



Still Worthy



This Bible study brings healing to women living with an STD, reminding them they are not dirty, unworthy, or unloved—but still chosen, redeemed, and whole in Christ.



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Introduction

Maybe it was one mistake.
Maybe it was years of wandering.
Maybe it wasn't your choice at all.

But now, you carry something—an STD—that feels like a permanent mark of shame.

Every mirror moment hurts. Every dating conversation feels terrifying. Even in church, surrounded by grace, you feel like the one person it can't possibly cover.

But here's the truth: **Jesus didn't die for the perfect. He died for the broken.** And that includes you.

You are not your diagnosis.
You are not your past.
You are not unworthy.

This Bible study is a sacred space to bring your pain, your questions, your fear—and place it at the feet of the Healer.

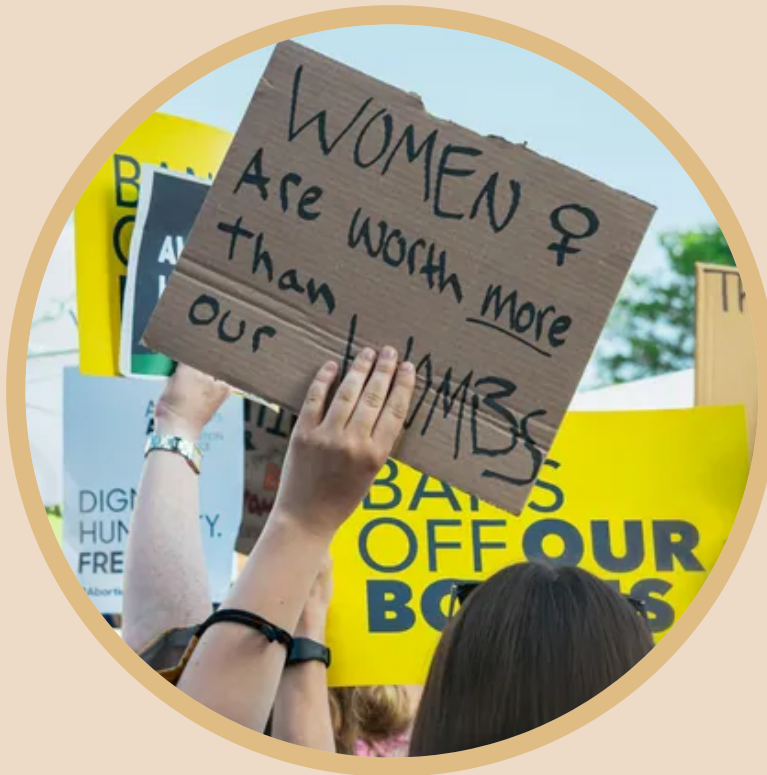
God sees you. He knows your whole story. And still, He calls you **worthy**.

Let's walk together toward truth, grace, and a fresh start.





Day 1: You Are Not What Happened to You



Day 1: You Are Not What Happened to You

Your Verse

Isaiah 43:1 (NIV):

“But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: ‘Do not fear, for I have redeemed you; I have summoned you by name; you are mine.’”

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!”

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

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

- **Psalms 34:5 (NIV):**

“Those who look to him are radiant; their faces are never covered with shame.”



Day 1: You Are Not What Happened to You

Devotional Thought

Shame has a voice, and it speaks in absolutes:

“You’re dirty now.”

“No one will ever love you.”

“You ruined your future.”

“God can forgive *some* things, but not this.”

Maybe you’ve listened to that voice for too long. Maybe you’ve looked at your body and felt hatred. Maybe you’ve started to believe your story is beyond God’s repair.

But here’s the truth: **You are not what happened to you.**

You are not your diagnosis. You are not your history. You are not your pain. You are His.

God doesn’t flinch when He looks at you. He doesn’t see “damaged goods”—He sees His daughter. Chosen. Redeemed. Whole.

Isaiah 43:1 says He formed you, He redeemed you, He knows your name—and you belong to Him. He knew everything about your story before you were born and still chose to love you fully. Not halfway. Not cautiously. **Fully.**

Jesus specializes in touching what the world calls untouchable. And He’s reaching for you today—not to shame you, but to *free* you.



Day 1: You Are Not What Happened to You

Reflect and Apply

Think about the labels you've given yourself since your diagnosis.
Would Jesus call you those names?

Now reflect on what He *does* call you: Beloved. Daughter. Redeemed. Pure.
What would change if you began to believe Him instead of your shame?



Day 1: You Are Not What Happened to You

Journaling Prompts

1. What painful words or labels have you spoken over yourself because of your diagnosis?

2. What would it look like to replace those labels with the truth of who God says you are?

3. Write a letter from Jesus to yourself—what would He say to you today?



Day 1: You Are Not What Happened to You

Prayer for Today

Jesus,

I've believed the lie that I'm too far gone. That my body, my heart, and my future are ruined. But You say I am Yours. You say I am redeemed. You say I am loved.

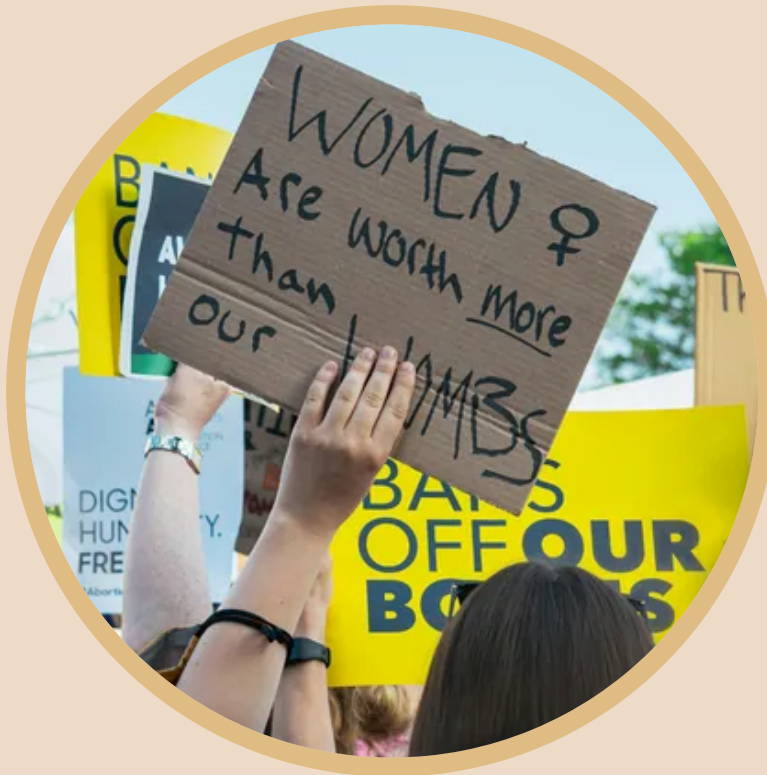
Help me trade my shame for Your truth. Help me stop identifying myself by my pain and start seeing myself through Your mercy. Thank You for calling me by name—not by my past. I choose to believe You.

In Your holy name,
Amen.





Day 2: The Lie of Being “Damaged Goods”



Day 2: The Lie of Being “Damaged Goods”

Your Verse

Psalm 147:3 (NIV):

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

Supporting Scriptures

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

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

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

“For he chose us in him before the creation of the world to be holy and blameless in his sight.”

- ***Luke 8:43–48 (NIV):***

Story of the woman with the issue of blood—Jesus called her “Daughter.”



Day 2: The Lie of Being “Damaged Goods”

Devotional Thought

The world loves to slap labels on people—especially women.

Maybe you’ve heard it before or whispered it to yourself in the dark:
“I’m damaged goods.”

Maybe someone even said it to your face.

That phrase is a lie straight from the enemy’s mouth. It reduces your soul to a mistake. It chains your worth to your history. And worst of all, it blinds you to how Jesus sees you: as **healed, loved, whole**.

In Luke 8, a woman who had bled for twelve years touched the edge of Jesus’ robe. She was considered unclean—untouchable, ruined, shamed. But what did Jesus say to her?

“Daughter, your faith has healed you. Go in peace.”

He didn’t flinch. He didn’t shame her. He didn’t avoid her.
He stopped everything to affirm her identity: *Daughter*.

You may carry a wound—an emotional scar, a diagnosis, a memory that haunts you. But the God who *binds up wounds* is the same God who speaks new names over His daughters.

You are not too dirty to be loved. You are not too broken to be healed.
You are *not* damaged goods. You are chosen. Cherished. Clean.



Day 2: The Lie of Being “Damaged Goods”

Reflect and Apply

When you hear the words “damaged goods,” how do they affect your heart?
 Now reread Luke 8:43–48 and put yourself in the woman’s shoes.
 Jesus didn’t see her as ruined—He saw her as worth pausing for.

He sees you the same way. Pause and let that truth sink in.



Day 2: The Lie of Being “Damaged Goods”

Journaling Prompts

1. Have you believed you were damaged goods? What led you to that belief?

2. Reflect on Luke 8. How did Jesus respond to the woman who felt unclean?

3. Write a declaration: “I am not damaged goods. I am _____. ” Fill in that blank with God’s truth about you.



Day 2: The Lie of Being “Damaged Goods”

Prayer for Today

Heavenly Father,

I’ve carried labels You never gave me. I’ve worn shame like a scarlet letter. But today I reject the lie that I am damaged goods. You call me *Daughter*. You stop for me. You speak healing over me.

Thank You for loving me with an everlasting love. Thank You that I don’t have to hide from You. You already know everything—and still, You invite me close.

Let that truth settle in my bones. Let it rewrite the way I see myself. I am Yours.

In Jesus’ name,
Amen.





Day 3: Jesus and the Outcast Woman



Day 3: Jesus and the Outcast Woman

Your Verse

John 4:10 (NIV): “Jesus answered her, ‘If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.’”

Supporting Scriptures

- *John 4:13–14 (NIV): “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”*
- *John 4:18 (NIV): “The fact is, you have had five husbands, and the man you now have is not your husband.”*
- *John 4:39 (NIV): “Many of the Samaritans from that town believed in him because of the woman’s testimony...”*



Day 3: Jesus and the Outcast Woman

Devotional Thought

She came to the well alone.

In the heat of the day—when no one else would be around. She carried not just a water jar, but the shame of her reputation. Five husbands. One more man who wasn't her husband. She didn't belong. She didn't fit. She was the kind of woman whispered about and avoided.

And yet—Jesus went *out of His way* to meet her.

He didn't lecture her. He didn't shame her. He didn't ask her to clean up first. He spoke to her gently, directly, and with compassion. He told her *everything she ever did*—and still offered her *living water*.

Jesus saw her. And He loved her enough to change everything.

If you've ever felt like the outcast, like the woman people avoid or judge or overlook, Jesus is still doing what He did then—crossing social, religious, and emotional boundaries just to meet you at your well.

And He still offers the same gift: *Living water*. Healing. Freedom. Redemption. And yes, even purpose.

The woman who once avoided the crowd ran back into it to testify about Jesus. Your story can be used for God's glory too. **Your shame will not be the final chapter.**



Day 3: Jesus and the Outcast Woman

Reflect and Apply

Do you relate to the woman at the well—isolated, judged, or carrying your shame in silence?

What does it mean to you that Jesus *knew* her story and still treated her with honor?



Day 3: Jesus and the Outcast Woman

Journaling Prompts

1. Have you ever avoided people or community out of shame? Describe what that season was like.

2. What would it look like to let Jesus meet you at your “well” today?

3. Do you believe your story could one day encourage others, like the woman’s did in John 4?



Day 3: Jesus and the Outcast Woman

Prayer for Today

Jesus,

Thank You for going out of Your way to meet me in my shame. You don't avoid my brokenness. You sit with me in it. You speak with kindness and restore my dignity.

You are the Living Water that never runs dry. Teach me to stop running and hiding. Help me receive what You offer—grace, freedom, and a new story. Let me walk with my head lifted today, knowing I am loved.

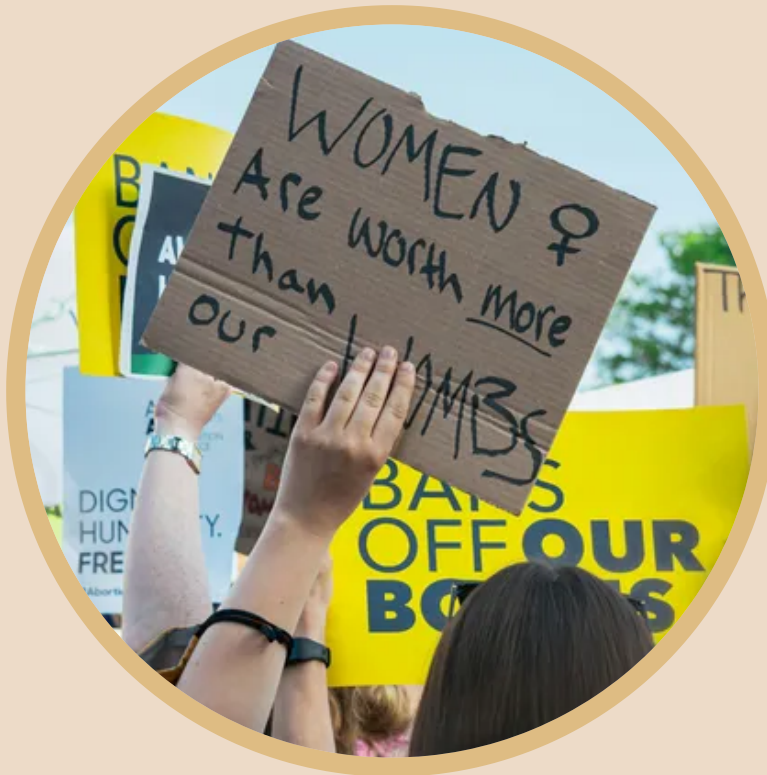
Even if the world sees me one way, help me believe what *You* see.

In Your name,
Amen.





Day 4: From Shame to Sonship



Day 4: From Shame to Sonship

Your Verse

Romans 8:15 (NIV):

“The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’”

Supporting Scriptures

- **Galatians 4:7 (NIV):**

“So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir.”

- **Ephesians 1:5 (NLT):**

“God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.”

- **Isaiah 61:7 (NIV):**

“Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance.”



Day 4: From Shame to Sonship

Devotional Thought

Shame enslaves. It whispers, “Stay small.” It says, “Don’t get too close.” It builds walls between you and others—and between you and God.

But the Spirit of God doesn’t leave you in slavery to shame. He calls you *daughter*.

Not just metaphorically. Spiritually, legally, eternally—you have been **adopted into the family of God**.

Think about that. You didn’t sneak into His grace. You weren’t reluctantly accepted. You were *wanted*. Chosen. Pursued. God knew your whole story and still said, “**That one—she’s mine.**”

This means shame no longer gets the final word in your life.
It means you don’t have to earn your worthiness.
You belong because your Father says so.

And you get to cry out not just “God,” but **Abba**—*Daddy*. The most intimate word for a perfect Parent.

Shame will tell you to hide. Sonship says, *come boldly*.
Shame says you’re unworthy. Sonship says you’re an heir.

The only reason shame has power over you is if you forget who you are.
So today, remember: **You are not a slave. You are a daughter.**



Day 4: From Shame to Sonship

Reflect and Apply

How has shame kept you from fully relating to God as a Father?

What emotions rise up when you think of being “adopted” into His family?

What would change if you truly believed you are a daughter and not a disgrace?



Day 4: From Shame to Sonship

Journaling Prompts

1. In what areas of life do you still live like a slave to shame instead of a daughter of God?

2. Write down what it means to be “adopted” by God. How does that speak to your sense of worth?

3. Describe how your relationship with God would change if you saw Him as a gentle, loving Father.



Day 4: From Shame to Sonship

Prayer for Today

Abba Father,
I've let shame tell me who I am for too long. I've believed I was a slave—trapped, unworthy, outside of Your grace. But You call me daughter. You chose me. You adopted me into Your family through Jesus.

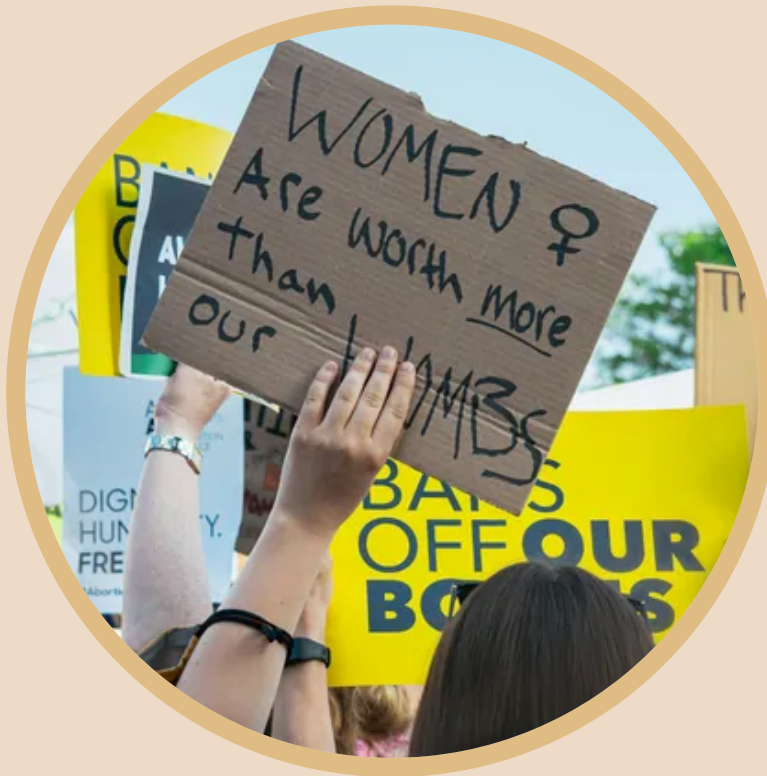
Help me believe that truth in the deepest places of my heart. Let me feel the freedom of being Yours—not because I earned it, but because You wanted me.

Give me the courage to stop living like a slave and start living like a beloved daughter.

In Jesus' name,
Amen.



Day 5: You Are Still Worthy of Love and Marriage



Day 5: You Are Still Worthy of Love and Marriage

Your Verse

Song of Songs 4:7 (NIV):

“You are altogether beautiful, my darling; there is no flaw in you.”

Supporting Scriptures

- ***Proverbs 31:10 (NIV):***

“A wife of noble character who can find? She is worth far more than rubies.”

- ***Isaiah 62:5 (NIV):***

“As a bridegroom rejoices over his bride, so will your God rejoice over you.”

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

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



Day 5: You Are Still Worthy of Love and Marriage

Devotional Thought

One of the cruelest lies that shame tells women after an STD diagnosis is this:
“No one will ever love you now.”

It's a voice that echoes through dating apps, wedding dreams, and even well-meaning conversations with Christian friends. You start to believe you've disqualified yourself from ever experiencing love, romance, or holy marriage.

But that's a lie. And it's not from God.

God is not afraid of your diagnosis. And neither is the person He has for you.

The truth is: **you are still worthy of love. You are still capable of being a beautiful bride.** You are not “used up.” You are not a risk. You are not less valuable than any other daughter of God.

In Song of Songs 4:7, we get a glimpse of God's heart through the poetic voice of a bridegroom: *“You are altogether beautiful, my darling; there is no flaw in you.”* That's how God sees you—and how a godly man will see you, too.

Marriage isn't for perfect people. It's for two redeemed people who walk in grace, truth, and covenant. And your past doesn't cancel out your future.

If you've believed you had to settle for less, or that you no longer “qualify” for love—breathe this in:

You are still worthy. You are still radiant. You are still marriage material.



Day 5: You Are Still Worthy of Love and Marriage

Reflect and Apply

What fears do you carry about your future in love or marriage?

Have you believed that your past makes you unlovable or “too much”?

How does God’s view of you differ from what the world says about worth?



Day 5: You Are Still Worthy of Love and Marriage

Journaling Prompts

1. What emotions rise up when you think about dating, love, or marriage after your diagnosis?

2. Write a letter to your future spouse. What would you want them to know about who you are in Christ?

3. Meditate on Song of Songs 4:7. Rewrite it as if Jesus were speaking directly to you.



Day 5: You Are Still Worthy of Love and Marriage

Prayer for Today

Father,

I've wrestled with fear that I'll never be loved, never be chosen, never be seen as worthy of marriage. But You say I am beautiful. You say there is no flaw in me. You see beyond my past and into my purpose.

Heal the lies I've believed. Rebuild my confidence—not in myself, but in You. Prepare me for the kind of love that honors You and reflects Your grace. And if it's Your will, prepare someone else's heart to love me with patience, purity, and joy.

I trust You with my future.

In Jesus' name,
Amen.





Day 6: Healing Is More Than Physical



Day 6: Healing Is More Than Physical

Your Verse

3 John 1:2 (NIV):

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

Supporting Scriptures

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

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

- **Mark 5:34 (NIV):**

“He said to her, ‘Daughter, your faith has healed you. Go in peace and be freed from your suffering.’”

- **Isaiah 53:5 (NIV):**

“...by his wounds we are healed.”



Day 6: Healing Is More Than Physical

Devotional Thought

When you first learned about your diagnosis—whether it was herpes, HPV, or something else—you probably asked yourself: *“Will I ever be fully healed?”*

You may have Googled every treatment. You may have cried in the shower. You may have begged God for the condition to disappear. And while physical healing is possible in some cases, many STDs are lifelong. But healing is so much more than what happens in your body.

Healing starts in your soul.

God is deeply concerned with the condition of your heart—your identity, your peace, your freedom from shame. He wants you to know that you are not defined by a virus or a medical report. You are defined by His love.

In Mark 5, Jesus told the woman, *“Your faith has healed you. Go in peace and be freed from your suffering.”* This wasn’t just about her bleeding—it was about her fear, her exclusion, and her emotional pain.

Healing is a layered journey. And sometimes, the emotional and spiritual wounds last longer than the physical ones. That’s okay.

What matters is this: **Jesus walks with you through it all.**

He doesn’t wait on the other side of healing—He heals while walking with you.



Day 6: Healing Is More Than Physical

Reflect and Apply

Are you waiting for physical healing before you allow yourself to feel whole again?

What does emotional and spiritual healing look like in your life right now?

How have you already experienced moments of healing—even if the physical condition remains?



Day 6: Healing Is More Than Physical

Journaling Prompts

1. Describe the difference between being healed physically and being healed spiritually.

2. Write about a time God brought healing to your heart even when your body was still struggling.

3. Ask yourself: What part of my heart still needs healing today? Invite God into it.



Day 6: Healing Is More Than Physical

Prayer for Today

Lord,

I used to think healing meant everything had to disappear—but now I see that You offer healing for my soul even while I wait. You meet me in the mess. You don't demand perfection. You offer peace.

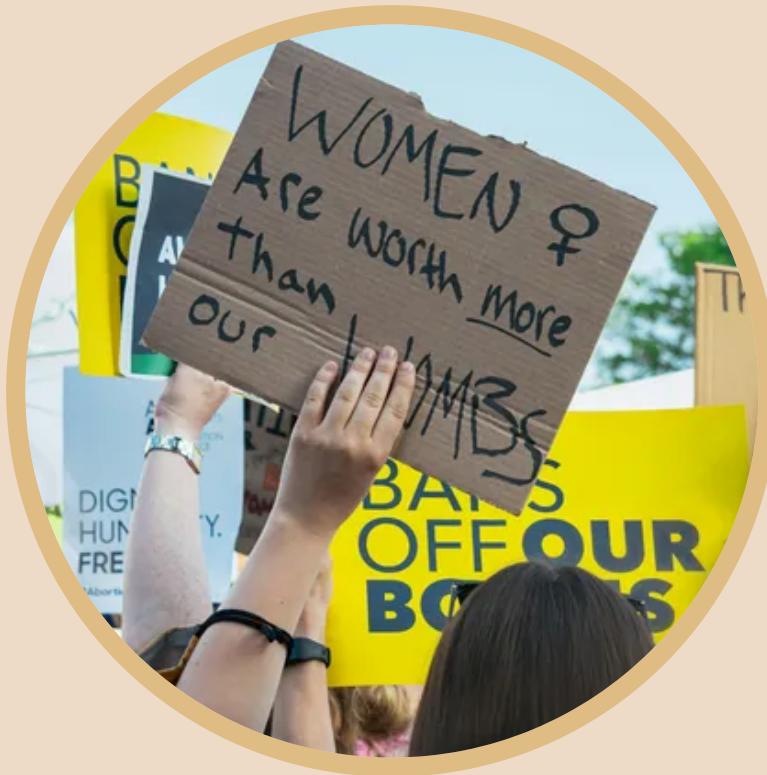
Heal my memories. Heal my shame. Heal my identity. Even if my diagnosis doesn't go away, remind me that You are still the God who makes all things new. Help me trust that You are restoring me from the inside out.

In Your loving name,
Amen.





Day 7: Your Story Isn't Over Yet



Your Verse

Philippians 1:6 (NIV):

“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Supporting Scriptures

- *Revelation 12:11 (NIV):*

“They triumphed over him by the blood of the Lamb and by the word of their testimony...”

- *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.’”

- *Romans 8:28 (NIV):*

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”



Devotional Thought

This diagnosis is *part* of your story—but it is not the *end* of it. Yes, there has been pain. Yes, there have been regrets, fears, and dark nights of the soul. But God isn't finished writing your story yet.

You are not living a tragic ending. You are walking through the middle chapters of a redemption story.

In Philippians 1:6, Paul reminds us that the same God who started a good work in you will bring it to completion. That means your life is not on pause. Your future is not canceled. Your calling is not revoked.

There is purpose in your pain—and power in your testimony.

Revelation 12:11 tells us that we overcome not only by the blood of Jesus, but by the *word of our testimony*. That includes your story—your healing journey, your lessons, your battles with shame, and your newfound identity in Christ.

You may not have chosen this part of your life. But God can use it in ways you've never imagined—to bring healing to others, to point to His mercy, to break stigma and shame in someone else's heart.

You are not forgotten. You are not finished.
You are being written into something beautiful.



Day 7: Your Story Isn't Over Yet

Reflect and Apply

How have you seen God show up in your life since your diagnosis?
What has He taught you, healed in you, or revealed about Himself?

Are you willing to believe that He's still writing your story with purpose and love?



Journaling Prompts

1. Write a declaration of faith that your story is not over. Begin with: "God is not finished with me because..."

2. Reflect on how your testimony might encourage someone else walking a similar path.

3. List 3 areas of your life where you're believing God for future restoration or purpose.



Day 7: Your Story Isn't Over Yet

Prayer for Today

Jesus,

Thank You for reminding me that this is not the end of my story. Even when I feel stuck in regret or shame, You are still moving. Still healing. Still writing. You don't waste any part of my life—not even the hardest chapters.

Help me walk forward with hope, believing You have good plans for me. Use my story to help others. Use my life to glorify You. Let me live like someone who's still being redeemed—because I am.

I trust You, Author of my story.

In Your holy name,
Amen.





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