The God Who Sees Me: A 21-Day Journey of Healing and Presence



Discover God's unwavering presence and comfort through the stories of women who found hope and healing amidst pain and suffering.





Table of contents

| Introduction | 4 |
|--|----|
| <u>Day 1: • The God Who Sees You</u> | 5 |
| Day 2: Finding Refuge in God | 11 |
| Day 3: B God's Comfort for the Brokenhearted | 17 |
| <u>Day 4: ₩ Redeemed and Restored</u> | 23 |
| Day 5: The Peace That Surpasses | 29 |
| Day 6: Strength for the Weak | 35 |
| Day 7: Mary The Gift of Community | 41 |
| Day 8: 6 From Mourning to Dancing | 47 |
| Day 9: Created in God's Image | 53 |
| <u>Day 10: </u> ♦ <u>Tears Held by God</u> | 59 |
| Day 11: New Every Morning | 65 |
| Day 12: 1 God's Light in Darkness | 71 |
| Day 13: Day 13 | 77 |
| Day 14: Trough Pain | 83 |
| Day 15: Wrapped in God's Compassion | 89 |
| Day 16: 6 Courage in Weakness | 95 |
| | |











Introduction

Throughout Scripture, women have experienced profound challenges—moments of pain, rejection, and trauma. Yet, even in their darkest hours, God's presence was unyielding, offering comfort, strength, and hope. This 21-day study is dedicated to *every woman who has felt unseen, unheard, or overshadowed by pain*. It acknowledges deeply sensitive experiences such as rape and sexual abuse, and gently leads toward the transforming truth that God sees you. He has never left you.

In Scripture, God often reveals Himself as the God Who Sees—He saw Hagar in her distress, He saw Hannah's silent prayers, and He saw Mary's surrender. This study invites you to explore these stories alongside your own journey, grounding your healing in God's faithful presence and unchanging love. With daily scriptures, reflections, and prayers, you will be gently reminded that no shadow is too deep for God's light to penetrate.

Taking the next 21 days, may you find sanctuary in God's Word, courage in His promises, and renewal in His steadfast love. Each day is crafted to accompany you with compassion and hope, recognizing the complexity of trauma while pointing to the One who heals every broken heart. You are not alone; God sees you. Let this assurance be the balm for your soul.

















Your Verse

Genesis 16:13 "She gave this name to the LORD who spoke to her: 'You are the God who sees me.""

Supporting Scriptures

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 49:15 "Can a mother forget the baby at her breast and have no compassion on the child she has borne?"







Devotional: God Sees You in Your Pain

When Hagar fled into the wilderness gripped by fear and pain, she felt invisible and alone. But God interrupted her isolation, declaring Himself as **the God who sees** her distress. This name reveals a profound truth: *no matter how forgotten or broken you feel, God sees you deeply and personally.*

For women who suffer trauma, especially sexual abuse, it can feel as if God is silent or absent. But Scripture reassures us that God does not avert His eyes. Instead, His eyes are full of compassion toward those who hurt and grieve.

Today, rest in this truth. Your pain is noticed. Your cries are heard. The God who sees you stands beside you in every dark moment, holding you with fierce love and tender care.







Reflect and Apply

| 1. | In what ways do you feel seen or unseen by God right now? |
|----|---|
| | |
| 2. | How can the truth that God sees your pain bring you comfort today? |
| | |
| | What fears or doubts about God's presence may be holding you back from healing? |
| | |
| | |







Journaling Prompts

| | Write about a moment when you felt invisible but imagine God's presence with you then. |
|----|--|
| | |
| 2. | List ways God has shown His care in your life, even in small moments. |
| | |
| 3. | Express to God how you desire to be seen and known by Him. |
| | |
| | |







Prayer for Today

Dear God, thank You for being the God who sees me. In my suffering and silence, I know You are present, holding me tenderly. Help me to trust Your loving gaze even when I feel invisible to others. Bring healing and renewal to my heart, and remind me daily that I am not alone. May Your presence be my refuge and strength. *Amen.* \heartsuit \bigwedge

















Your Verse

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

Supporting Scriptures

- Psalm 91:2 "I will say of the LORD, 'He is my refuge and my fortress, my God, in whom I trust.'"
- Nahum 1:7 "The LORD is good, a refuge in times of trouble. He cares for those who trust in him."







Devotional: God, Our Unfailing Refuge

In the midst of trauma, it can be challenging to find a place of safety and peace. Yet, the psalmist reminds us that God is our refuge—our safe shelter when storms rage around us. He is not distant or detached, but an "everpresent help" in our trials.

When we place our trust in God, we step into His protection. No matter what has happened or how broken our soul feels, He is ready to shield us and strengthen our weary hearts.

Today, imagine God's arms as your fortress, unbreachable and warm. Let His steadfast care be your hope, knowing He actively works to guard and heal you.







Reflect and Apply

| 1. | What does it feel like to view God as your refuge instead of your judge? |
|----|---|
| | |
| 2. | How can trusting God as your fortress help you face painful memories? |
| | |
| | In what areas of your life do you need to invite God's protection more intentionally? |
| | |
| | |







Journaling Prompts

| | Describe a time you experienced God's protection or comfort during hardship. |
|----|--|
| | |
| 2. | Write about what surrendering control to God's refuge means for you. |
| | |
| 3. | List ways you can remind yourself daily that God is your safe place. |
| | |
| | |







Prayer for Today

















Your Verse

Isaiah 61:1 "He has sent me to bind up the brokenhearted..."

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







Devotional: God's Healing Comfort Is Near

God's heart is moved toward those who suffer deeply. The promises of Isaiah and the Psalms reveal God's tender mission to heal the brokenhearted and bind up wounds that are invisible to others. These wounds, especially the ones caused by sexual abuse, can feel unbearable, but God's comfort is both real and transformative.

Jesus also promises comfort to those who mourn. This blessing is not a distant hope but a present reality—God's comfort meets you here, in your grief. He gently walks with you through sorrow, whispering peace into your spirit and giving strength to endure.

Let today be a day to bring your brokenness to God openly, trusting His healing hand to mend what feels shattered.







Reflect and Apply

| 1. | What wounds do you need to bring before God for healing? |
|----|--|
| | |
| | How does knowing Jesus blesses those who mourn affect your view of your suffering? |
| - | |
| | In what ways can you allow God's comfort to gently soothe your heart today? |
| | |
| - | |







Journaling Prompts

| | Write a letter to God describing your broken places and asking for His healing. |
|----|---|
| | |
| 2. | Reflect on how God has comforted you in past struggles and thank Him. |
| | |
| 3. | List comforting scriptures that you can meditate on when feeling broken. |
| | |
| | |







Prayer for Today

Father, I bring my brokenness to You today. You know every wound hidden deep inside me and You care. Thank You for Your promise to bind up my broken heart and heal my pain. Help me to receive Your comfort and walk in hope amid my suffering. May Your peace flood my soul. *Amen.*

















Your Verse

Joel 2:25 "I will repay you for the years the locusts have eaten..."

Supporting Scriptures

- Psalm 71:20 "You have made me trust in you...you restored me and brought me up from the grave."
- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."







Devotional: Hope in God's Restoration

Trauma can feel like years lost to pain and brokenness. Joel's promise speaks of restoration—a divine repayment for stolen time and stolen joy. No matter what suffering has tried to steal, God offers to redeem and restore.

Through Christ, you are a new creation, with hope for healing that transcends past wounds. Restoration may not erase memories, but it transforms them, making beauty grow even from brokenness.

Today, imagine God restoring the parts of your soul shadowed by hurt. Embrace the hope of renewal that only He can provide, and step forward in the assurance of His healing power.







Reflect and Apply

| 1. | Which parts of your life feel lost or stolen to pain? |
|----|--|
| | |
| 2. | How can the promise of restoration give you hope for the future? |
| | |
| 3. | What does it mean for you to be a new creation in Christ today? |
| | |







Journaling Prompts

| 1. | Write about what restoration would look like in your life. |
|----|--|
| | |
| 2. | Reflect on areas where God has already begun to redeem your story. |
| | |
| 3. | List affirmations about your identity in Christ's new creation. |
| | |







Prayer for Today

Lord, You are the God of restoration. Where my past feels stolen by hurt, bring renewance and hope. Help me to receive Your healing and embrace the new life You offer in Christ. Thank You for making all things new. *Amen.* �� 🗸 🗘

















Your Verse

Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you."
- Colossians 3:15 "Let the peace of Christ rule in your hearts..."







Devotional: Receiving God's Supernatural Peace

Peace may seem distant or unattainable, especially after trauma. Yet, Paul assures us that God's peace surpasses human understanding and can guard our hearts and minds even in turmoil.

This peace is not merely absence of conflict but an overflowing presence of God's calm, holding you steady amid overwhelming emotions. Jesus offers this peace as a gift, fully available to you today, no matter your circumstances.

Receive God's peace intentionally by inviting Him into your fears and pain. Let His peace protect your heart and renew your spirit.







Reflect and Apply

| 1. | Where in your life do you need God's peace most right now? |
|----|---|
| | |
| 2. | How can you cultivate an awareness of God's peace amid your pain? |
| | |
| 3. | What steps can you take to let Christ's peace rule in your heart? |
| | |







Journaling Prompts

| 1. | Describe what peace means to you and how you experience it with God. |
|----|--|
| | |
| 2. | Journal about worries or fears and surrender them to God's peace. |
| | |
| 3. | Write a prayer asking God to guard your heart and mind. |
| | |







Prayer for Today

Father, Your peace surpasses all understanding. When anxiety and fear threaten to overwhelm me, help me to rest in Your calm presence. Guard my heart and mind with Your perfect peace. Fill me with Your tranquility and hope. *Amen.* 🔾 🔾 🙏









Day 6: Strength for the Weak









Day 6: Strength for the Weak

Your Verse

2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Day 6:
 Strength for the Weak

Devotional: God's Power in Our Weakness

In moments of vulnerability, we can feel broken and powerless. Paul's vulnerable confession reveals a paradox: *God's power shines brightest in our weakness.* When we acknowledge our limitations and surrender, His sustaining grace meets us fully.

For women who have endured sexual abuse or other traumas, embracing weakness can be difficult. Yet, it is in our weakest moments that God's strength becomes our foundation.

Allow God's grace to be your strength today. Trust that your weakness is not the end but the place where His power takes root, bringing restoration and hope.







Day 6: 💮 Strength for the Weak

Reflect and Apply

| ay? |
|-----|
| |
| er? |
| |
| E |







Day 6: 💮 Strength for the Weak

Journaling Prompts

| Write about a time you felt God's grace sustained you through hardship. |
|---|
| |
| List weaknesses or struggles you want to bring before God. |
| |
| Reflect on what it means to trust God's power in your weakness. |
| |
| |







Day 6: 🕸 Strength for the Weak

Prayer for Today

Lord, in my weakness, Your grace is enough. Help me to surrender my brokenness and trust Your power to strengthen and uphold me. May Your grace be my foundation as I walk this healing journey. *Amen.* 🔅 💪 🙏









Day 7: Mar The Gift of Community









Day 7: M The Gift of Community

Your Verse

Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."







Day 7: 🕍 The Gift of Community

Devotional: Healing Together in Community

Healing is rarely meant to be walked alone. Scripture highlights the importance of community—of sharing our burdens and being supported by compassionate others. Through mutual encouragement and empathy, we find strength and hope.

For survivors of trauma, building trustworthy relationships can feel daunting, but God designed us for connection. Opening your heart to safe, caring people can help ease loneliness and anchor your healing journey.

Invite God to show you who to reach out to or receive support from today. Celebrate the sacred gift of community that reflects God's love to us through others.







Day 7: 🔛 The Gift of Community

Reflect and Apply

| 1. | Who in your life can you lean on or trust with your struggles? |
|----|---|
| | |
| 2. | What fears do you have about sharing your pain with others? |
| | |
| 3. | How have you experienced God's love through the kindness of others? |
| | |
| | |







Day 7: 🔛 The Gift of Community

Journaling Prompts

| 1. | . Reflect on people who have been supportive in your life. |
|----|---|
| | |
| 2. | . Write about what kind of support or community you need right now. |
| | |
| 3. | . Pray for God's guidance in forming healthy relationships. |
| | |







Day 7: March The Gift of Community

Prayer for Today

God, thank You for the gift of community. Bring people into my life who can encourage, support, and walk alongside me in healing. Help me to be open to receiving and giving love in true fellowship. *Amen.*

















Your Verse

Psalm 30:11 "You turned my wailing into dancing; you removed my sackcloth and clothed me with joy."

Supporting Scriptures

- Isaiah 61:3 "...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning."
- John 16:20 "You will weep and mourn while the world rejoices. But your grief will turn to joy."







Devotional: Hope for Joy After Mourning

The reality of trauma often includes prolonged mourning and sorrow. Yet, God promises transformation—a movement from grief into joy. Psalm 30 cry out in praise for God's power to restore and celebrate life once again.

This beautiful picture of God removing sackcloth (garments of mourning) and clothing us in joy is a powerful reminder of His restorative work. While the journey through pain cannot be rushed, God invites hope that healing will lead to renewed joy.

Today, pray for God to begin turning your mourning into dancing. Picture the possibility of joy, even if it feels distant right now.







Reflect and Apply

| 1. | How do you hold onto hope for joy amid your grief? |
|----|--|
| | |
| | What does God's promise of transformation mean for your healing journey? |
| | |
| 3. | In what ways can you invite joy into your life today, however small? |
| | |
| | |







Journaling Prompts

| 1. | Write about your own experiences of mourning and moments of joy. |
|----|--|
| | |
| 2. | Reflect on how God has brought restoration in the past. |
| | |
| 3. | List ways you can cultivate gratitude or joy this week. |
| | |







Prayer for Today

Lord, I trust in Your promise to turn my mourning into dancing. Bring joy to places of sorrow and hope to my broken heart. Help me to embrace Your restoration, step by step, as I heal. *Amen.* 🖰 🧸 🙏

















Your Verse

Genesis 1:27 "So God created mankind in his own image... male and female he created them."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Devotional: Embracing Your God-Given Worth

You are profoundly valuable because you bear God's image. This truth affirms your inherent dignity beyond any trauma or label. Trauma seeks to diminish and distort, but God's design shouts your worth and beauty.

Psalm 139 celebrates being "fearfully and wonderfully made." Your body, mind, and spirit were created by a loving God with intentionality and care.

Today, claim your identity as God's masterpiece. Reject lies of shame and let the truth of your God-given worth shape how you see yourself and your healing journey.







Reflect and Apply

| 1. | How has trauma affected your sense of self-worth? |
|----|---|
| | |
| 2. | What does being made in God's image mean to you personally? |
| | |
| 3. | How can you remind yourself daily of your inherent value? |
| | |







Journaling Prompts

| 1. | Write a declaration of your identity as God's beloved creation. |
|----|---|
| | |
| 2. | List qualities or gifts God has given you that bring you joy. |
| | |
| | Reflect on how seeing yourself through God's eyes changes your perspective. |
| | |
| | |







Prayer for Today

Creator God, thank You for making me in Your image. Help me to see myself as You do—valuable, beautiful, and precious. Heal the wounds that have kept me from embracing this truth. Fill me with Your love. *Amen.* \bigcirc \bigcirc \bigcirc









Day 10: Tears Held by God









Day 10: O Tears Held by God

Your Verse

Psalm 56:8 "You keep track of all my sorrows. You have collected all my tears in your bottle."

Supporting Scriptures

- Revelation 21:4 "He will wipe every tear from their eyes."
- Lamentations 3:22–23 "Because of the LORD's great love we are not consumed, for his compassions never fail."







Day 10:
Tears Held by God

Devotional: God Cherishes Every Tear

God's deep compassion extends to every tear you have shed. Psalm 56 beautifully pictures God collecting our tears in a bottle—an intimate act showing He treasures our pain and never forgets it.

This knowledge offers comfort for the overwhelming sorrow that sometimes floods your heart. Even your silent tears are noticed by God, and one day He will wipe every tear away.

Allow yourself to bring your tears to God honestly today. Release your grief into His loving hands and rest in His endless mercy.







Day 10: 👌 Tears Held by God

Reflect and Apply

| 1. | How do you feel knowing God remembers your tears? |
|----|---|
| | |
| | What emotions come up when you consider God's compassion for your pain? |
| | |
| 3. | Where can you invite God to hold your sorrow today? |
| | |
| | |







Day 10: 👌 Tears Held by God

Journaling Prompts

| 1. | Record your feelings and tears in a safe space as you pray to God. |
|----|--|
| | |
| 2. | Write about times when expressing grief has brought relief or healing. |
| | |
| 3. | List ways you want to invite God's compassion into your heart more. |
| | |







Day 10:
Tears Held by God

Prayer for Today

Merciful God, thank You for caring so deeply that You collect every tear I shed. Hold my sorrow gently and comfort me with Your unfailing love. Help me to trust in Your compassion and rest in Your tender care. *Amen.* \Diamond \heartsuit \clubsuit









Day 11: Wew Every Morning









Day 11: W New Every Morning

Your Verse

Lamentations 3:22–23 "Because of the LORD's great love we are not consumed... they are new every morning."

Supporting Scriptures

- Isaiah 40:31 "Those who hope in the LORD will renew their strength."
- 2 Corinthians 4:16 "Though outwardly we are wasting away, inwardly we are being renewed day by day."







Day 11: W New Every Morning

Devotional: Embracing Daily Renewal in God's Love

Each new day offers a fresh opportunity to encounter God's love and healing power. Despite the pain and scars of yesterday, God's mercies are endless; they renew us every morning.

When we place hope in Him, our strength is renewed, and even broken places can begin to transform. This renewal is both spiritual and emotional, inviting a continual process of growth and restoration.

Today, welcome God's mercies anew. Begin your morning declaring hope and allowing Him to breathe fresh life into your soul.







Day 11: 🔀 New Every Morning

Reflect and Apply

| What does it mean for you that God's mercies are new every morning? |
|---|
| |
| How can you practice inviting God's renewal into your day? |
| |
| In what ways has God renewed your strength through past trials? |
| |
| |







Day 11: 🔀 New Every Morning

Journaling Prompts

| 1. | Write a morning prayer inviting God's renewal for today. |
|----|--|
| | |
| | |
| | |
| 2. | Reflect on a difficult season when you sensed God's new mercies. |
| | |
| | |
| 3. | List ways to cultivate hope and renewal daily. |
| | |
| | |







Day 11: W New Every Morning

Prayer for Today

Faithful God, thank You that Your mercies are new every morning. Help me to trust Your faithful love day by day, and to receive Your strength and renewal. Guide me into healing and hope. *Amen.* 😂 💪

















Day 12: 🐧 God's Light in Darkness

Your Verse

Psalm 27:1 "The LORD is my light and my salvation—whom shall I fear?"

Supporting Scriptures

- John 1:5 "The light shines in the darkness, and the darkness has not overcome it."
- Isaiah 9:2 "The people walking in darkness have seen a great light."







Devotional: Walking Boldly by God's Light

Trauma often feels like walking in deep darkness. However, God promises to be our light and salvation, a beacon that cannot be overcome by the darkest night.

Jesus is the Light who penetrates all despair, offering hope and guidance through the shadows. When fear and pain threaten to engulf your soul, look toward God's light to direct and sustain you.

Today, ask God to illuminate your path. Let His light chase away darkness and reveal hope anew.







Reflect and Apply

| | What darkness are you currently facing, and how can God's light shine there? |
|----|--|
| | |
| 2. | How can remembering God as your light change your fear or despair? |
| | |
| 3. | What practical ways can you seek God's light daily? |
| | |
| | |







Journaling Prompts

| 1. | Write about a time God's light illuminated your path through difficulties. |
|----|--|
| | |
| 2. | Reflect on fears or dark thoughts to surrender to God's light. |
| | |
| 3. | List scriptures or songs that remind you of God's light. |
| | |







Prayer for Today









Day 13: W Loved Beyond Measure









Day 13: W Loved Beyond Measure

Your Verse

Romans 8:38-39 "Nothing will separate us from the love of God..."

Supporting Scriptures

- 1 John 4:9 "God's love was revealed among us..."
- Ephesians 3:17–19 "May you grasp how wide and long and high and deep is the love of Christ."







Day 13: V Loved Beyond Measure

Devotional: Embracing God's Unfailing Love

Trauma can create feelings of unworthiness and separation, but Scripture assures us that nothing can separate us from God's love. This profound, unbreakable love is the foundation of our identity and hope.

Understanding the depth, width, height, and length of Christ's love opens our hearts to healing. God's love is active, persistent, and wholly committed to you.

Today, receive God's love anew. Let His immeasurable love wash over your wounds, bringing acceptance and identity.







Day 13: V Loved Beyond Measure

Reflect and Apply

| 1. | What feelings or lies do you need to replace with God's truth about His love? |
|----|---|
| | |
| 2. | How does knowing God's love is inseparable from you impact your healing? |
| | |
| 3. | In what ways can you experience and express God's love daily? |
| | |
| | |







Day 13: W Loved Beyond Measure

Journaling Prompts

| 1. | Write about what God's love means to you personally. |
|----|--|
| | |
| 2. | List ways God has demonstrated His love in your life. |
| | |
| 3. | Journal any barriers you feel in fully accepting God's love. |
| | |
| | |







Day 13: V Loved Beyond Measure

Prayer for Today

Father, thank You that nothing can separate me from Your love. Help me to fully accept and live in the reality of Your unending love. Heal my heart and reveal Your love in new ways today. *Amen.* \heartsuit \nearrow \swarrow









Day 14: F Growing Through Pain









Day 14: 7 Growing Through Pain

Your Verse

James 1:2-4 "Consider it pure joy... whenever you face trials... so that you may be mature and complete."

Supporting Scriptures

- Romans 5:3–5 "Suffering produces perseverance; perseverance, character; and character, hope."
- 2 Corinthians 4:17 "Our light and momentary troubles are achieving for us an eternal glory."







Day 14: 7 Growing Through Pain

Devotional: Transforming Pain into Spiritual Growth

Trials can feel overwhelming, yet Scripture calls us to view them through a lens of growth and maturity. Like a seed that must crack open to sprout, pain can produce perseverance, character, and hope.

This perspective doesn't minimize suffering but invites us to trust God's refining work, believing that our hardships have purpose in His greater plan.

Today, ask God to use your pain as a pathway to growth. Embrace the journey with hope, knowing He leads you toward greater resilience and grace.







Day 14: 🍞 Growing Through Pain

Reflect and Apply

| | How can viewing trials as growth opportunities change your perspective? |
|----|---|
| | |
| | What character qualities is God developing in you through your suffering? |
| | |
| | |
| 3. | In what ways can you lean into hope amid hardship? |
| | |
| | |







Day 14: 🍞 Growing Through Pain

Journaling Prompts

| 1. | Reflect on personal growth that came from past challenges. |
|----|--|
| | |
| 2. | Write about hopes you have for what God will do in your healing. |
| | |
| 3. | List ways to intentionally seek God during difficult times. |
| | |







Day 14: 7 Growing Through Pain

Prayer for Today

God of Growth, help me to trust You in my trials. Use my pain to shape perseverance and hope. Strengthen my faith and mature my character as I walk this journey with You. *Amen.* ?

















Day 15: 🚭 Wrapped in God's Compassion

Your Verse

Psalm 103:13 "As a father has compassion on his children, so the LORD has compassion on those who fear him."

Supporting Scriptures

- Lamentations 3:32 "Though he brings grief, he will show compassion..."
- Zephaniah 3:17 "He will take great delight in you; He will quiet you with his love."







Day 15: 🚭 Wrapped in God's Compassion

Devotional: Resting in God's Tender Compassion

Compassion is God's heart toward those who suffer. Like a tender parent, God knows your pain intimately and delights in comforting you.

Even when experiences of trauma cause deep grief, God's compassion remains constant. His love silently embraces and calms, offering the peace our souls desperately need.

Today, let God's compassion be your comfort blanket. Surrender your hurts and receive His tender care.







Day 15: S Wrapped in God's Compassion

Reflect and Apply

| 1. | How have you experienced God's compassion personally? |
|----|---|
| | |
| 2. | What role does compassion play in your healing journey? |
| | |
| 3. | How can you extend God's compassion to yourself today? |
| | |







Day 15: S Wrapped in God's Compassion

Journaling Prompts

| 1. | Write about moments when you felt God's compassion deeply. |
|----|---|
| | |
| 2. | Reflect on areas where you need more self-compassion and grace. |
| | |
| 3. | List practical ways to invite God's compassion into your heart. |
| | |







Day 15: 🚭 Wrapped in God's Compassion

Prayer for Today

Compassionate God, thank You for wrapping me in Your loving kindness. When I feel broken, comfort me with Your tender embrace and quiet my soul with peace. Teach me to rest fully in Your compassion. *Amen.* 😂 🗪 🙏

















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 tremble or be terrified... The LORD goes before you."
- 2 Timothy 1:7 "God has not given us a spirit of fear, but of power, love and self-discipline."







Devotional: Walking Boldly with God's Strength

Courage does not mean absence of fear, but steadfastness despite it. God commands strength and courage not because He expects us to bear trials alone, but because He promises to be with us every step.

Even in vulnerability and pain, God equips us with His power and love to face each day boldly.

Today, stand firmly on God's presence. Ask for courage to continue walking the difficult road ahead with faith and hope.







Reflect and Apply

| 1. | What fears are you facing that require God's courage? |
|----|--|
| | |
| 2. | How does God's promise to be with you affect your bravery? |
| | |
| 3. | What does courageous faith look like in your healing? |
| | |







Journaling Prompts

| 1. | Write down fears you want to surrender to God. |
|----|---|
| | |
| 2. | Reflect on times you acted courageously through God's strength. |
| | |
| 3. | Journal a prayer asking God to fill you with courage. |
| | |







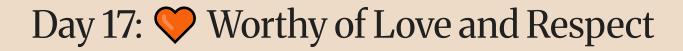
Prayer for Today

God of Courage, help me to be strong and brave. Even when fear or pain threaten to overwhelm me, remind me that You are with me always. Fill me with Your power and love to keep moving forward. *Amen.* & .

















Your Verse

Ephesians 5:29 "No one ever hated their own body, but they feed and care for their body, just as Christ does the church."

Supporting Scriptures

- Proverbs 31:25 "She is clothed with strength and dignity; she can laugh at the days to come."
- 1 Corinthians 6:19–20 "Your body is a temple of the Holy Spirit."







Devotional: Honoring Your God-Given Dignity

Trauma can distort the way we view ourselves. Scripture calls us to honor and care for ourselves as precious, worthy of love and dignity—just as Christ cherishes His church.

This truth invites healing of both mind and body, reminding you that your body is sacred and deserving of respect.

Today, reflect on how God values you wholly. Affirm your dignity and commit to treating yourself with kindness and care.







Reflect and Apply

| 1. | How has trauma affected how you view and care for your body? |
|----|---|
| | |
| 2. | What steps can you take to treat yourself with more love and respect? |
| | |
| 3. | What truths from Scripture help reshape your self-worth? |
| | |







Journaling Prompts

| 1. | Write affirmations about your body and worth. |
|----|---|
| | |
| 2. | Reflect on habits that nurture your body and spirit. |
| | |
| 3. | Journal a commitment to practice self-compassion daily. |
| | |







Prayer for Today

Lord, teach me to love and respect myself as You do. Heal distortions created by trauma and renew my view of my worth and dignity. Help me to care for the body and soul You have lovingly created. *Amen.* \heartsuit $\not B$ \land









Day 18: 💬 Finding Your Voice









Day 18: 💬 Finding Your Voice

Your Verse

Proverbs 31:26 "She speaks with wisdom, and faithful instruction is on her tongue."

Supporting Scriptures

- Psalm 19:14 "May the words of my mouth and the meditation of my heart be pleasing to you."
- Isaiah 50:4 "The Lord has given me the tongue of those who are taught."







Devotional: Reclaiming Your Voice in Truth

Trauma can silence voices through shame and fear. Scripture encourages you to reclaim your voice—speaking wisdom, truth, and faithfulness.

Your story and words have power. God has given you a voice to proclaim healing, hope, and testimony even through pain.

Today, begin gently to find your voice again. Write, speak, or pray honestly, knowing God empowers your expression.







| 1. | What fears or barriers keep you from speaking your truth? |
|----|---|
| | |
| 2. | How can you express your story in ways that honor your healing? |
| | |
| 3. | What does God's promise about your words inspire you to do? |
| | |







| 1. | Write about what you wish to say or share about your journey. |
|----|---|
| | |
| 2. | Reflect on trusted ways to communicate your truth. |
| | |
| 3. | Pray for courage and wisdom in finding your voice. |
| | |







Prayer for Today

God of Wisdom, grant me strength to speak truth and find my voice. Help me to express my story with courage and grace, knowing You guide every word. May my words bring healing and hope. *Amen.*









Day 19: 🌈 Promise of a Future









Your Verse

Jeremiah 29:11 "For I know the plans I have for you... plans to prosper and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace."
- Psalm 16:11 "You make known to me the path of life; in your presence there is fullness of joy."







Devotional: Walking Hopefully Toward God's Plan

God holds a future full of hope and promise for you. Despite painful past experiences, He crafts a path toward thriving and joy.

Trusting God's good plans invites hope to flourish, healing to deepen, and joy to increase in your heart.

Today, anchor yourself in God's promises. Walk forward confident that His plans will prosper you beyond your pain.







| 1. | How does God's promise for your future encourage you today? |
|----|--|
| | |
| 2. | What fears or doubts about the future do you want to surrender to God? |
| | |
| 3. | What steps can you take to embrace hope in your healing? |
| | |







| 1. | Write a letter to your future self filled with hope and encouragement. |
|----|--|
| | |
| 2. | Reflect on dreams or desires God has placed in your heart. |
| | |
| 3. | Journal prayers committing your future to God's loving care. |
| | |
| | |







Prayer for Today

God of Hope, thank You for the plans You have for me—plans to prosper and restore. Help me to trust You with my future and to walk boldly in the hope You give. Fill me with joy and peace as I trust in Your good purposes. *Amen.*



















Day 20:
Embracing God's Grace

Your Verse

2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Ephesians 2:8 "For it is by grace you have been saved..."
- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."







Day 20: Embracing God's Grace

Devotional: Resting Fully in God's Grace

God's grace meets us where we are—imperfect, wounded, and striving. It is sufficient to cover every failure and pain. In weakness, God's power is revealed most profoundly.

Approach His throne with confidence, knowing grace awaits to heal, forgive, and empower you anew.

Today, rest in the sufficiency of God's grace. Let it fill your heart and be the foundation for your continued healing.







Day 20: 🏠 Embracing God's Grace

| 1. | How do you experience God's grace in your life? |
|----|--|
| | |
| 2. | In what ways can you embrace grace more deeply amid your struggles? |
| | |
| | |
| | What does approaching God's throne of grace with confidence mean to you? |
| • | |
| | |







Day 20: : Embracing God's Grace

| 1. | Write about times God's grace sustained or surprised you. |
|----|---|
| | |
| 2. | Reflect on areas where you are learning to accept grace. |
| | |
| 3. | Journal a prayer asking for deeper experience of God's grace. |
| | |







Day 20: 🏠 Embracing God's Grace

Prayer for Today

Gracious God, thank You for Your sufficient grace. Help me to rest fully in Your power made perfect in my weakness. Teach me to approach You boldly, trusting Your mercy and love. *Amen.* 🔆 🛠

















Your Verse

Galatians 5:1 "It is for freedom that Christ has set us free."

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Romans 8:2 "...because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."







Devotional: Living Joyfully in Christ's Freedom

The journey through trauma is long, but God's ultimate desire is freedom—freedom from shame, pain, and fear. Christ's sacrifice liberates us, offering true freedom that transforms every area of life.

This freedom does not erase the past but redefines your identity and empowers you to live fully in hope, joy, and purpose.

Today, step into the freedom God offers. Walk with confidence as His beloved, redeemed child, equipped to shine His light in the world.







| 1.1 | What does freedom in Christ mean to you? |
|------|---|
| _ | |
| | |
| _ | |
| 2. I | How can you embrace and walk in this freedom despite past pain? |
| _ | |
| _ | |
| 3. I | n what ways can living free impact your future and relationships? |
| _ | |
| _ | |







| 1. | Write about what freedom feels like or looks like for you. |
|----|---|
| | |
| 2. | Reflect on obstacles to freedom you want to release to God. |
| | |
| 3. | Journal a declaration of freedom rooted in Christ's love. |
| | |







Prayer for Today

Jesus, thank You for setting me free. Help me to live boldly in the freedom You provide—free from chains of fear and pain. Empower me to walk in Your love and share Your light. *Amen.* △ ♥ Д ♥







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.