



Strength and Courage for Women Leaving Abuse



A 7-day plan encouraging women to find courage, wisdom, and God's protection when leaving abusive relationships.



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Introduction

Finding strength to leave an abusive relationship is one of the bravest steps a woman can take. Abuse can leave deep wounds—physical, emotional, and spiritual—making the path toward freedom challenging and often frightening. Yet the Bible speaks powerfully to women facing such struggles, offering hope, courage, and divine protection.

In this study, you will encounter God's promises that empower you to walk away with courage, gain wisdom for decision-making, and find shelter in His love and protection. Each day focuses on a different aspect of God's character and how it relates to overcoming abuse with faith.

This journey is not just about leaving a harmful situation but embracing the truth that **you are deeply valued, fearfully and wonderfully made by God** (Psalm 139:14). You are not alone—God sees your pain, hears your cries, and stands with you as a refuge and strength.

Remember, courage is not the absence of fear, but the resolve to move forward despite it. Throughout these seven days, we will draw from Scripture to help you identify your worth, find clarity, experience healing, and be emboldened by God's unfailing love. May each devotion remind you that God's protection surrounds you and His wisdom lights your path.





Day 1: God Is Your Refuge and Strength



Day 1:  God Is Your Refuge and Strength

Your Verse

Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Psalm 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 1:  God Is Your Refuge and Strength

Devotional: God Our Ever-Present Protector

Leaving an abusive relationship can feel overwhelming and frightening, but God invites you to lean into Him as your refuge. Psalm 46:1 reminds us that God is not distant in our pain; He is an ever-present help when we are in trouble. When fear tries to choke your heart, remember that God's strength is available to you right now.

He does not expect you to carry the weight alone. Instead, He offers shelter, strength, and peace that transcend human understanding. The journey out of abuse requires courage, but courage is rooted in the assurance that God is protecting you.

Take a moment to breathe deeply and imagine God holding you close like a strong fortress—safe, secure, and unshakable. As you prepare to step forward, invite God's presence to steady your heart and mind.



Day 1:  God Is Your Refuge and Strength

Reflect and Apply

1. What fears arise when you think about leaving your situation?

2. How does knowing God is your refuge change how you face these fears?

3. In what ways can you practice resting in God's strength today?



Day 1:  God Is Your Refuge and Strength

Journaling Prompts

1. Write about a time when you felt God's protection in a difficult moment.

2. List fears or obstacles you need God's help to overcome.

3. Describe what it means to you that God is your refuge.



Day 1: 🛡️ God Is Your Refuge and Strength

Prayer for Today

Lord, thank You for being my refuge and strength. When I feel weak or afraid, remind me that You are always present and ready to help. Help me to trust You fully as I take steps toward freedom. Surround me with Your protection and peace, and give me courage to walk forward in faith. In Jesus' name, Amen.





Day 2: 💡 Wisdom to Make Bold Decisions



Day 2: 💡 Wisdom to Make Bold Decisions

Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Supporting Scriptures

- *Proverbs 3:5-6 - "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."*
- *Psalms 32:8 - "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."*



Day 2: 💡 Wisdom to Make Bold Decisions

Devotional: God's Wisdom Lights Your Path

One of the greatest needs when leaving an abusive relationship is wisdom—the ability to discern the right steps and make decisions that protect your wellbeing. James 1:5 encourages you to ask God for wisdom, promising He will give generously and without judgment. God is ready to guide your heart with clarity and peace.

You don't have to figure everything out on your own. God invites you to rely on Him, trusting that He will lead you on a safe path. Proverbs reminds us to lean not on our own understanding but to trust God's perfect plan. Even when choices feel confusing or risky, God's counsel is steadfast and loving.

Take time today to ask God for wisdom with an open heart. Journal or pray about the decisions ahead, knowing He will walk with you step by step, watching lovingly over you and guiding your path.



Reflect and Apply

1. What decisions are you facing that feel overwhelming?

2. How can you invite God into your decision-making process?

3. What does it mean to trust God instead of relying solely on your own understanding?



Journaling Prompts

1. Write down the choices you need wisdom for right now.

2. Reflect on how God has given you wisdom in past situations.

3. Ask God for wisdom and write what you feel Him saying to you.



Day 2: 💡 Wisdom to Make Bold Decisions

Prayer for Today

Father, I come to You asking for wisdom. Please guide my heart and mind as I make difficult decisions. Help me to trust Your counsel and lean on Your understanding rather than my own fears. Illuminate the path You want me to take and grant me the courage to follow it faithfully. Thank You for Your loving presence and guidance. In Jesus' name, Amen. 🙏💡📖✨





Day 3: 🔥 Courage to Step Forward



Day 3: 🔥 Courage to Step Forward

Your Verse

Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

Supporting Scriptures

- *Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*
- *Psalms 27:1 - "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"*



Day 3: 🔥 Courage to Step Forward

Devotional: Strength and Courage from God's Presence

Courage is not the absence of fear but the decision to move forward despite it. God's Word commands strength and courage, reminding you He is always with you, never abandoning or forsaking you. When you feel afraid, these promises are anchors to hold onto.

Stepping out of an abusive situation requires formidable courage, which God supplies in overflowing measure. He goes with you into every unknown, every new challenge, and every step of freedom. You are never alone. Fear loses its grip when courage rises from the certainty of God's abiding presence.

Allow these scriptures to strengthen your heart as you envision yourself walking boldly toward a safer, freer life—holding onto God as your stronghold and light.



Day 3: 🔥 Courage to Step Forward

Reflect and Apply

1. What fears hold you back from taking steps toward freedom?

2. How can remembering God's constant presence empower you to be brave?

3. What does courage look like in your current situation?



Day 3: 🔥 Courage to Step Forward

Journaling Prompts

1. Describe what being strong and courageous means to you.

2. Write about a past experience where God gave you courage.

3. List specific fears you want to surrender to God in prayer.



Day 3: 🔥 Courage to Step Forward

Prayer for Today

Lord, I ask for Your courage today. When fear tries to paralyze me, remind me that You are always by my side. Strengthen my heart so I can face each step with boldness, knowing You never leave or forsake me. Help me to trust You as my stronghold and light. In Jesus' name, Amen. 🙏🔥💪✨





Day 4: 🌿 Healing for Your Heart and Spirit



Day 4: 🌿 Healing for Your Heart and Spirit

Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted, to proclaim freedom for the captives."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 4: 🌿 Healing for Your Heart and Spirit

Devotional: God's Gentle Healing Touch

Healing after abuse is a tender process that requires God's gentle touch on your brokenness. Psalm 147:3 reminds you that God actively heals the brokenhearted and binds up wounds—both seen and unseen.

Jesus came specifically to bind broken hearts and to proclaim freedom to those held captive. When exhaustion and pain weigh heavy, He invites you to come to Him for rest and renewal.

Healing takes time, and it is okay to grieve the losses and hurts you have endured. God's healing is a safe place where hope is nurtured, and strength is restored. Today, allow God's compassionate love to begin mending your heart, opening it towards peace and restoration.



Reflect and Apply

1. What areas of your heart need God's healing touch?

2. How can you accept God's invitation to find rest in Him?

3. What does emotional and spiritual healing feel like or look like to you?



Day 4: 🌿 Healing for Your Heart and Spirit

Journaling Prompts

1. Write about wounds you want God to heal.

2. Reflect on what rest and peace mean to your spirit.

3. Pray and invite Jesus into your places of pain and weariness.



Day 4: 🌿 Healing for Your Heart and Spirit

Prayer for Today

Dear Jesus, You know my pain and brokenness. Please heal my wounded heart and restore my spirit. Help me to accept Your rest when I am weary and burdened. Bind up my wounds and give me hope for new life. Thank You for Your gentle love and healing power. In Your name I pray, Amen. 🙏🌿💖🕊️





Day 5: Embracing God's Peace



Your Verse

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

Supporting Scriptures

- *Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts."*



Day 5:  Embracing God's Peace

Devotional: Receive Jesus' Deep, Lasting Peace

Peace is a precious gift Jesus offers that surpasses worldly understanding. In the midst of chaos and uncertainty, His peace can calm your troubled heart and still your restless mind.

As you move away from an abusive environment, invite God's peace to rule in your heart. This peace guards you against fear and anxiety, giving strength to persevere and clarity to make wise choices.

Practice resting in His peace today by turning your worries over to Him in prayer. Let His calm presence be your refuge and courage source. Remember, His peace is not dependent on circumstances but on His unchanging love.



Reflect and Apply

1. Where do you feel most anxious or troubled right now?

2. How can you consciously welcome God's peace into those areas?

3. What practical steps can help you keep your heart anchored in His peace?



Journaling Prompts

1. List things causing you anxiety and surrender them to God.

2. Describe what it feels like to experience God's peace.

3. Write a prayer asking Jesus to guard your heart and mind.



Day 5: 🕊 Embracing God's Peace

Prayer for Today

Jesus, thank You for Your gift of peace. When my heart is troubled and fears arise, help me to rest in Your calming presence. Guard my heart and mind as I face each day, and let Your peace rule within me. Teach me to trust You completely so I can walk in freedom without fear. In Jesus' name, Amen. 🙏





Day 6: Your Worth Is Divine



Your Verse

Psalms 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Supporting Scriptures

- *Matthew 10:29-31 - "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care."*
- *1 Peter 3:3-4 - "Your beauty should not come from outward adornment, but from the inner self... a gentle and quiet spirit, which is of great worth in God's sight."*



Day 6: 🌸 Your Worth Is Divine

Devotional: Embracing Your God-Given Worth

In times of abuse, it is easy to lose sight of your inherent worth and identity. God's Word reminds you that you are fearfully and wonderfully made, crafted with intention and love.

Your value is not determined by how others treat you but by how God sees you. He knows every detail of your life and cares deeply for your well-being, just as a Father cares for the smallest sparrow.

True beauty and strength come from cultivating a gentle and quiet spirit grounded in God's love. Today, affirm your worth by embracing these truths and rejecting any negative messages that diminish your value.



Reflect and Apply

1. How has abuse affected your view of yourself?

2. What does it mean to you that you are wonderfully made by God?

3. How can you nurture a gentle and quiet spirit in difficult times?



Day 6: 🌸 Your Worth Is Divine

Journaling Prompts

1. List qualities that make you uniquely valuable.

2. Write about how God's love defines your worth.

3. Reflect on ways to celebrate and care for your inner self.



Day 6: 🌸 Your Worth Is Divine

Prayer for Today

Father, thank You for making me wonderfully and fearfully. Help me to see myself through Your eyes, full of value and purpose. Teach me to cultivate a gentle spirit and to reject lies that diminish my worth. May I stand firm in the truth that I am deeply loved and treasured by You. In Jesus' name, Amen. 🙏





Day 7: Walking Forward in Freedom



Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

- *Isaiah 54:17 - "No weapon forged against you will prevail... you will refute every tongue that accuses you."*
- *Romans 8:38-39 - "Nothing will be able to separate us from the love of God..."*



Day 7:  Walking Forward in Freedom

Devotional: Standing Firm in God's Freedom

Freedom is the beautiful destiny God has for you—a life released from bondage, fear, and pain. Galatians calls you to stand firm in this freedom and resist being shackled again by old patterns or lies.

God promises protection against every weapon formed against you and assures you that His love never fails. As you walk boldly into your new future, know that God's power surrounds you and His love secures your steps.

Choose today to embrace freedom—freedom to heal, to thrive, to worship, and to walk in purpose. God is your defender and your refuge as you move forward into the abundant life He has prepared.



Reflect and Apply

1. What does freedom look like for you personally?

2. How can you stand firm and reject returning to harmful patterns?

3. How does God's promise of protection and unfailing love encourage you?



Journaling Prompts

1. Write a declaration of freedom over your life.

2. Identify steps you will take to maintain your freedom.

3. Reflect on God's love as your foundation for a new future.



Day 7: 🕊️ Walking Forward in Freedom

Prayer for Today

Lord, thank You for setting me free. Help me stand firm in the freedom You have given, resisting anything that tries to pull me back into bondage. Protect me with Your mighty power and surround me with Your unfailing love. Give me courage to walk boldly forward into the life You have planned. In Jesus' name, Amen. 🙏🕊️💪❤️





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