# Seeking God's Wisdom in One-Sided Love



Explore how women can find strength, wisdom, and healing through Scripture in imbalanced relationships where love feels one-sided.





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#### Introduction

Relationships are complex, and sometimes love can feel overwhelming when it seems one-sided. Many women experience seasons where they give deeply in relationships but receive little in return, leading to hurt, confusion, or the desire to understand God's guidance through it all. This study is designed to walk alongside women navigating imbalanced love, offering biblical wisdom, hope, and encouragement.

Throughout the week, we'll explore women in Scripture who faced challenges in their relationships, discovering how God's love, wisdom, and justice can be our anchor. From Sarah to Ruth, from Mary Magdalene to Lydia, the Bible provides examples of strength, grace, and faith amidst relational tension.

In these **7 days of focused reflection**, you will find encouragement to recognize your own worth in God's eyes, understand healthy boundaries, and seek the fruit of the Spirit as you walk through seasons of feeling emotionally drained. This journey does not offer quick fixes but a deep invitation to rely on God's unchanging love and wisdom.

Let this study nurture your heart, renew your perspective, and guide you to pray with boldness for guidance in those imbalanced relationships – knowing that God hears every sorrow and nurtures every hope. Let's begin this journey together.















#### Your Verse

Romans 8:38-39 - "For I am convinced that neither death nor life... will be able to separate us from the love of God..."

#### **Supporting Scriptures**

- Psalm 68:5 "A father to the fatherless, a defender of widows, is God in his holy dwelling."
- Isaiah 41:10 "So do not fear, for I am with you..."







#### Devotional: Rest in the Depth of God's Unfailing Love

**When love feels one-sided**, it's easy to question your own value or wonder if you are truly loved. But Scripture reminds us that *God's love is steadfast and unconditional*. No matter the circumstances or the actions of others, God's love for you is persistent and unbreakable.

Romans 8:38–39 powerfully assures us that no external force or relational imbalance can separate us from His love. Even when human love falters or feels unfair, God's love remains unmoved.

As women, especially those in roles often associated with caregiving and emotional labor, it's important to find a firm foundation in God's unwavering love. Your worth is defined by Him, not by the responses or affections of others.

**Remember today:** Before you seek love from someone else, rest in the fact that God loves you deeply, perfectly, and forever. This truth is your strength and comfort when human love feels insufficient.







# Reflect and Apply

	How does knowing God's love is unbreakable shift your perspective on your current relationship?
2.	In what ways have you sought your worth in others rather than in God?
	How can you remind yourself daily of God's steadfast love when feeling unloved?





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Day 1: God's Unfailing Love for You

### **Journaling Prompts**

	Write about a time you felt love was one-sided. How did it affect your heart?
2.	List affirmations based on God's promises of love to you.
3.	Reflect on how God's love has been a refuge in tough times.







#### Prayer for Today

**Heavenly Father,** thank You for Your unchanging and perfect love. In moments when I feel unnoticed or unloved by those around me, help me to anchor my heart deeply in Your truth. Remind me that Your love never fails and that Your presence is always with me. Teach me to receive Your love fully and to walk in confidence because of it. Strengthen me to endure and to love well, even when relationships feel unbalanced. In Jesus' name, *Amen.*  $\heartsuit$   $\curlywedge$ 

















#### Your Verse

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

#### **Supporting Scriptures**

- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No.""
- Galatians 6:5 "Each one should carry their own load."







# Devotional: Guard Your Heart by Setting Healthy Boundaries

Feeling drained by one-sided love calls for wisdom in protecting your heart. Proverbs 4:23 urges us to guard our hearts carefully, understanding that what we allow to influence us shapes our entire being.

When love flows unevenly, we may cross lines that cause us harm – emotionally, mentally, or spiritually. Setting healthy boundaries is not about withdrawing love but about preserving your well-being and honoring the value God has placed on you.

Jesus teaches us honesty and integrity in Matthew 5:37, encouraging clear and firm communication – the foundation of healthy boundaries. Boundaries help foster mutual respect and show that love is not just about giving but about thriving together.

**Today, reflect on areas where you need to set or reinforce boundaries** to protect your heart and honor the person God created you to be.







# Reflect and Apply

1.	What boundaries have you neglected that may be contributing to your emotional imbalance?
2.	How can setting boundaries improve the quality of your relationships?
3.	What fears arise when you consider setting boundaries, and how does Scripture speak into those fears?







# **Journaling Prompts**

	Journal about a boundary you want to establish for your emotional health.
2.	List practical steps you can take to communicate your needs clearly.
3.	Write down Scripture verses that encourage you to guard your heart.







#### Prayer for Today

**Lord,** give me the courage to guard my heart wisely. Help me to recognize where I need boundaries for my well-being and to communicate them with grace and clarity. Teach me that setting limits is an act of love towards myself and others. May Your Spirit guide my words and actions so that my relationships reflect Your peace and health. In Jesus' name, *Amen.*

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- James 5:16 "...the prayer of a righteous person is powerful and effective."







# Devotional: Embracing Strength through Honest Vulnerability

When love feels one-sided, it can be tempting to hide your true feelings or pretend all is well.

Paul's words in 2 Corinthians 12:9 remind us that God's grace supports us, especially when we recognize our weaknesses. In those moments of emotional brokenness or fatigue, God's power fills in the gaps where human strength wanes.

Allow yourself to be honest with God and others about how you feel. This openness invites healing and connection rather than isolation.

**There is great courage in vulnerability.** It can transform relationships and open the door for God's power to work deeply within you.







# Reflect and Apply

1.	How have you responded when feeling vulnerable in your relationships?
2.	What fears keep you from expressing your true feelings to God or others?
	How can embracing vulnerability invite God's strength into your situation?







# **Journaling Prompts**

1.	Write about what vulnerability feels like for you in relationships.
2.	Record a prayer asking God for courage to be transparent with Him.
3.	Reflect on a time when being vulnerable led to growth or healing.







### **Prayer for Today**

**Dear God,** help me to embrace my weakness and be honest about my feelings. Teach me to rely on Your grace daily and to find strength in my moments of vulnerability. Surround me with people who will support and encourage me as I share my heart. May I experience healing and renewal through Your power. In Jesus' name, *Amen.* 🛠 🙏 💪















#### Your Verse

Ruth 1:16 - "Where you go I will go, and where you stay I will stay..."

#### **Supporting Scriptures**

- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."
- Hebrews 13:5 "Never will I leave you; never will I forsake you."







#### Devotional: Choose Faithful Love Anchored in God

Ruth's story is a beautiful example of loyalty and faith

Her commitment was not blind but grounded in a deeper hope that God would provide and sustain them. Ruth's love was active and sacrificial, yet she also entrusted her future to God rather than control every outcome.

In situations where love feels one-sided, like Ruth, we are invited to commit to faithful love and God's providence. Though the journey might be difficult, trusting in God's plan can lead to restoration and unexpected blessings.

Reflect today on where you can cultivate faith and loyal love without losing yourself in imbalance.







# Reflect and Apply

	What can you learn from Ruth's faith and loyalty in your own relationships?
2.	How do you balance loving well and trusting God's timing in difficult
	situations?
	Where might God be inviting you to commit with faith even amid uncertainty?







# **Journaling Prompts**

1.	Write about what faithfulness means to you personally.
2.	Describe a situation where trusting God changed the outcome.
3.	Journal about ways you can love loyally without sacrificing your wellbeing.







#### Prayer for Today

**Lord,** help me to love like Ruth — with loyalty and faith. When relationships feel unbalanced, guide me to place my trust fully in You, knowing You are the provider of all that I need. Strengthen me to remain faithful without losing sight of Your good purposes. May my heart find peace in Your promises today. In Jesus' name, *Amen.*

















Day 5: 😂 Peace in Letting Go

#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts..."

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary... and I will give you rest."
- Ecclesiastes 3:1 "There is a time for everything..."







Day 5: W Peace in Letting Go

#### Devotional: Experience God's Peace Through Surrender

Sometimes seeking wisdom for imbalanced relationships means knowing when to let go, not to give up on love, but to release control and place peace above persistent striving.

**Philippians 4:6–7 invites us to surrender anxieties to God.** In exchange, He offers a peace beyond human understanding that protects our hearts from turmoil.

Letting go can be a deeply spiritual act — trusting God to care for what we cannot change, resting in His timing, and walking forward without bitterness. When love feels one-sided, surrendering sometimes is how we best love ourselves and others.

May you experience God's deep rest and peace in any necessary letting go today.







Day 5: 😂 Peace in Letting Go

# Reflect and Apply

1.	What anxieties are you holding onto regarding your relationship?
2.	How might surrendering control lead to inner peace?
3.	What does 'letting go' look like while still loving well?







Day 5: 💙 Peace in Letting Go

#### **Journaling Prompts**

1.	Write a prayer of surrender for your relationship struggles.
2.	Describe feelings that arise when you consider letting go of control.
3.	Identify ways you can cultivate peace in your heart daily.







Day 5: W Peace in Letting Go

#### Prayer for Today

**God of Peace,** I bring my anxieties and burdens to You today. Help me to surrender all worries about my relationship and receive the peace only You can provide. Guard my heart from fear and unrest as I trust in Your timing and perfect plan. Teach me to love well without control and to rest fully in Your care. In Jesus' name, *Amen.* 🔾 🙏 💙







# Day 6: XX Walking in Wisdom and Grace









Day 6: 🗱 Walking in Wisdom and Grace

#### Your Verse

James 3:17 - "The wisdom that comes from heaven is first of all pure; then peace-loving..."

#### **Supporting Scriptures**

- Colossians 4:6 "Let your conversation be always full of grace..."
- Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."







Day 6: K Walking in Wisdom and Grace

#### Devotional: Let God's Wisdom Shape Your Response

God's wisdom guides our hearts in complicated emotional landscapes like one-sided love. James 3:17 describes heavenly wisdom as pure, peace-loving, considerate, and full of mercy.

Walking in wisdom means applying these qualities to how you respond – choosing grace over bitterness, humility over pride, patience over frustration.

Grace-filled conversations and gentle patience open doors for healing and restoration. Even when love feels unbalanced, God calls us to reflect His character and to act thoughtfully, protecting our hearts while offering kindness.

Pray for wisdom today — for insight and the humility to walk gently through difficult emotions and relationships.







Day 6: 🞇 Walking in Wisdom and Grace

# Reflect and Apply

1.	How does godly wisdom influence the way you handle relational imbalance?
2.	In what ways can grace transform difficult conversations?
3.	Where do you need more patience or humility in your interactions?







Day 6: 🞇 Walking in Wisdom and Grace

#### **Journaling Prompts**

Write about a time you responded with wisdom in a hard situation.
List qualities of godly wisdom you want to grow in.
Journal a prayer asking for grace and patience today.







Day 6: 🗱 Walking in Wisdom and Grace

#### Prayer for Today

**Father,** fill me with Your perfect wisdom as I navigate relationships that challenge my heart. Help me to speak with grace, act with humility, and extend patience even when love feels unbalanced. May my words and deeds reflect Your peace and kindness. Guide me to be a vessel of Your mercy and love. In Jesus' name, *Amen.* 💸 🙏 😂

















Day 7: Pope and New Beginnings

#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

#### **Supporting Scriptures**

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail..."
- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."







Day 7: Phope and New Beginnings

#### Devotional: Embrace God's Promise of New Beginnings

As this week ends, God invites you to look ahead with hope. Isaiah 43:18-19 encourages us to let go of painful past experiences and embrace the new things God is doing in our lives.

Imbalanced love can leave wounds, but God's mercies are new every morning (Lamentations 3:22–23). He offers restoration, healing, and fresh beginnings.

Hope is not naive optimism but a confident expectation in God's faithfulness and power to renew your heart and relationships.

Let today be a day of surrendering the past and embracing God's new story for your life and love.







Day 7: 🌈 Hope and New Beginnings

# Reflect and Apply

1.	What past hurts might you need to release to embrace God's new things?
	How does hope in God's promises affect your view of future relationships?
	In what ways can you remain faithful and joyful amid ongoing challenges?







Day 7: Phope and New Beginnings

# **Journaling Prompts**

1.	Write about what a new beginning would look like for you.
2.	Reflect on God's faithfulness in your life so far.
3.	Journal a prayer committing your future and relationships to God.







Day 7: Pope and New Beginnings

#### Prayer for Today

**Gracious God,** thank You for Your mercies that are new every morning. Help me to release past hurts and to embrace the new things You are doing in my life. Fill me with hope and joy, and strengthen me to be patient and faithful. I trust in Your promises to heal and restore. Lead me forward on the path You have prepared. In Jesus' name, *Amen.* 







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