



Still Loved



Struggling with a distant mother? This 3-day Bible study helps men heal emotional wounds, rebuild self-worth, and rest in the love of their Heavenly Father.



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Introduction

Not every mom is warm. Some are emotionally cold, unavailable, or distant. Maybe your mom never said “I love you.” Maybe she didn’t show affection. Maybe she cared in practical ways but never connected with your heart. Or maybe she was critical and made you feel like you were never enough.

That ache doesn’t disappear just because you grow up.

Emotional distance from a mother can leave a young man unsure of his worth, hesitant to trust women, or desperate for approval he never received. It can even distort how he views God—as if He’s distant too.

But the truth is this: **your Heavenly Father is not like your earthly mother.** Where she may have fallen short, God never will. His love fills every gap. This study is about helping you process that pain, invite God into those deep places, and move forward with healing and purpose.





Day 1: You Were Never Unloved



Your Verse

Psalm 27:10 (NIV)

“Though my father and mother forsake me, the Lord will receive me.”

Supporting Scriptures

- *Romans 8:38–39 (NIV)*
- *“For I am convinced that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”*



Devotional: God's Love Isn't Withheld

You didn't choose your mom's emotional temperature. Her distance wasn't your fault. But it probably left you wondering—*Am I hard to love? Am I too much? Not enough?*

God says otherwise.

Psalms 27:10 gives voice to the unspoken pain of having a mom who may have been physically present but emotionally absent. Even if she failed to connect with you, God never will. **His arms are open where hers might have been crossed.**

Romans 8 drives the point home: nothing—not your past, not her neglect, not even your mistakes—can separate you from His love.

You were **always loved**. Before your mom ever held you—or didn't—God did.



Journaling Prompts

1. What emotions come up when I reflect on my mom's distance?

2. Have I believed lies about my worth because of her emotional absence?

3. What would it look like to receive God's love fully today?



Day 1: You Were Never Unloved

Prayer for Today

Father, I carry wounds I don't always talk about. Her silence hurt. Her absence shaped me. But You are not like her. You don't push me away. You see me, know me, and receive me fully. Help me believe in Your unshakable love. Heal the parts of me that still feel unloved or unwanted. In Jesus' name, amen.





Day 2: God Heals the Hidden Hurt



Day 2: God Heals the Hidden Hurt

Your Verse

Psalms 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.”



Devotional: You Don't Have to Hide the Pain Anymore

Some men don't talk about this kind of pain. They just bottle it up, bury it deep, and move on. After all, it feels weak to admit that Mom's distance still stings.

But here's the thing: **what stays hidden doesn't heal.**

Psalm 34:18 reminds us that God isn't scared of your sadness. He doesn't roll His eyes or tell you to "man up." He draws *closer* when your heart is broken. And His nearness isn't pity—it's healing.

Isaiah 61 paints the picture of what Jesus came to do: *bind up broken hearts and set captives free*. That includes you. You don't have to keep living captive to your mom's silence, or the lingering ache it left behind.

Your emotional pain matters to God. He's not ashamed of it. And He's not too distant to help. In fact, He's leaning in—ready to heal what you've been hiding.



Day 2: God Heals the Hidden Hurt

Journaling Prompts

1. What hurt have I buried from my relationship with my mom?

2. How has emotional pain shaped my behavior, friendships, or trust?

3. What would it look like to let God heal these places?



Day 2: God Heals the Hidden Hurt

Prayer for Today

Lord, I confess that I've hidden this pain for far too long. I didn't think You'd care about something so deep, so complicated—but You do. Thank You for being close to my broken heart. Thank You for coming to heal the wounds I can't even fully explain. Bind up the damage her distance caused. Remind me that my heart is safe in Your hands. In Jesus' name, amen.





Day 3: You Are Being Rebuilt



Day 3: You Are Being Rebuilt

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

- ***Joel 2:25 (NIV)***
- *“I will repay you for the years the locusts have eaten...”*



Devotional: You're Not Doomed to Repeat the Cycle

When you grow up with emotional neglect, it can feel like you're doomed to stay stuck. Stuck in pain. Stuck in confusion. Stuck in broken relationships.

But you're not stuck—you're **being rebuilt**.

2 Corinthians 5:17 says that if you are in Christ, you are a *new creation*. You are not defined by the emotional environment you grew up in. You are defined by the love of God and the identity He gives you.

Joel 2:25 offers one of the most hope-filled promises in all of Scripture: God will repay the years that were lost. That means the years you spent wondering if you were lovable. The moments you cried alone in your room. The seasons where you longed for your mom to see you, but she didn't.

God can redeem it all.

He can build a new legacy through you—one of emotional health, strength, and stability. You don't have to parent like your mom did. You don't have to push people away like she did. You're not bound by her limitations.

You're being rebuilt by a God who never runs out of love.



Day 3: You Are Being Rebuilt

Journaling Prompts

1. What parts of my identity do I want God to rebuild?

2. How can I break the cycle of emotional distance in my future relationships?

3. What does it mean to live as a new creation, not defined by the past?



Day 3: You Are Being Rebuilt

Prayer for Today

God, thank You that I am not my past. I am not doomed to repeat what was modeled for me. I am a new creation in Christ. Restore what was lost in me—the affection, the tenderness, the validation I never received. Rebuild my heart with Your truth. Help me live as a man who is whole, grounded, and deeply rooted in Your love. Thank You for making all things new. In Jesus' name, amen.





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