Trusting God Again: A Journey for Women After Divorce



A 7-day Bible study guiding women to rebuild trust, faith, and hope after divorce through God's healing and grace.





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Introduction

Divorce can deeply shake the foundation of our hearts, especially for women who often carry immense emotional burdens and doubts afterward. Trusting again—trust in people, in life, and most of all in God—may feel overwhelming or even impossible.

This 7-day study is crafted to gently guide you through the process of healing, restoration, and renewed faith, highlighting how God tenderly rebuilds our brokenness into strength. You will encounter encouraging Scriptures, heartfelt devotionals, and practical reflections leading to a restored relationship with God's unfailing love.

Each day focuses on a biblical truth designed to speak directly to your heart's journey from pain to peace. It acknowledges the struggles of navigating trust again after divorce while reminding you that you are never alone in this process. God promises to be near to the brokenhearted and to bind up their wounds (**Psalm 147:3**).

As you walk through the devotionals, allow God's Word to speak into your pain, fears, and questions. Take time with the reflective questions to confront your emotions and beliefs honestly, journaling your growth and prayers.

Remember, trusting God again is not a swift leap but a gradual step-by-step journey of grace. Let His faithfulness restore your heart and renew your hope today.















Your Verse

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

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the LORD"







Devotional: Allow God to Heal Your Broken Heart

Healing after divorce begins with acknowledging your brokenness and letting God surround your wounded heart. It's natural to feel hurt and lost; your emotions are valid. But the Psalmist reminds us that God specializes in healing broken hearts and tenderly binding our wounds.

Today, allow yourself to let go of trying to fix everything on your own and invite God's comforting presence into your pain. He is not distant or unaware; He is near, ready to breathe life into what feels lifeless inside you.

God's love is the balm that soothes the ache of betrayal, loneliness, and confusion. As you lean into His loving arms, you begin to trust Him as your true source of hope and strength.







Reflect and Apply

1.	How have you been holding your pain without giving it to God?
	What fears or doubts arise when you think about trusting God after divorce?
3.	Can you identify ways God has been present in your healing so far?







Journaling Prompts

1.	Write about the areas where your heart feels broken or wounded.
2.	Describe a memory when you felt God's comfort during a difficult moment.
3.	List any fears or barriers you have toward trusting God again.







Prayer for Today

Dear Heavenly Father, thank You for being the healer of my broken heart. In my pain and confusion, help me to rest in Your steadfast love and find peace that only You can give. Teach me to trust You with my wounds and to believe that You are working all things for my good. Renew my hope and soften my heart to receive Your healing grace today. In Jesus' name, I pray. *Amen.* 🙏 💝

















Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."







Devotional: Surrender Your Heart and Lean on God

When trust has been broken, it's natural to feel vulnerable and uncertain about what lies ahead. God invites you to place your full trust in Him, even when your understanding is limited or your emotions feel overwhelming.

Trusting God means surrendering control, allowing Him to guide your steps with wisdom and love. He promises to protect your heart and provide perfect peace as you intentionally choose to lean on Him rather than your own perspective.

Rather than guarding your heart from new trust, open it courageously to God's protection and guidance. He is your refuge, and in Him, you will find the safety and direction you need to face each day.







Reflect and Apply

1.	What does it mean for you to 'trust God with all your heart'?
	In what ways do you tend to rely on your own understanding instead of God's?
3.	How can submitting your ways to God influence your healing process?







Journaling Prompts

1.	Write about areas where you find it hardest to trust God's protection.
	Recall a time God guided you through uncertainty—how did that experience affect your faith?
3.	List practical steps you can take to surrender control and lean more on God.







Prayer for Today

Lord, I confess that trusting You fully can feel daunting after all I've been through. Help me to submit my heart and my ways to You with courage. Guard me from fear and guide me as I learn to rely on Your perfect wisdom. Thank You for being my refuge and the source of true peace. Strengthen my faith and lead me step by step. In Jesus' name, Amen.

















Day 3: 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

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Day 3: Renewed Identity in Christ

Devotional: Discover Your Worth as God's New Creation

Divorce can leave you questioning your worth and identity. But in Christ, your identity is renewed—your past does not define you.

God calls you a new creation, fearfully and wonderfully made, with purpose and value beyond circumstances. When you embrace this truth, you begin to trust God's plan, and your heart starts to heal as you step into this new identity.

Let go of any shame or labels from your past relationship status. Embrace who you are in Christ, loved unconditionally and created for a beautiful future. Your worth is anchored in Him alone.







Reflect and Apply

How has divorce affected your view of yourself?
What does it mean for you to be a new creation in Christ?
In what ways can embracing your identity in Christ rebuild your trust?







Journaling Prompts

1.	Write a letter to yourself from God's perspective as His beloved creation.
2.	Reflect on the areas where you struggle to accept your renewed identity.
3.	List qualities or promises from Scripture that affirm your worth in Christ.







Day 3: 💮 Renewed Identity in Christ

Prayer for Today

Father, thank You for making me a new creation in Christ. Help me to release the old labels and shame that cling to me and to embrace the identity You lovingly give. Teach me to see myself as You see me—worthy, cherished, and full of purpose. Renew my heart and help me to trust Your plan for my future. In Jesus' name, Amen. 💮 💓







Day 4: 🗱 Finding Hope Beyond Heartache









Day 4: 🛱 Finding Hope Beyond Heartache

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 "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning."
- Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, 'plans to prosper you and not to harm you."







Day 4: 🛱 Finding Hope Beyond Heartache

Devotional: Receive God's Promise of Hope and Peace

Hope can feel distant when heartache weighs heavily on your soul. Yet God is the very source of eternal hope, ready to fill you with joy and peace as you learn to trust Him.

God's compassions are new every morning, breathing fresh hope into your life each day. You are not defined by your past pain but by God's promises of a hopeful future.

Open your heart to receive God's hope today, allowing His peace to replace despair. Even when circumstances seem bleak, His plans are full of goodness and restoration.







Day 4: 😂 Finding Hope Beyond Heartache

Reflect and Apply

1.	What are some hopes or dreams you feel have been lost?
2.	How can trusting God renew your hope despite past hurts?
3.	What does it mean to experience joy and peace as you trust God?







Day 4: 😂 Finding Hope Beyond Heartache

Journaling Prompts

1.	Write about what hope looks like for you in this season of life.
2.	Reflect on a moment when God's peace surprised you amidst struggle.
3.	Envision the future God has planned for you and describe it.







Day 4: 😂 Finding Hope Beyond Heartache

Prayer for Today

God of hope, fill me today with joy and peace that come from trusting You. When my heart feels heavy and burdensome, remind me of Your unfailing love and new mercies each morning. Help me to cling to Your promises, knowing You have good plans for my life. Renew my faith and grant me peace beyond understanding. In Jesus' name, Amen. 💢 🛠 💞















Your Verse

Psalm 56:3 - "When I am afraid, I put my trust in you."

Supporting Scriptures

- 2 Timothy 1:7 "For God gave us a spirit not of fear but of power, love, and self-control."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Devotional: Choose Trust Over Fear for True Freedom

Fear often lingers after divorce—fear of rejection, loneliness, or future pain. Yet God calls you to release fear and embrace the freedom found in trusting Him.

When fear arises, choose to place your trust in God, who equips you with power, love, and self-discipline to overcome it. Freedom in Christ means you are no longer imprisoned by past hurts or anxieties about what lies ahead.

Let go of fear's grip and step into the liberty God offers. Trust that He is with you every step, empowering you to live boldly and loved.







Reflect and Apply

1.	What fears continue to hold you back in your healing journey?
2.	How can trusting God empower you to overcome those fears?
3.	What does freedom in Christ look like for you personally?







Journaling Prompts

1.	Write about a recent fear you experienced and how you responded.
2.	List scriptures or truths that encourage you to trust rather than fear.
	Describe what it feels like to be free in Christ and how you can walk in that freedom daily.







Prayer for Today

Loving Father, help me to release my fears and to place my trust fully in You. Replace anxiety and doubt with Your power, love, and self-control. Thank You for the freedom I have in Christ to live without fear. Guide me to walk boldly in that freedom today and every day. In Jesus' name, Amen. **

















Your Verse

Philippians 4:4 - "Rejoice in the Lord always. I will say it again: Rejoice!"

Supporting Scriptures

- 1 Thessalonians 5:18 "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."
- Psalm 118:24 "This is the day the LORD has made; let us rejoice and be glad in it."







Devotional: Choose Gratitude to Unlock Lasting Joy

Joy and gratitude can feel elusive after painful experiences, but God calls us to rejoice and give thanks in all circumstances. Cultivating an attitude of gratitude shifts our focus from pain to God's faithfulness.

Rejoicing is an act of trust—a declaration that God's goodness transcends current challenges. As you practice gratitude, you open your heart to experience deeper joy and renewed hope.

Today, intentionally seek out moments of joy and reasons to thank God, regardless of your feelings. Remember, joy comes from the Lord and is an anchor for your soul.







Reflect and Apply

1.	What moments of joy have you overlooked recently?
2.	How can gratitude transform your perspective during difficult times?
3.	In what ways can rejoicing in the Lord renew your heart and faith?







Journaling Prompts

1.	List three things you are grateful for today, big or small.
2.	Reflect on how practicing gratitude has impacted your healing journey.
3.	Write about a time when choosing joy helped you overcome hardship.







Prayer for Today

Gracious God, teach me to rejoice always and give thanks in every circumstance. Even when my heart feels heavy, help me find moments of joy and gratitude that reflect Your goodness. Renew my spirit and help me to trust Your faithfulness anew today. Thank You for being my constant source of joy. In Jesus' name, Amen.







Day 7: �� Moving Forward with Faith and Hope









Day 7: Noving Forward with Faith and Hope

Your Verse

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

Supporting Scriptures

- Isaiah 40:31 "But those who hope in the LORD will renew their strength."
- Jeremiah 29:11 "For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you."







Day 7: Noving Forward with Faith and Hope

Devotional: Step Boldly into Your Hope-filled Future

As this study concludes, your journey toward trusting God again is ongoing but filled with promise. Faith gives you confidence in what is yet unseen—a future of hope, restoration, and joy.

God's strength is renewed in those who place their hope in Him, even through uncertain steps forward. Moving forward with faith means trusting God's plan for your life is good, regardless of past pain or current unknowns.

Embrace this beautiful season of new beginnings with courage and expectancy. Let your heart be strengthened by God's unwavering love and faithfulness every day.







Day 7: **%** Moving Forward with Faith and Hope

Reflect and Apply

How has your understanding of faith changed through this study?
What hopes do you now hold for your future with God's guidance?
What steps can you take to continue growing in trust and hope?







Day 7: 🛠 Moving Forward with Faith and Hope

Journaling Prompts

1.	Write a prayer or declaration of faith for your journey ahead.
2.	Describe the future you envision as you walk forward with God.
3.	List ways you will cultivate daily trust and hope in God.







Day 7: 🛠 Moving Forward with Faith and Hope

Prayer for Today

Faithful God, thank You for walking with me through this healing journey. Help me to move forward with confidence in Your plans and renewed hope in Your promises. Strengthen my faith and let Your peace guard my heart as I embrace each new day. I trust You to lead me into a future filled with purpose and joy. In Jesus' name, Amen. 🛠 🙏 👀







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