The Lord Who Heals: Embracing God's Peace for Women Survivors



A 21-day journey for women healing from trauma, discovering peace and restoration through God's loving promises and presence.





Table of contents

<u>Introduction</u>	4
Day 1: J God's Presence in Brokenness	6
<u>Day 2: </u>	12
Day 3: OGod's Healing Hands	18
Day 4: Renewed Identity in Christ	24
<u>Day 5: ₹ Hope Beyond the Darkness</u>	30
Day 6: The Comforter's Peace	36
Day 7: Worthy and Loved	42
Day 8: Overcoming Shame with Truth	48
<u>Day 9: 6 Strength in Weakness</u>	54
Day 10: Speaking Truth and Life	60
Day 11: Patience in the Process	66
<u>Day 12: God's Compassion for Your Pain</u>	72
Day 13: New Beginnings Every Day	78
Day 14: R Freedom through Forgiveness	84
Day 15: Trowing in Faith	90
Day 16: X Courage to Move Forward	96











Introduction

Welcome to this 21-day Bible study, designed especially for women who are walking through the difficult path of healing after trauma, abuse, or rape. *You are not alone.*

Throughout this study, we will explore God's heart, His unshakable promises, and His power to restore brokenness and bring deep peace. The Lord is described many times in Scripture as our healer, comforter, and refuge. This study invites you to lean into these truths, to allow God's Word to gently mend your soul, and to rediscover your identity and worth in Him.

Each day offers a primary scripture passage with supportive verses, a devotional to help unpack the truth, reflective questions to guide your prayerful meditation, journaling prompts to capture what God is revealing, and a prayer to connect your heart to His.

Healing is a journey, not a destination. It's okay to move at your own pace, to pause and rest when needed. There may be difficult emotions and memories that arise. Remember, God sees you fully, knows your pain, and holds you tenderly. Through the pages of this study, may you experience Him as the Lord who heals every wound, restores every shattered piece, and replaces sorrow with peace.

As you commit to these 21 days, may you encounter the deep comfort of Psalm 34:18 ("The Lord is close to the brokenhearted and saves those who are







crushed in spirit.") and claim the promises of God's unfailing love. You are cherished, valued, and wonderfully made by the Creator of Heaven and Earth.

Let us begin this journey of hope and healing together, trusting the Lord who heals and restores. \bigwedge

















Day 1: BGod's Presence in Brokenness

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, 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 1: BGod's Presence in Brokenness

Devotional: God's Tender Presence Comforts the Brokenhearted

Healing begins with the awareness that God is near. When trauma leaves your spirit crushed, it can feel as if God is distant or silent, but Psalm 34:18 assures us otherwise. *The Lord draws close to the brokenhearted.* This closeness isn't a distant sympathy; it is a tender, intimate presence that carries you through the darkest valleys.

Your pain matters deeply to God. He knows every wound and wants to save and restore you. Like a gentle shepherd, He tends to His sheep who are hurting, ensuring none are forgotten. This promise invites you to open your heart and rest in knowing you are not alone.

Today, as you reflect on this truth, begin your healing journey by inviting God to reveal Himself as your close companion in brokenness. His love is the foundation upon which restoration begins.







Day 1: **B** God's Presence in Brokenness

Reflect and Apply

1.	How do you currently perceive God in your pain and brokenness?
2.	What does it mean for you personally that God is close to broken hearts?
3.	In what ways might inviting God's presence provide comfort today?







Day 1: **B** God's Presence in Brokenness

Journaling Prompts

	Write about a time when you felt alone in your pain. How does Psalm 34:18 speak into that experience?
2.	Describe what being 'close to God' looks like or feels like for you.
3.	What fears or doubts arise when you consider God's nearness to your suffering?







Day 1: BGod's Presence in Brokenness

Prayer for Today

Lord, I thank You that You are close to my broken heart. When I feel crushed by pain, remind me that You are near, carrying my burdens with gentleness and love. Help me to rest in Your presence and trust that You are working to heal and restore me one step at a time. May Your peace flood my soul and give me strength for this journey. *In Jesus' name, Amen.*

















Day 2: ① God as Protector and Refuge

Your Verse

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

Supporting Scriptures

- Proverbs 18:10 "The name of the Lord is a fortified tower; the righteous run to it and are safe."
- Nahum 1:7 "The Lord is good, a refuge in times of trouble."







Day 2: **(**) God as Protector and Refuge

Devotional: Finding Safety and Strength in God's Refuge

In the aftermath of trauma, fear and vulnerability can feel overwhelming. Yet, the Bible reminds us boldly that God is our refuge and strength. This means He is not distant or passive but actively protects and upholds you when you face storms.

God's refuge is a safe place beyond human understanding. Imagine a fortress where nothing harmful can penetrate. This is how God's presence works in your life—a protective shield for your mind, heart, and spirit. You can run to Him for shelter without hesitation or fear.

Whatever troubles or memories weigh on you today, remember that God is 'ever-present,' always ready to support you. Turning to Him is an act of courage and first steps toward healing.







Day 2: ① God as Protector and Refuge

Reflect and Apply

1.	What does it mean to you to see God as a refuge or fortress?
	How can you practically 'run' to God when fear or painful memories arise?
	Are there fears or doubts that prevent you from trusting God as your protector?







Day 2: ① God as Protector and Refuge

Journaling Prompts

1.	Describe what shelter or protection feels like to you and compare that to God's refuge.
2.	Recall moments when you felt God's strength in difficult times.
	Identify any barriers that make it hard for you to lean fully on God's protection.







Day 2: **(**) God as Protector and Refuge

Prayer for Today

Father, You are my refuge and strength. When fear or painful memories come, help me run to You without hesitation. Protect my heart and mind from harm, and surround me with Your peace. I trust in Your power to keep me safe and to be my ever-present help. Thank You for being my stronghold. *In Jesus'* name, Amen.









Day 3: **Oracle 3: Oracle 3**









Your Verse

Jeremiah 30:17 – "I will restore you to health and heal your wounds," declares the Lord."

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 53:5 "By His wounds we are healed."







Devotional: Trusting God's Promise to Heal Every Wound

Healing is God's promise to you. The pain left by trauma is deep, but Scripture affirms that God desires to restore your health and heal your wounds. This healing is not only physical but emotional, mental, and spiritual as well.

Through Jesus' suffering, a way was made for complete restoration. His wounds are not only a reminder of pain but also a symbol of healing. God's hands reach out to gently bind what is broken and make it whole again.

Today, lean into this promise. You don't have to carry wounds in isolation—God is working to bring healing, and His timing is perfect. Trusting Him opens the door for restoration to begin.







Reflect and Apply

1.	What areas of your heart or life need God's healing touch most right now?
2.	How do Jesus' wounds inspire hope for your own healing journey?
3.	In what ways can you partner with God in your healing process?







Journaling Prompts

1.	Write about a wound or pain you want God to heal.
2.	Reflect on how God has shown healing in your life previously.
3.	List practical ways you can support your healing alongside God's work.







Prayer for Today

Lord, I surrender my wounds to You. Father, restore my health and heal what is broken in me. Thank You for Jesus' sacrifice that brought healing and new life. Help me trust Your timing and rest in Your gentle hands as You mend my soul. May Your peace fill my heart as You restore me day by day. *In Jesus'* name, Amen.

















Day 4: (Renewed Identity in Christ

Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

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







Day 4: 💮 Renewed Identity in Christ

Devotional: Embracing Your New Creation in Christ

Your trauma does not define you. In Christ, your identity is renewed, and you are made new. This transformation is more than a fresh start—it's a complete remaking of your heart, soul, and purpose.

God's craftsmanship in you is intentional and beautiful. You are His masterpiece, created with love and designed for good. No matter what has happened, the 'old'—the shame, the pain, the lies—is fading away.

Embrace this new identity today. God sees you as whole, valued, and deeply loved. Let His truth overwrite the stories trauma may have told you about yourself.







Day 4: ? Renewed Identity in Christ

Reflect and Apply

	How does knowing you are a new creation in Christ affect your view of yourself?
2.	What lies about your identity do you need to release today?
3.	How can embracing God's view of you help your healing journey?







Day 4: ? Renewed Identity in Christ

Journaling Prompts

	Write down lies trauma has made you believe, and rewrite them with God's truth.
2.	Describe what being God's masterpiece means to you personally.
3.	List qualities God is shaping in you as part of your new identity.







Day 4: 🔅 Renewed Identity in Christ

Prayer for Today

Dear God, thank You for making me new in Christ. Help me release past hurts and lies that have defined me. Fill me with Your truth about my worth and purpose. Teach me to see myself through Your eyes—as fearfully and wonderfully made. May I walk confidently in the new life You have given me. *In Jesus' name, Amen.*

















Day 5: 🔀 Hope Beyond the Darkness

Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."

Supporting Scriptures

- Lamentations 3:22–23 "His mercies never come to an end; they are new every morning."
- John 16:33 "I have told you these things, so that in me you may have peace."







Day 5: 🔀 Hope Beyond the Darkness

Devotional: Anchoring Your Soul in God's Hope

Hope is a lifeline, especially when recovering from trauma feels overwhelming. Romans 15:13 assures us that God is the source of hope who fills us with joy and peace as we trust in Him.

Though the nights may feel long, God's mercies are new every morning—steadfast and faithful. His promises aren't empty words but anchors for the soul, holding you secure amidst storms.

Today, choose to lean into hope. Even if it is just a small flicker, nurture it. Trust that God is weaving joy and peace into your life, preparing a future that is bright and full of promise.







Day 5: 🔅 Hope Beyond the Darkness

Reflect and Apply

What does hope look like for you right now in the midst of pain?
How can trusting God fill your heart with peace despite circumstances?
Are there areas in your life where hope feels difficult to hold on to?







Day 5: 🔅 Hope Beyond the Darkness

Journaling Prompts

1.	Write about a moment when God's hope sustained you.
2.	Describe what joy and peace feel like or mean to you today.
3.	List ways you can intentionally nurture hope during hard days.







Day 5: 😂 Hope Beyond the Darkness

Prayer for Today









Day 6: W The Comforter'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."

Supporting Scriptures

- Psalm 29:11 "The Lord gives strength to his people; the Lord blesses his people with peace."
- Philippians 4:6-7 "...the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."







Devotional: Receiving God's Supernatural Peace Today

God's peace is different from the peace the world offers. It is not dependent on circumstances but is a supernatural calmness that guards your heart and mind in Jesus.

In John 14, Jesus promises this peace as a gift—and it's available to you today. When you feel overwhelmed by anxiety, fear, or memories, you can lean into this promise and receive a quiet assurance from the Holy Spirit.

This peace does not erase pain, but it empowers you to walk through it without being consumed. Let God's comforter wrap you in calm, replacing turmoil with rest.







Reflect and Apply

1.	How do you currently experience God's peace amidst your struggles?
2.	What fears or anxieties do you want to surrender to God's peace?
3.	How can embracing God's peace change your daily outlook?







Journaling Prompts

1.	Write about a time God's peace calmed your heart.
2.	List worries you want to give to God today.
3.	Describe ways you can create space to experience God's peace daily.







Prayer for Today

Holy Spirit, fill me with Your peace. When fear and anxiety threaten my heart, remind me of Jesus' promise of peace that surpasses all understanding. Help me rest in You and stand firm, guarded by Your serenity. Calm my spirit and teach me to walk in Your quiet strength. *In Jesus' name, Amen.* \nearrow









Day 7: Worthy and Loved









Your Verse

Romans 8:38–39 – "Nothing in all creation can separate us from the love of God."

Supporting Scriptures

- Zephaniah 3:17 "He will take great delight in you; in His love He will no longer rebuke you."
- 1 John 3:1 "See what great love the Father has lavished on us."







Devotional: Embracing God's Unconditional Love and Worthiness

Trauma often steals the sense of self-worth, leaving feelings of shame and unworthiness. God's Word reminds us that His love is relentless, unbreakable, and unconditional. Nothing you have endured or experienced can separate you from His deep, unfailing love.

God delights in you. He sees you as precious and calls you beloved. This truth is a powerful counter to the lies trauma tries to instill.

Receive God's love today and let it restore your value from the inside out. You are worthy simply because you are His child, fearfully and wonderfully made.







Reflect and Apply

1.	What lies about your worth have trauma implanted in you?
2.	How does the truth of God's unfailing love challenge those lies?
3.	How can embracing God's love change how you see yourself?







Journaling Prompts

	Write down what you believe about your worth and compare it to God's view.
2.	List ways you have experienced God's love recently.
3.	Describe what it feels like to be deeply loved by God.







Prayer for Today

Lord, thank You for loving me unconditionally. Help me believe that nothing can separate me from Your love. Heal every lie that tells me I am worthless or unlovable. Fill me with the truth that I am Your cherished daughter, deeply valued and accepted. May Your love renew my heart and mind. *In Jesus'* name, Amen.

















Day 8: 6 Overcoming Shame with Truth

Your Verse

Isaiah 54:4 - "Do not fear; you will not be put to shame..."

Supporting Scriptures

- Romans 8:1 "There is now no condemnation for those who are in Christ Jesus."
- Psalm 25:3 "No one who hopes in you will ever be put to shame."







Day 8: 6 Overcoming Shame with Truth

Devotional: Trading Shame for God's Liberating Truth

Shame is a heavy burden that trauma often leaves behind. It tries to silence, isolate, and diminish your spirit. But God's Word declares that fear and shame have no lasting hold over you.

Isaiah 54 provides a powerful promise: You will not be put to shame. In Christ, condemnation is removed, replaced by acceptance and grace.

Facing shame is not easy, but God's truth is stronger than any accusation. Invite Him to expose falsehoods and replace them with His liberating truth. Step into freedom by claiming God's promises over your life.







Day 8: 🖰 Overcoming Shame with Truth

Reflect and Apply

1.	What shame are you carrying that needs God's healing touch?
	How can God's promise of no condemnation bring freedom to your heart?
3.	What steps can you take to speak God's truth over your shame?







Day 8: 6 Overcoming Shame with Truth

Journaling Prompts

1.	Write a letter to yourself from God's perspective, releasing shame.
2.	Identify words or thoughts that fuel your shame and rewrite them with Scripture.
3.	Reflect on how embracing God's grace can change your story.







Day 8: 🖰 Overcoming Shame with Truth

Prayer for Today

Father, I release my shame to You. Help me believe that in Christ I am no longer condemned or put to shame. Fill me with the freedom and grace You offer. Teach me to walk boldly in Your truth and overcome lies that try to bind me. May Your light cast out all darkness in my heart. *In Jesus' name, Amen.*



















Your Verse

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

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Devotional: Discovering God's Strength in Your Weakness

Healing can reveal areas of weakness and vulnerability, but God's grace meets you there. Paul's words in 2 Corinthians show a beautiful paradox—God's power shines brightest when we are weakest.

You don't have to be strong all the time. It's in acknowledging your limitations that God's strength covers you.

Whatever you face today, remember God's grace is enough to sustain you. When you feel depleted, lean into His power which works through your weakness, empowering you to rise and move forward.







Reflect and Apply

1.	Where do you feel weak or vulnerable right now?
2.	How can acknowledging your weakness open the door for God's power?
3.	What does God's grace being sufficient mean in your healing?







Journaling Prompts

1.	Describe a situation where God's strength helped you in weakness.
2.	Write about areas you need to surrender to God's grace today.
3.	List ways to remind yourself of God's power during weak moments.







Prayer for Today

Lord, Your grace is enough for me. Help me to stop striving in my own strength and lean into Your power in my weakness. Renew my energy and remind me daily that Your strength is made perfect when I am weak. Thank You for carrying me when I cannot carry myself. *In Jesus' name, Amen.*

















Your Verse

Proverbs 18:21 - "The tongue has the power of life and death."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths...but only what is helpful for building others up."
- James 3:5 "The tongue is a small part of the body, but it makes great boasts."







Devotional: Harnessing the Power of Your Words for Healing

Words hold incredible power — both to harm and to heal. After trauma, negative self-talk or harmful words from others can deeply wound, but God calls you to use your words to build life and hope.

Start choosing the words you speak about yourself carefully. Replace lies with God's truth. Speak blessings, affirmations, and prayers over your healing journey.

Today, ask God to guide your speech and thought life. Let your voice become a channel for encouragement — both to yourself and others walking in pain.







Reflect and Apply

	How have your words impacted your healing journey positively or negatively?
2.	What negative words or lies do you need to remove from your speech?
3.	What truths can you start speaking over yourself today?







Journaling Prompts

Write down common negative phrases you think or say about yourself.
Rewrite them as affirmations rooted in God's Word.
Reflect on how changing your words impacts how you feel.







Prayer for Today

Father, help me use my words to build life and hope. Teach me to speak truth over myself and to silence negative or harmful speech. May my tongue bring healing and encouragement, reflecting Your love and grace. Guide my thoughts and words, shaping me into Your image. *In Jesus' name, Amen.* \bigtriangleup

















Your Verse

Galatians 6:9 - "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Ecclesiastes 3:1 "There is a time for everything..."







Devotional: Trusting God's Timing in Your Healing Journey

Healing takes time — **sometimes more time than we want to give.** Galatians 6:9 reminds us not to grow weary but to keep trusting God's timing.

There will be good days and setbacks, but God is weaving a harvest even through the waiting. Patience is an act of faith that shows your heart trusts God's plan, even when it's unclear.

Today, embrace the pace of your healing journey. Take encouragement from God's faithfulness in every season, knowing your persistence produces fruit.







Reflect and Apply

1.	What frustrations about healing timing do you need to release?
2.	How can you find strength to persevere through waiting periods?
3.	Where have you seen God's faithfulness in your life's timing?







Journaling Prompts

Write about moments when waiting was hard but God came through.
List ways you can practice patience during your healing.
Reflect on what 'harvest' you hope to see in your journey.







Prayer for Today

Lord, teach me patience in the healing process. When I feel weary or discouraged, remind me that Your timing is perfect. Help me keep believing and persevering, knowing You are at work even when I cannot see. Strengthen my heart to wait with hope and trust. *In Jesus' name, Amen.* \swarrow







Day 12: Od's Compassion for Your Pain









Day 12: Od's Compassion for Your Pain

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."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







Day 12: Od's Compassion for Your Pain

Devotional: Resting in God's Tender Compassion Today

God's compassion is a refuge for the hurting soul. He understands your pain intimately and responds with tender mercy that never fails.

Like a loving parent, God cares deeply and longs to comfort your broken heart. Compassion doesn't erase pain but brings kindness, presence, and hope amidst suffering.

If you feel isolated or overwhelmed today, rest in the promise that God is compassionate and near to you. Allow His loving embrace to soothe your wounds and renew your spirit.







Day 12: Odd's Compassion for Your Pain

Reflect and Apply

How have you experienced God's compassion in difficult times?
What does God's compassion mean for your healing journey?
How can you accept and receive God's mercy more fully?







Day 12: Odd's Compassion for Your Pain

Journaling Prompts

1.	. Write about a time you felt deeply comforted by God.
2.	Describe ways you can show compassion to yourself as you heal.
3.	. Reflect on how God's compassion changes your perspective on pain.







Day 12: Od's Compassion for Your Pain

Prayer for Today

















Your Verse

Lamentations 3:22–23 – "His compassions never fail. They are new every morning; great is Your faithfulness."

Supporting Scriptures

- Isaiah 43:19 "See, I am doing a new thing! Now it springs up; do you not perceive it?"
- 2 Corinthians 5:18 "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation."







Devotional: Embracing God's Daily Mercies and Renewal

Each day is a fresh opportunity to experience God's faithfulness and new mercies. No matter how dark yesterday was, today can bring renewal and hope.

God specializes in new beginnings. He offers restoration and transformation continually, inviting you to leave the past behind and step into His goodness.

Embrace today as a gift to move forward with courage, knowing God's mercies greet you anew each morning.







Reflect and Apply

1.	What new beginnings do you need to embrace today?
2.	How does knowing God's mercies are new every morning encourage you?
3.	What habits or mindsets can help you focus on daily renewal?







Journaling Prompts

1.	Write about what 'new mercies' mean in your life context.
2.	List daily reminders that encourage you to embrace each new day.
3.	Describe ways God has done 'new things' in your journey.







Prayer for Today

Lord, thank You for Your mercies that are new every morning. Help me to let go of yesterday's pain and welcome the fresh hope You provide today. Teach me to recognize Your work in every moment and walk confidently in Your faithfulness. May I see Your new beginnings all around me. *In Jesus' name, Amen.*

















Your Verse

Ephesians 4:31–32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Colossians 3:13 "Forgive as the Lord forgave you."
- Matthew 6:14 "If you forgive others, your heavenly Father will also forgive you."







Devotional: Choosing Forgiveness to Unlock Healing

Forgiveness is a powerful step toward healing and freedom. It does not mean forgetting or excusing what happened but choosing to release the burden of bitterness and anger.

Jesus modeled perfect forgiveness and calls us to walk similarly—not for others' sake alone, but for our own healing. Holding onto resentment often prolongs pain and keeps wounds open.

Ask God to help you forgive yourself and others as He has forgiven you. Grace is the pathway that leads to peace and restored joy.







Reflect and Apply

1.	Are there people, including yourself, you need to forgive?
2.	What fears or struggles arise when you think about forgiveness?
	How does knowing God's forgiveness influence your ability to forgive others?







Journaling Prompts

Write a letter expressing forgiveness, even if you don't send it.
Reflect on what forgiveness means to you personally.
List ways forgiveness could change your emotional or spiritual health.







Prayer for Today

Father, teach me to forgive as You forgive me. Help me release resentment, anger, and bitterness that weigh on my heart. Heal any places where unforgiveness has taken root. Fill me with grace to forgive others and myself, walking in the freedom You provide. *In Jesus' name, Amen.* \bigwedge

















Your Verse

Hebrews 11:1 - "Now faith is confidence in what we hope for and assurance about what we do not see."

Supporting Scriptures

- 2 Corinthians 5:7 "We live by faith, not by sight."
- Romans 10:17 "Faith comes from hearing the message..."







Devotional: Building Confidence in God Amid Uncertainty

Faith is the foundation for your healing journey. Though pain and doubt may cloud your vision, faith invites you to trust God's promises beyond what you see or feel.

God's Word is a powerful source to nurture your faith. Regularly listening to His truth strengthens your confidence that He is working all things for good.

Today, cultivate your faith by spending time in prayer and Scripture. Trust that God's unseen work is building something beautiful in you.







Reflect and Apply

1.	Where do you struggle to have faith right now?
2.	How can Scripture and prayer deepen your trust in God?
3.	What does living by faith rather than sight look like practically?







Journaling Prompts

1.	Write about moments you've seen God's faithfulness despite uncertainty.
2.	List encouraging Scriptures that strengthen your faith.
3.	Reflect on how faith has helped you persevere recently.







Prayer for Today

Lord, increase my faith to trust You fully. When doubts or fears arise, anchor me in Your promises. Help me to live confidently by faith, believing You are working all things for my good. May Your Word be a lamp to my feet and a light to my path. *In Jesus' name, 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 be afraid or terrified..."
- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear?"







Devotional: Walking Boldly with God's Courage

Stepping forward in your healing journey requires courage. Fear and discouragement can threaten to stop you, but God's command and promise in Joshua 1:9 empower you to be strong.

He is with you wherever you go—into the unknown, through difficult emotions, and toward restoration. You do not have to face fear alone.

Invite God's courage to fill your heart today. Take a step forward even if it feels small. God's presence is your strength and shield.







Reflect and Apply

1.	What fears are holding you back in your healing?
2.	How can God's presence give you courage to move forward?
3.	What small step can you take today toward healing?







Journaling Prompts

1.	Write about a time God gave you courage in a hard situation.
2.	List fears you want to face with God's help.
3.	Describe what moving forward looks like for you today.







Prayer for Today

Father, fill me with courage as I move forward. Help me not to be afraid or discouraged because You are with me always. Strengthen my heart to take each step toward healing with confidence. May Your presence be my guide and my peace. *In Jesus' name, Amen.* 🙏 🎇 💪

















Day 17: 🎔 Community and Support

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."
- Hebrews 10:24–25 "Let us encourage one another..."







Day 17: 🎔 Community and Support

Devotional: Finding Strength in Godly Community

You were never meant to carry your burdens alone. God calls us into community where love, support, and encouragement flow.

Sharing your pain and your healing journey with trusted friends, family, or support groups can bring much-needed relief and hope. Others can lift you when you are weak and rejoice with you in progress.

If you are isolated or reluctant, pray for God to bring the right people into your life. Community is a vital part of the healing process.







Day 17: Ծ Community and Support

Reflect and Apply

1.	Who currently supports you in your healing journey?
2.	What fears or barriers prevent you from seeking community?
3.	How could connecting with others deepen your healing?







Day 17: 🎔 Community and Support

Journaling Prompts

1.	Write about qualities you need in supportive relationships.
2.	Reflect on times when community has helped you before.
3.	List practical steps to build or strengthen supportive connections.







Day 17: 🌣 Community and Support

Prayer for Today

Lord, bring loving community into my life. Help me to share my burdens and open my heart to others. Surround me with support, encouragement, and grace. Teach me to also carry the burdens of those around me with compassion. May Your love flow through our relationships. *In Jesus' name, Amen.*







Day 18: Day 18: Loving Yourself as God Loves You









Your Verse

Mark 12:31 - "Love your neighbor as yourself."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- Ephesians 5:29 "After all, no one ever hated their own body..."







Devotional: Cultivating God-Centered Self-Love

Loving yourself is a key part of healing. Many survivors struggle with self-rejection or negative self-image, but God calls you to value and care for yourself as He does.

Jesus teaches that loving your neighbor begins with loving yourself. Self-love means treating yourself with kindness, setting healthy boundaries, and recognizing your intrinsic worth.

Today, take intentional steps to nurture self-compassion. Remember, God's love for you is the example and source of how you can love yourself.







Reflect and Apply

1.	How do you currently treat yourself? Is there room for more kindness?
2.	What fears or beliefs hinder you from loving yourself fully?
3.	How can God's love reshape your self-view?







Journaling Prompts

1.	List ways you can practice self-love and care.
2.	Write affirmations rooted in God's Word about your worth.
3.	Describe how loving yourself better could enhance your healing.







Prayer for Today

Father, help me to love myself as You love me. Teach me to see myself through Your eyes—as valuable, worthy, and deeply loved. Give me grace to care for my body, mind, and soul with kindness. Help me set healthy boundaries and celebrate the person You created. *In Jesus' name, Amen.* \bigwedge

















Your Verse

Psalm 30:5 - "Weeping may stay for the night, but rejoicing comes in the morning."

Supporting Scriptures

- Isaiah 61:3 "To bestow on them a crown of beauty instead of ashes..."
- James 1:2-3 "Consider it pure joy whenever you face trials..."







Devotional: Allowing God to Bring Joy Amidst Pain

Joy is not the absence of pain but the presence of God's restoring work. Psalm 30 promises that after weeping, joy comes—even when it feels impossible to imagine.

God transforms ashes to beauty and sorrow into celebration. Your past does not dictate your future. As you walk through healing, ask God to reveal moments of joy and gratitude.

Celebrate small victories and allow joy to rise, strengthening you for the days ahead.







Reflect and Apply

Where have you experienced joy during or after hardship?
How can you cultivate joy in your healing process?
What role does gratitude play in your emotional healing?







Journaling Prompts

1.	Write about a joyful memory or moment recently.
2.	List things you are thankful for despite your pain.
3.	Reflect on how joy affects your healing spirit.







Prayer for Today

Lord, thank You for bringing joy after sorrow. Help me to recognize Your beauty even in hard seasons. Teach me to find joy in the small moments and to trust Your promise of restoration. May Your joy be my strength today and always. *In Jesus' name, Amen.*









Day 20: Phope for a Brighter Future









Day 20: 6 Hope for a Brighter Future

Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to give you hope and a future."

Supporting Scriptures

- Romans 8:28 "God works all things for the good of those who love Him."
- Psalm 16:11 "In Your presence is fullness of joy; at Your right hand are pleasures forevermore."







Day 20: 6 Hope for a Brighter Future

Devotional: Trusting God's Hopeful Plans Ahead

God's plans for you are filled with hope and a beautiful future. Trauma can make it hard to envision anything positive ahead, but God assures you of His good intentions.

Trust that He is weaving your story toward healing, joy, and purpose. Every step, even the difficult ones, are part of His divine design.

Hold onto this hope as a beacon that draws you forward—encouraged that your best days are still waiting.







Day 20: 🌈 Hope for a Brighter Future

Reflect and Apply

How does the promise of a hopeful future affect your perspective?
What fears about the future do you want to surrender to God?
How can hope motivate you to keep moving forward?







Day 20: Phope for a Brighter Future

Journaling Prompts

1.	Write a vision or prayer for your future healing and life.
2.	List hopes and dreams God is placing on your heart.
3.	Reflect on ways God has prepared you for new beginnings.







Day 20: 6 Hope for a Brighter Future

Prayer for Today

Father, thank You for the future filled with hope. Help me to trust Your plans even when I cannot see the whole path. Replace fear with faith and anxiety with peace. Guide me step by step toward the destiny You have prepared. May I walk confidently with hope as my anchor. *In Jesus' name, Amen.* \bigwedge

















Your Verse

Joel 2:25 - "I will restore to you the years the locusts have eaten."

Supporting Scriptures

- Psalm 23:3 "He restores my soul."
- Isaiah 40:31 "They will soar on wings like eagles..."







Devotional: Rejoicing in God's Healing and Restoration

Today marks a celebration of how far you've come in your healing journey. God promises restoration of what was lost—He makes beauty from ashes.

Though scars remain, they are reminders of God's faithfulness and power to renew. Your soul has been restored step by step. You are ready to soar with strength and hope.

Give thanks for God's presence, grace, and love throughout this process. Trust that the years of pain will be overshadowed by years of peace, purpose, and joy.







Reflect and Apply

1.	What is one significant way God has healed you during this study?
2.	How can you celebrate the progress of your healing journey?
3.	What promises will you continue to hold onto for the future?







Journaling Prompts

1.	Reflect on your healing journey over the past 21 days.
2.	Write a letter of gratitude to God for His restoration.
3.	Identify next steps or goals for your continued healing.







Prayer for Today

Lord, I celebrate Your healing and restoration. Thank You for restoring what was lost and renewing my soul. Your faithfulness has sustained me, and Your love has carried me through. Empower me to soar on wings like eagles, living fully in Your grace and peace. *In Jesus' name, Amen.*







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