



# Strength for the Survivor



Discover resilience and hope through Scripture,  
empowering women to overcome adversity with  
unwavering faith and courage.

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## Introduction

Welcome to *Strength for the Survivor*, a 7-day Bible study dedicated to empowering women to find resilience and hope in God's promises. Life's challenges can often leave us feeling weary and vulnerable, but the Bible reveals countless women who faced hardship with courage and faith.

Throughout this study, we will journey through Scriptures that showcase God's strength in times of trouble and His deep love for women. Each day highlights a Scripture passage that encourages survival, healing, and renewal. Whether you are navigating personal struggles or simply desire to fortify your spirit, this plan invites you to discover how God equips women with resilience that stands firm through every storm.

Many women in the Bible, from Hannah to Ruth to Esther, teach us about enduring pain, leaning on God's promises, and emerging stronger. This study not only highlights these examples but also integrates heartfelt devotional reflections and practical questions, encouraging a deeper personal connection.

*Remember, resilience does not mean never feeling broken. Rather, it is a profound hope and courage rooted in God, reminding us that even in our weakest moments we are never alone. Let this study be your companion on the path to healing, where God's Word breathes strength into your soul and hope into your future. Together, we will explore the power God provides survivors every day.* 🙏💪❤️





## Day 1: The Source of Strength



## Your Verse

*Psalm 46:5 - "God is within her, she will not fall; God will help her at break of day."*

## Supporting Scriptures

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Philippians 4:13 - "I can do all this through him who gives me strength."*



Day 1: 🌸 The Source of Strength

## Devotional: God's Strength Anchors Your Resilience

**Strength for the Survivor begins with acknowledging the true source of our resilience — God Himself.** Psalm 46:5 reminds us that when God dwells within a woman, she will not fall. This is not a promise of a trouble-free life but assurance of divine presence and help, especially in the darkest hours. Survivors are often tempted to rely on their own power, but real strength flows from God's abiding presence.

*Imagine waking each day with the confidence that God's strength will meet your every challenge.* This Psalm encourages us to place our trust fully in Him—not in our own might or understanding. Isaiah 41:10 echoes this by calling us to fearlessness grounded in God's support.

Today, reflect on ways God's presence has sustained you—even when circumstances overwhelmed you. Your resilience is deeply connected to your intimacy with God. Begin your journey knowing He is within you, ready to uphold your weary heart and empower your steps forward.



## Reflect and Apply

1. In what ways have you experienced God's presence sustaining you during difficult times?

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2. Why is it important to rely on God's strength instead of your own?

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3. How can you remind yourself daily of God's promise to 'not fall'?

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# Journaling Prompts

1. Write about a moment when you felt God's strength carry you.

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2. List fears or challenges you want to surrender to God today.

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3. Describe what it means for you personally that God dwells within you.

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Day 1: 🌸 The Source of Strength

## Prayer for Today

**Lord, thank You for being my ever-present help and source of strength. Help me to remember that You are within me and that I will not fall, even in the hardest moments. Teach me to lean on You daily, trusting Your unfailing power and love. Renew my courage and fill my heart with hope. May Your strength be my foundation and shield. In Jesus' name I pray, Amen.** 🙏💪✨





## Day 2: 🕊️ Healing in His Wings



## Your Verse

*Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

## Supporting Scriptures

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



## Devotional: God's Healing Nears the Brokenhearted

**Survivors often carry unseen wounds—both emotional and spiritual.** Psalm 34:18 offers a comforting truth: God is not distant but close to the brokenhearted. Whether grief, betrayal, or pain weigh heavily on your soul, God draws near to bring healing.

*This nearness is more than mere presence—it is an active engagement to restore and save.* Isaiah 61:1 reveals God's mission to bind up the brokenhearted, highlighting His tender care for our deepest sorrows. Jesus extends an invitation in Matthew 11:28 to come to Him for rest, reminding us that we don't have to carry burdens alone.

Healing often requires vulnerability to admit brokenness and trust God's restorative power. You are not defined by your past wounds but by the hope God plants in your heart. Today, lean into His healing wings and let His love nurture your spirit back to wholeness.



## Reflect and Apply

1. How does knowing God is close to your brokenness change your perspective?

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2. What burdens do you need to bring to Jesus for rest today?

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3. In what ways can you open yourself more fully to God's healing?

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# Journaling Prompts

1. Write about a situation where God comforted your broken heart.

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2. List the conflicting emotions you may have about your healing journey.

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3. Describe what rest in Jesus looks like for you personally.

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Day 2: 🕊️ Healing in His Wings

## Prayer for Today

Dear Lord, thank You for being near when my heart feels broken and spirit **crushed**. Please heal my wounds and help me to lay down my burdens at Your feet. Teach me to rest in Your loving arms and to trust the healing only You can provide. Renew my hope and restore my soul. In Jesus' compassionate name, Amen. 🙏❤️🕊️





## Day 3: Renewed by His Grace





Day 3:  Renewed by His Grace

## Your Verse

*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; great is your faithfulness."*

## Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Psalms 103:8 - "The Lord is compassionate and gracious, slow to anger, abounding in love."*



Day 3: 🌱 Renewed by His Grace

## Devotional: Embracing God's Daily Renewing Grace

**Grace is the lifeline that sustains survivors through their darkest days.**

Lamentations 3:22-23 beautifully portrays God's unfailing mercy as new every morning, a fresh start that preserves us beyond what seems possible.

*When life overwhelms, grace meets us in our weakness.* Paul's words in 2 Corinthians remind us that God's power thrives where we feel weakest. It is in those moments that His grace becomes our strength.

This daily renewal invites us to embrace God's compassion, trusting that we are not consumed by hardship but held by steadfast faithfulness. Renewal is not simply about bouncing back but being transformed by God's loving kindness. As you face your trials, open your heart to receive the grace that will empower and sustain you every day.



## Reflect and Apply

1. How have you experienced God's grace during challenging seasons?

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2. What does it mean to be renewed by God's mercy every morning?

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3. In what ways can your weakness be an opportunity for God's strength?

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## Journaling Prompts

1. Write about a moment when you felt overwhelmed but experienced God's grace.

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2. List ways to remind yourself daily of God's faithfulness.

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3. Reflect on areas where you struggle to receive God's grace and why.

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Day 3: 🌿 Renewed by His Grace

## Prayer for Today

**Gracious Father, thank You for Your unfailing mercy that renews each day. Help me to rest in Your compassion and receive Your strength in my weakness. Teach me to trust Your faithfulness even when my circumstances feel daunting. May Your grace empower me to rise with hope and courage. In Jesus' name, Amen.** 🙏🌿✨





## Day 4: 🔥 Courage to Rise



## Your Verse

*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."*

## Supporting Scriptures

- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



## Day 4: 🔥 Courage to Rise

## Devotional: God Empowers You to Courageously Rise

**Every survivor's journey includes moments when courage feels impossible.** Joshua 1:9 offers a powerful command: be strong and courageous. This strength isn't self-generated but rooted deeply in the promise that God is with us always.

*Fear and discouragement can paralyze, but God's presence ignites boldness.* Just as He encouraged Joshua to lead boldly through uncertainty, so does He call you to rise with confident faith.

Trusting God's Spirit within us fuels power, love, and self-discipline (2 Timothy 1:7), enabling us to face trials head-on. Today, choose courage over fear, knowing that God's strength will guide every step. You are not alone—He is your unshakable companion on this path.





## Reflect and Apply

1. Where do you need to choose courage instead of fear today?

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2. How does knowing God goes with you impact your strength?

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3. What does it mean to be empowered by God's spirit in challenging times?

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# Journaling Prompts

1. Recall a time you faced fear and how God helped you be courageous.

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2. Write down fears you are holding onto and offer them to God.

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3. Describe ways you can practice courage day by day.

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Day 4: 🔥 Courage to Rise

## Prayer for Today

**Lord, thank You for Your promise to be with me always.** Help me to be strong and courageous when fear threatens to take hold. Fill me with Your Spirit's power, love, and self-discipline to rise above challenges. Lead me forward with confidence and peace. In Jesus' name, Amen. 🙏🔥💪





## Day 5: 🌸 Purpose in Every Season



## Your Verse

*Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"*

## Supporting Scriptures

- *Romans 8:28 – "In all things God works for the good of those who love him."*
- *Jeremiah 29:11 – "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you."*



## Devotional: God's Purpose Shines in Your Journey

**Survivorship carries a profound purpose, often revealed through the twists of life's seasons.** Queen Esther's story illustrates this beautifully — she was positioned for a moment to bring salvation to her people.

*Like Esther, your experiences, trials, and survival are not random but orchestrated by God for His greater plan.* Romans 8:28 reassures you that God works all things for good even when circumstances feel confusing or painful.

Understanding your purpose can fuel resilience and hope, letting you face today with a new perspective. Whatever your current season, God's plans for you are rooted in hope and prosperity (Jeremiah 29:11). Embrace your unique story and trust that God has designed your path for such a time as this.



## Reflect and Apply

1. In what ways have you seen God's purpose in your life so far?

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2. How does knowing God has plans for you affect your outlook on struggles?

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3. What might "for such a time as this" mean in your current situation?

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## Journaling Prompts

1. Write about a moment when your purpose felt clear despite hardship.

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2. List ways you can embrace God's plans with hope today.

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3. Reflect on how your past experiences may prepare you for your purpose.

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Day 5: 🌸 Purpose in Every Season

## Prayer for Today

**Heavenly Father, thank You for Your perfect plans and timing.** Help me to see my journey—every joy and trial—as part of Your purpose. Give me courage to walk in the calling You have placed on my life with hope and faith. Use me for your glory in every season. In Jesus' name, Amen. 🙏 🌸 ✨





## Day 6: Protection in Every Storm



## Your Verse

*Psalm 91:4 - "He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart."*

## Supporting Scriptures

- *Isaiah 54:17 - "No weapon forged against you will prevail."*
- *2 Thessalonians 3:3 - "The Lord is faithful, and he will strengthen you and protect you from the evil one."*



## Devotional: God's Shield Guards Your Heart and Spirit

**The storms of life can feel relentless, but God provides shelter and protection.** Psalm 91:4 paints a beautiful picture of God enveloping you with His feathers, offering refuge under His wings. This signifies close, tender protection in times of danger and distress.

*Your faith is shielded by God's unparalleled faithfulness.* Even when facing attacks—whether physical, emotional, or spiritual—Isaiah 54:17 promises that no weapon formed against you will prevail.

As a survivor, embrace this divine shield. Trust that God strengthens and guards you against every evil. Rest confidently in His protection today, knowing His presence surrounds and defends you in every trial you face.



## Reflect and Apply

1. How have you experienced God's protection during difficult times?

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2. What does finding refuge under God's wings feel like to you?

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3. Where do you need to surrender control and trust God as your shield?

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## Journaling Prompts

1. Write about a time when God's protection was evident in your life.

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2. List fears or attacks you want to give over to God's protection.

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3. Describe ways you can intentionally rest in God's shelter each day.

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Day 6: 🛡️ Protection in Every Storm

## Prayer for Today

**Lord, thank You for being my refuge and shield.** Cover me with Your feathers and protect me from harm. Strengthen my faith so I can stand firm against any attack. Help me to rest safely under Your wings, fully trusting Your faithful love. In Jesus' name, Amen. 🙏 🛡️ 🕊️





## Day 7: Hope That Never Fails





## Your Verse

*Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*

## Supporting Scriptures

- *Jeremiah 29:11 – "For I know the plans I have for you... to give you a future and a hope."*
- *Revelation 21:4 – "He will wipe every tear from their eyes; there will be no more death or mourning or crying or pain."*



## Devotional: Overflowing Hope Through God's Promises

**As this study concludes, we anchor ourselves in unshakable hope.** Romans 15:13 invites us to be filled with joy and peace through trusting God, producing an abundant hope empowered by the Holy Spirit.

*This hope is not mere wishful thinking, but a confident expectation rooted in God's promises.* Jeremiah assures us of God's good plans for our future, even when the present is hard. Revelation gives a vision of ultimate restoration where God will wipe away every tear.

Hope renews strength for every new day, enabling survivors to move forward with courage and joy. Let your heart overflow with this divine hope and share it as a beacon of light for others walking difficult paths. God's hope never fails.



## Reflect and Apply

1. What does hope, as described in Romans 15:13, mean for your current season?

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2. How can you cultivate joy and peace while trusting God?

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3. In what ways can your hope inspire others who are struggling?

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# Journaling Prompts

1. Write about how God has filled you with hope recently.

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2. List practical ways to nurture hope when facing trials.

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3. Reflect on the promise of a future without pain and what it means to you.

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Day 7: ❤️ Hope That Never Fails

## Prayer for Today

**God of hope, fill me with Your joy and peace as I place my trust in You. Empower me through Your Spirit to overflow with hope in every circumstance. Help me to hold fast to Your promises and to shine Your light for others. Thank You for the future You have prepared, where sorrow is no more. In Jesus' name, Amen.** 🙏❤️🌈





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