Strength and Hope for Women in Challenging Marriages



A 7-day journey to find God's hope and guidance when facing narcissism and control in marriage.





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Introduction

Marriage is often portrayed as a beautiful union of love, respect, and partnership. Yet, for many women, the reality is much harder—especially when their husbands exhibit narcissistic and controlling behavior. When you live with someone whose focus is solely on themselves, it can leave you feeling isolated, misunderstood, and spiritually worn down. *But you are not alone.* This Bible study is designed to walk beside you, offering hope, encouragement, and practical biblical wisdom over seven days.

Our **God** is a refuge and source of strength, especially in dark and challenging seasons. Scripture is full of examples of women who faced hardships, including oppressive relationships, but found courage and direction in Him. Throughout this study, we will explore God's Word, focusing on His unchanging love and guidance for women like you who seek freedom and peace.

Each day, you will reflect on key Scriptures, discover devotions that speak directly to your journey, and engage with reflective questions and prayers. We will look at how God's truth helps you to set healthy boundaries, find your identity in Him, and walk in wisdom and grace when confronting narcissism and control. *It is possible to find hope, healing, and strength even in the most difficult marriages.* Remember, God sees your pain, honors your faithfulness, and is ready to lead you toward freedom.







As you embark on this study, open your heart to God's voice. Let His promises comfort your soul and ignite courage within you. His power is made perfect in weakness (*2 Corinthians 12:9*), and He will equip you to endure and grow through this trial. Take these seven days as a sacred time for renewal, healing, and discovering God's deep love for you.















Your Verse

Psalm 18:2 - "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: God Is Your Unshakeable Refuge

Living with a narcissistic and controlling husband can feel like walking through a storm without shelter. You may feel powerless and vulnerable, questioning how to protect yourself spiritually and emotionally. Psalm 18:2 reminds us of a powerful truth: *God is our rock and fortress.* He is the unmovable protector who offers true refuge when life feels overwhelming.

When your husband's self-centeredness creates chaos or pain, God invites you to lean on Him. He sees your struggles and offers a safe place where you can rest and be strengthened. Your value is not determined by the way you are treated but by the One who made you and loves you endlessly.

Take time today to pray for God's protective hand over your life and marriage. Ask Him to shield your heart and mind from harm, and give you courage to face each day with His strength. Remember, your hope is not in the earthly circumstances but in the eternal, steadfast character of God.







Reflect and Apply

	How have you experienced God's protection during difficult times before?
2.	In what ways can you remind yourself daily that God is your refuge?
3.	What fears do you need to surrender to God today?







Journaling Prompts

1.	Write about a time when God's protection was evident in your life.
2.	List characteristics of God that make Him trustworthy as your fortress.
3.	Describe your feelings when you remember that God is with you always.







Prayer for Today

Heavenly Father, thank You for being my rock and fortress. In moments when I feel overwhelmed, remind me to run to You for refuge. Guard my heart and mind from fear and harm. Give me the strength to trust You fully, even when my circumstances are difficult. Help me stand firm in Your love and protection. *In Jesus' name, Amen.*















Your Verse

Galatians 3:28 – "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."

Supporting Scriptures

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- 1 Peter 2:9 "You are a chosen people, a royal priesthood, a holy nation."







Devotional: You Are More Than Circumstances

When your husband's behavior tries to diminish your worth, it can be easy to lose sight of who you really are. Sometimes the words and actions of a controlling partner can make you question your value. However, Scripture is clear: your identity is rooted in Christ, not in how others treat you.

Galatians 3:28 powerfully declares that in Christ, all distinctions fade away because your primary identity is *God's beloved child*. You are handcrafted by God for a unique purpose, full of dignity and honor. No one can take that away, no matter how difficult your marriage is.

Today, focus on embracing your identity in Jesus. Let His truth redefine the labels you might feel trapped by. When you know who you are in God, it becomes easier to walk in confidence and set healthy boundaries in a challenging marriage.







Reflect and Apply

1.	How has your husband's self-centeredness affected your view of yourself?
2.	What does knowing you are God's handiwork mean for your daily life?
3.	How can your identity in Christ empower you during difficult interactions?







Journaling Prompts

1.	Write down the names and titles God calls you in Scripture.
2.	Describe how it feels to be chosen and valued by God alone.
3.	Reflect on how your true identity can influence your response to control.







Prayer for Today

Lord Jesus, remind me daily who I am in You. Help me see beyond the pain caused by others and recognize my worth as Your beloved daughter. Strengthen my heart to stand tall in my God-given identity. Teach me to live confidently and peacefully according to Your purpose. *Thank You for loving me unconditionally.* Amen.







Day 3: W Embracing Peace Amid Control









Day 3: SEmbracing Peace Amid Control

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 minds in Christ Jesus."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 3: W Embracing Peace Amid Control

Devotional: Receiving God's Peace in Turmoil

Life with a controlling husband may leave you anxious and unsettled, but Jesus offers a peace that surpasses worldly understanding. John 14:27 reminds us that His peace is a gift — not based on circumstances but on His faithful presence.

In moments when control threatens to steal your joy and hope, invite God's peace to fill your heart. This peace doesn't mean the difficulties vanish instantly, but it guards your heart and mind against despair. Choosing to receive God's peace is a powerful act of faith when your marriage feels overwhelming.

Practice giving your anxieties to God through prayer and meditate on His promises. As God's peace rules in your heart, He will empower you to respond with grace rather than fear, creating space for healing and clarity.







Day 3: 🖏 Embracing Peace Amid Control

Reflect and Apply

What anxieties about your marriage do you need to surrender to God?
How can you ask for and embrace God's peace daily?
In what ways does God's peace change your reaction to control?







Day 3: 🖏 Embracing Peace Amid Control

Journaling Prompts

1.	Describe the difference between worldly peace and God's peace.
2.	Recall a time you experienced peace despite difficult circumstances.
3.	Write a prayer asking God to guard your heart with His peace.







Day 3: W Embracing Peace Amid Control

Prayer for Today

Gracious Father, thank You for giving me peace that the world cannot give. Help me to lean on Your presence when fear and anxiety rise. Guard my heart from turmoil and teach me to respond with calm and trust. Fill me with Your peace today, so I might reflect Your love in every circumstance. *In Jesus'* name, Amen.







Day 4: Setting Boundaries with Wisdom and Grace









Day 4: 🥦 Setting Boundaries with Wisdom and Grace

Your Verse

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

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Matthew 10:16 "Be as shrewd as snakes and as innocent as doves."







Day 4: B Setting Boundaries with Wisdom and Grace

Devotional: Protecting Your Heart with God's Wisdom

Living with someone who is controlling requires careful protection of your emotional and spiritual heart. Proverbs 4:23 urges us to "above all else, guard your heart." Boundaries are a God-honoring way to protect yourself and maintain your dignity—not walls to shut others out, but healthy limits to prevent harm.

Setting boundaries can be difficult especially when your husband's behavior may provoke guilt or fear. However, Jesus encourages us to be both wise and gentle, balancing strength with grace. Wise boundaries help you maintain peace and allow healing rather than enabling harmful patterns.

Seek God's guidance as you discern where healthy limits are needed in your marriage. Pray for courage and wisdom to communicate your needs respectfully. Remember boundaries are an act of love towards yourself and can open pathways for transformation in your relationship.







Day 4: 🥬 Setting Boundaries with Wisdom and Grace

Reflect and Apply

1.	What areas in your marriage need healthy boundaries?
2.	How can you balance being gentle and wise when setting limits?
	What fears come up when you think about setting boundaries, and how can God help with those fears?







Day 4: 💋 Setting Boundaries with Wisdom and Grace

Journaling Prompts

1.	List boundaries you feel are necessary for your emotional safety.
2.	Write about how God's wisdom can help you communicate these boundaries.
3.	Reflect on how setting boundaries could bring peace in your marriage.







Day 4: B Setting Boundaries with Wisdom and Grace

Prayer for Today















Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

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."
- Ephesians 5:15–16 "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity."







Devotional: Seeking God's Wisdom in Every Step

In a marriage marked by narcissism and control, wisdom is essential.

Decisions regarding your safety, responses, and future require godly discernment. James 1:5 offers a promise: when you lack wisdom, God generously gives it to those who ask.

Walking wisely does not mean you have all the answers, but that you lean on God's understanding rather than your own. Trusting Him allows you to navigate difficult situations with clarity and peace, avoiding impulsive reactions that may cause more harm.

Today, seek God's wisdom intentionally. Pray for discernment in your words and actions. Look for His guidance in Scripture and wise counsel from trusted believers. Walking in wisdom will empower you to make the best choices for your well-being and spiritual growth.







Reflect and Apply

1.	In what areas do you feel you need God's wisdom most right now?
2.	How can you incorporate prayer and Scripture when facing challenges?
3.	Who are trustworthy people you can seek counsel from?







Journaling Prompts

1.	Write about a past decision where God's wisdom helped you.
2.	List practical ways you can seek wisdom daily.
3.	Reflect on how trusting God more can change your perspective.







Prayer for Today

Lord, I humbly ask for Your wisdom today. Teach me to lean on You and not my own understanding. Guide my steps and help me discern how to respond with grace and truth. Surround me with godly counsel and grant me clarity in difficult moments. I trust You as my counselor and guide. *Amen.* ?







Day 6: Finding Joy and Purpose Beyond Struggles









Day 6: Finding Joy and Purpose Beyond Struggles

Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

Supporting Scriptures

- Psalm 37:4 "Take delight in the Lord, and he will give you the desires of your heart."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







Day 6: Finding Joy and Purpose Beyond Struggles

Devotional: Joy as Your Source of Strength

It is easy to lose sight of joy when weighed down by controlling and self-centered behavior. Yet, God calls you to a deeper joy—one that is not dependent on your circumstances but found in Him. Nehemiah 8:10 reminds us, "The joy of the Lord is your strength."

Joy in God renews your heart and gives you resilience. It helps you face struggles with hope rather than despair. By delighting in the Lord and trusting Him, you open your life to His transformative power.

Today, look for moments of joy—even small ones—and cherish those gifts from God. Let your purpose in Him renew your spirit and empower you to persevere. You are created for good works and a meaningful life that transcends hardships.







Day 6: 💮 Finding Joy and Purpose Beyond Struggles

Reflect and Apply

1.	What small joys can you identify in your daily life?
	How does finding joy in the Lord change your perspective on your marriage?
	In what ways might God be using your struggles to build your character and purpose?







Day 6: Finding Joy and Purpose Beyond Struggles

Journaling Prompts

1.	List things that bring you joy spiritually and emotionally.
2.	Describe how God's joy can be your strength in hardship.
3.	Write about your God-given purpose beyond your circumstances.







Day 6: Finding Joy and Purpose Beyond Struggles

Prayer for Today

Dear Lord, fill my heart with Your joy today. Help me find strength in Your presence and delight in Your love. Renew my spirit and remind me of the purpose You have for my life. Even in difficult seasons, let Your joy sustain and uplift me. *Thank You for being my hope and strength.* Amen.















Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength." They will soar on wings like eagles."

Supporting Scriptures

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."
- Romans 8:28 "And we know that in all things God works for the good of those who love him."







Devotional: Anchoring Hope in God's Promises

After a week of reflection, prayer, and Scripture, it's time to embrace hope for your future. Isaiah 40:31 encourages us that those who place their hope in God will find renewed strength and the ability to rise above difficulty like eagles soaring.

Hope is more than wishful thinking; it is a confident expectation rooted in God's faithfulness. Even amid pain and control, God's compassion is new every morning. He weaves all things together for your good, including your trials.

Today, choose to anchor your heart in God's promises. Know that your journey is not defined by darkness but by the light of Christ shining through. As you move forward, His strength will equip you for the path ahead, bringing healing, restoration, and freedom.







Reflect and Apply

1.	What does hope in the Lord look like for your personal situation?
2.	How can you remind yourself daily of God's faithfulness and renewal?
3.	What steps can you take toward healing and freedom in the coming days?







Journaling Prompts

1.	Write a letter to your future self filled with hope and encouragement.
2.	List God's promises that bring you peace and renewal.
3.	Reflect on how God has worked in your life even through hardship.







Prayer for Today

Father God, thank You for the hope and renewal You offer. Help me to trust You fully and soar on wings like eagles. Strengthen me for each day and renew my spirit with Your compassion. Guide me as I walk forward with faith, knowing You work all things for my good. *In Jesus' name, Amen.* Amen.







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