approval?

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How does it feel to rest in the truth that God's love is not based on your performance?

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What would change in your life if you stopped striving and started trusting?



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## Journaling Prompts

1. Write a “release letter” to God—letting go of perfectionism, guilt, and striving.

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2. List the ways you’ve tried to earn love (from God or others), and surrender each one.

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3. Meditate on grace: What does it really mean for your past, your struggles, and your future?

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## Prayer for Today

Father of Grace,  
I've worn myself out trying to prove I'm worthy of Your love. I've believed the lie that I need to earn what You've already given.

Today, I stop.  
I surrender the striving.  
I lay down the guilt.  
I choose to receive—fully, freely—the grace You pour over me.

Let Your love wash over every part of me that still feels unworthy.  
Help me walk in freedom, not performance.  
Let grace transform what works never could.

In Jesus' name,  
**Amen.**







## Day 18: When Friendships Feel Confusing or Too Intimate



## Your Verse

**Proverbs 27:17 (NIV):**

*“As iron sharpens iron, so one person sharpens another.”*

## Supporting Scriptures

- **2 Timothy 2:22 (NIV):**

*“Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.”*

- **Ecclesiastes 4:9–10 (NIV):**

*“Two are better than one... If either of them falls down, one can help the other up.”*

- **1 Corinthians 15:33 (NIV):**

*“Do not be misled: ‘Bad company corrupts good character.’”*



## Devotional Thought

Friendship is a gift from God—but when emotional boundaries blur, it can become a source of confusion, pain, or even temptation.

Maybe you've been there.

The closeness started innocently.

You felt seen, cherished, emotionally safe.

But over time, the friendship shifted—and suddenly, it felt like more.

This happens more often than people talk about, especially among women with wounds of abandonment, insecurity, or identity confusion.

So what do you do when a friendship feels *too intimate*?

You don't have to run from every close relationship, but you do need **wisdom, boundaries, and truth**.

Friendships should uplift you, not entangle you in confusion. They should draw you closer to Jesus, not to dependency or secrecy.

It's okay to love deeply.

But it's also okay—and necessary—to **guard your heart**.

Invite God into your friendships. Let Him purify your motives, bring clarity where there's confusion, and courage where there's compromise. He can realign even the most tangled heartstrings.



Day 18: When Friendships Feel Confusing or Too Intimate

## Reflect and Apply

Have you ever experienced a friendship that crossed emotional or spiritual boundaries?

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What warning signs or red flags do you now recognize in past relationships?

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How can you seek healthy, God-honoring friendships moving forward?



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## Journaling Prompts

1. Reflect on a friendship that became emotionally enmeshed. What did you learn?

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2. Write a prayer of surrender for any current friendship that feels confusing or difficult.

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3. List the qualities of a Christ-centered friendship you want to pursue and protect.

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## Prayer for Today

Lord,

You created friendship as a gift. But sometimes I've confused closeness with intimacy and need with love.

Help me walk in purity—in thought, in feeling, and in relationship.

Heal the parts of me that have used others to fill a void only You can fill.

Give me discernment and courage to set boundaries where needed.

Make my friendships strong, holy, and rooted in truth.

You are my first Friend, and I trust You to lead me into safe, life-giving connection.

In Jesus' name,  
**Amen.**





## Day 19: Trusting God with Your Future Relationships





## Your Verse

**Jeremiah 29:11 (NIV):**

*“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

- **Psalms 37:4–5 (NIV):**

*“Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this.”*

- **Proverbs 3:5–6 (NIV):**

*“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.”*

- **Isaiah 55:8–9 (NIV):**

*“For my thoughts are not your thoughts, neither are your ways my ways,’ declares the Lord.”*



## Devotional Thought

Sometimes the fear of the future can feel paralyzing—especially when your past is filled with wounds, regrets, and relational confusion.

You may ask:

*“Will I ever have a godly relationship?”*

*“Can I really trust myself again?”*

*“Will anyone accept my story?”*

These are real fears. But God’s Word brings you a real promise:

**He knows your future. He’s already there.**

And His plan isn’t to shame you—but to redeem you.

God isn’t holding out on you. He’s holding you together.

You don’t have to orchestrate your own healing or force a certain outcome. You don’t have to have all the answers about your identity, singleness, or relationships right now.

What you need is this: **trust**.

Trust the God who knit you together in your mother’s womb.

Trust the One who redeems broken love stories.

Trust that He still writes beauty from ashes.

Your future relationships are not just about romance—they’re about **restoration**. And the God who holds your heart knows how to lead it well.



## Day 19: Trusting God with Your Future Relationships

## Reflect and Apply

What fears or anxieties do you carry about your future relationships?

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Have you been trying to take control, or are you releasing your desires to God?

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What does trusting God practically look like in this season of your life?

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## Journaling Prompts

1. Write a letter to your future self or future spouse, declaring hope and healing.

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2. List the areas where you're struggling to trust God with your future.

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3. Journal how you can delight in God today, trusting Him to align your desires with His will.

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## Prayer for Today

Father,

My heart feels fragile when I think about the future. I've been hurt, confused, and unsure of what's ahead. But today, I choose to trust You.

You know the end from the beginning. You see the whole story, and I only see a line.

I lay down my fears about relationships, singleness, and love.

I ask You to lead me in truth, guard my heart, and fill every space with Your peace.

Teach me to trust—not just in theory, but in every decision I make.

I want Your will, Your timing, and Your best.

In Jesus' name,

**Amen.**





## Day 20: Grace for When You Fall Again



## Your Verse

**1 John 1:9 (NIV):**

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

## Supporting Scriptures

- **Psalm 51:17 (NIV):**

*“My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.”*

- **Proverbs 24:16 (NIV):**

*“For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.”*

- **Romans 8:1 (NIV):**

*“Therefore, there is now no condemnation for those who are in Christ Jesus.”*





## Devotional Thought

What do you do when you fall... again?

Not just stumble—but really fall. Maybe into an old temptation, maybe into shame, maybe into silence and hiding.

If you've ever whispered, "*God must be so done with me,*"—you're not alone. But you're also not correct.

Falling doesn't mean God walks away.

In fact, it's often where we experience His mercy the most.

Yes, God wants your obedience. But He also knows your struggle.

He doesn't shame you into holiness—He **loves** you into transformation.

His grace is not a permission slip to keep sinning.

But it *is* a powerful truth: **When you fall, you can still get back up.**

Not because you're strong, but because **He is faithful.**

There is a difference between falling and staying down.

The enemy wants you to believe that your failure is your identity.

But God says otherwise: "*Though the righteous fall seven times, they rise again.*"

Today, rise again.



## Reflect and Apply

What emotions surface when you fall back into an old sin or struggle?

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Do you believe God still loves you—even in your mess?

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How can you respond to failure with humility and hope, rather than shame?

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## Journaling Prompts

1. Write about a recent fall and how God met you—or could meet you—in it.

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2. Describe the difference between conviction and condemnation in your life.

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3. Reflect on what it means to receive grace without abusing it.

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## Prayer for Today

Lord,

I hate the feeling of falling short. I want to honor You—but sometimes I fail.  
Thank You that Your mercy is not based on my performance.

Thank You that I don't have to stay in shame.  
When I fall, You offer Your hand—not Your wrath.  
You are faithful to forgive. And You purify me again and again.

Give me the courage to get back up.  
Help me walk in grace and truth, knowing that my failure doesn't change  
Your love.

Thank You for being the God of second chances—and seventieth chances too.

In Jesus' name,  
**Amen.**





## Day 21: Stepping Into Your New Identity



## Your Verse

### **2 Corinthians 5:17 (NIV):**

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*

## Supporting Scriptures

- **Ephesians 4:22–24 (NIV):**

*“You were taught, with regard to your former way of life, to put off your old self... and to put on the new self, created to be like God in true righteousness and holiness.”*

- **Galatians 2:20 (NIV):**

*“I have been crucified with Christ and I no longer live, but Christ lives in me.”*

- **Romans 6:4 (NIV):**

*“We were therefore buried with him through baptism into death in order that... we too may live a new life.”*



## Devotional Thought

You made it.

Not to perfection—but to a place of **renewed vision** and **spiritual clarity**.

Day by day, God has been chiseling away the false identities you once wore:

- 🚫 The shameful one
- 🚫 The confused one
- 🚫 The rejected one
- 🚫 The unworthy one

Now, it's time to step fully into who you **already are in Christ**:

- ✨ Redeemed
- ✨ Loved
- ✨ Pure
- ✨ Called
- ✨ Whole

This is not about pretending the past didn't happen.  
It's about **declaring that it doesn't define you anymore**.

You are not who you were.  
You are not what you did.  
You are not what was done to you.

Through Jesus, you are made new—and your new identity isn't fragile.  
It's sealed by the Spirit, secured by the cross, and sustained by grace.





Walk in it.

Speak from it.

Live like it's true—because it is.



## Day 21: Stepping Into Your New Identity

## Reflect and Apply

What lies about your identity has God replaced with truth?

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How does it feel to be seen and known by God as new, not broken?

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What does “living from your new identity” look like in your relationships, habits, and self-worth?



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## Journaling Prompts

1. Write a declaration beginning with: "I am no longer \_\_\_\_\_. In Christ, I am \_\_\_\_\_."

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2. Reflect on where God has brought you in these 21 days—what breakthroughs have happened?

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3. Describe your "next steps" walking out your new identity with God's help.

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## Prayer for Today

Father,

Thank You for the healing You've begun in me. Thank You for not letting my past define my future.

I step into my new identity—not by my strength, but by Your grace.

Help me live as a woman made whole.

Remind me daily that I am loved, chosen, and renewed.

When doubt creeps in, speak louder with truth.

When temptation whispers, surround me with Your Spirit.

Use my story to bring light to others walking a similar path.

Let this not be the end, but the beginning of a new walk with You.

In Jesus' powerful name,

**Amen.**





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