



# When Love Ends: Trusting God to Restore Hope



Explore God's comfort and hope for women facing broken relationships, learning to trust Him for new beginnings and restored joy.

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## Introduction

When relationships end, the pain and uncertainty can feel overwhelming, especially for women who often pour so deeply into love and connection. This 7-day study is designed to journey with you through the heartache of endings and to help *trust God to open new doors and restore hope* in your life. Whether you are healing from a breakup, divorce, or unmet longings, God's Word promises that He is near to the brokenhearted and ready to lead you into brighter days.

Throughout this study, you'll encounter stories of women from the Bible who experienced sorrow, loss, and disappointment, yet found renewed purpose and joy through God's faithfulness. You'll also explore key promises and divine truths that equip you to lean on God's strength rather than your own understanding. The goal is not only healing but transformation: emerging with fresh courage to embrace new beginnings.

*As you engage this material, consider journaling your thoughts and prayers as a way to process your emotions and hear God's whisper of hope more clearly.* May these meditations comfort your soul, renew your confidence, and remind you that God's love never fails—He is always working to bring beauty from ashes.

Let this week be a sacred space for you to rest in His arms, to reflect deeply, and to trust that even when love ends in one season, God is faithful to bring about restoration and new opportunities for joy.





## Day 1: Facing Heartbreak with God's Comfort



Day 1: ❤️ Facing Heartbreak with God's Comfort

## Your Verse

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

## Supporting Scriptures

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 1: ❤️ Facing Heartbreak with God's Comfort

## Devotional: God's Nearness in Your Brokenness

**Heartbreak hurts deeply, and at times, the pain can feel unbearable.** Psalm 34:18 offers a profound promise: God is near to those experiencing the deepest sorrow. When love ends, it's normal to feel crushed in spirit and alone, but God stands close, ready to comfort and carry you through.

Isaiah 41:10 reminds us not to be afraid because God is with us; His presence is constant even in our darkest moments. Jesus invites those who are weary from emotional burdens to come to Him for rest (Matthew 11:28). You are not asked to fix your pain or pretend it doesn't exist; instead, bring your brokenness honestly to God.

*Invite Him into your grief today and allow yourself to feel and express those emotions freely.* God's comfort isn't about rushing you past the pain but walking alongside you patiently as He heals. Remember, every tear is precious to Him and He supplies the hope and strength you need.



## Reflect and Apply

1. How can you bring your pain honestly before God today without hiding or minimizing it?

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2. What does God's promise to be close to the brokenhearted mean in your current situation?

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3. In what ways can you rest in Jesus' invitation when weariness overwhelms you?

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Day 1: ❤️ Facing Heartbreak with God's Comfort

## Journaling Prompts

1. Describe your feelings about your broken relationship. What emotions are strongest today?

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2. Write a prayer inviting God to be close to your heart and to comfort you.

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3. Journal about a time when God comforted you before. How did He show His presence?

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Day 1: 💔 Facing Heartbreak with God's Comfort

## Prayer for Today

**Dear Lord**, thank You for being close to my broken heart. When love ends and the pain feels heavy, remind me that I do not walk alone. Please comfort me with Your presence and give me rest for my weary soul. Help me to trust that You see my tears and care deeply for me. Teach me to lean on Your strength rather than my own, and whisper hope into my spirit today. I surrender my pain into Your hands and ask for Your peace to fill me. Amen. 💔 🙏 🌿 ✨





## Day 2: 🛡️ Trusting God's Plan Amidst Uncertainty



## Your Verse

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

## Supporting Scriptures

- *Romans 8:28 – "And we know that in all things God works for the good of those who love him."*
- *Proverbs 3:5-6 – "Trust in the LORD with all your heart and lean not on your own understanding."*



## Devotional: Surrendering Control to God's Good Plan

**When love ends unexpectedly, uncertainty about the future can be overwhelming.** Jeremiah 29:11 offers a powerful reminder that God's plans for your life are hopeful and good—even when circumstances don't make sense.

Romans 8:28 assures you that God works all things for good for those who love Him. Though this may not mean everything will feel good immediately, God is weaving a purposeful future beyond your present pain.

*Learning to trust Him requires surrender, especially when your own understanding is limited.* Proverbs 3:5–6 teaches us to place full confidence in God rather than relying solely on human perspective.

Today, focus on committing your broken story into God's hands, believing that He is a God who redeems and restores. This step of trust opens new doors and establishes hope as you let go of fear and control.



## Reflect and Apply

1. What fears about the future are you holding onto that hinder your trust in God?

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2. How can you practically lean on God instead of your own understanding today?

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3. In what ways have you seen God work good from difficult circumstances before?

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# Journaling Prompts

1. Write about what trusting God's plan looks like for you right now.

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2. List areas where you find it difficult to surrender control and why.

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3. Journal a prayer asking God to increase your faith and open your heart to His timing.

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## Prayer for Today

**Lord**, I confess how hard it is to trust when the future feels uncertain. Help me to surrender my plans and fears into Your capable hands. Remind me that Your plans are for my good and hope—not harm. Strengthen my faith to lean fully on You, even when I cannot see the way clearly. Thank You for working all things for good for those who love You. I choose to trust You today. Amen.





## Day 3: Embracing New Beginnings in God's Timing





## Your Verse

*Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."*

## Supporting Scriptures

- *Lamentations 3:22-23 - "His compassions never fail. They are new every morning; great is your faithfulness."*
- *Isaiah 43:19 - "See, I am doing a new thing! Now it springs up; do you not perceive it?"*



Day 3:  Embracing New Beginnings in God's Timing

## Devotional: God's Perfect Timing Brings New Hope

It's often hard to accept endings without feeling hopeless, but God's timing is **perfect**. Ecclesiastes 3:1 reminds us that every phase in life has its proper season — including seasons of loss and renewal.

Even when love ends, God's mercies are "new every morning" (Lamentations 3:22–23) and He continually offers fresh hope and opportunities. Your story is not finished; God is always working to bring something beautiful and unexpected.

*Isaiah 43:19 encourages you to open your eyes and heart to the "new thing" God is doing, even if it looks very different from what you expected. Trust that He is actively leading you forward into new chapters that align with His good purposes.*

Today, practice patience and openness, knowing God's timing heralds restoration and fresh starts full of promise.



## Reflect and Apply

1. How do you currently view the concept of 'new beginnings' after loss?

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2. What might God be inviting you to 'perceive' as new in your life today?

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3. How can you practice patience and trust in God's timing amid your pain?

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## Journaling Prompts

1. Write about a season change in your life and how it brought growth or healing.

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2. Describe what 'new things' you hope God might be doing in your life.

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3. Journal a prayer asking for eyes to see and faith to embrace God's new work.

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Day 3: 🌅 Embracing New Beginnings in God's Timing

## Prayer for Today

**Faithful God**, thank You for Your unchanging mercy and new mercies each morning. Help me to trust Your timing over my own. Teach me to embrace new seasons with hope and courage. Open my eyes to the new things You are doing in my life, so I may step forward without fear. Renew my heart and guide my steps as I journey toward restoration and joy. Amen. 🌅 🙏 🌿 ✨





## Day 4: 🌸 Finding Identity in God, Not in Relationships



Day 4: 🌸 Finding Identity in God, Not in Relationships

## Your Verse

*Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."*

## 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."*



Day 4: 🌸 Finding Identity in God, Not in Relationships

## Devotional: Your True Worth Is in Christ Alone

**When love ends, it's easy to feel like your worth is diminished or lost.** But your true identity is found not in any relationship, but in Christ alone.

Galatians 2:20 explains that your old self dies and Christ now lives in you—your purpose and value come from Him. Psalm 139:14 affirms you are wonderfully made, created with care and intention.

*Recognize that your foundation is God's love and design, not the shifting nature of human affections.* Ephesians 2:10 reminds you that you are God's masterpiece, created for good works uniquely tailored for your life.

Today, focus on embracing who God made you to be. Celebrate your intrinsic worth and purpose that no ending can erase.





## Reflect and Apply

1. How do you currently define your value and identity?

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2. What shifts when you see your identity rooted in Christ rather than relationships?

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3. How can you celebrate the unique person God created you to be today?

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Day 4: 🌸 Finding Identity in God, Not in Relationships

## Journaling Prompts

1. Write a letter of affirmation to yourself from God's perspective.

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2. List qualities God has given you that reflect His handiwork.

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3. Journal about any struggle you have with self-worth and ask God to heal it.

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Day 4: 🌸 Finding Identity in God, Not in Relationships

## Prayer for Today

**Dear Lord**, thank You for making me fearfully and wonderfully. Help me to see my value as You do—not dependent on others but rooted in Your love and sacrifice. Teach me to live fully as Your beloved child and to embrace the unique calling You have placed on my life. Strengthen me to walk confidently in my identity in Christ. Amen. 🌸 🙏 ❤️ ✨





## Day 5: 🕊️ Healing Through God's Grace and Forgiveness



Day 5: 🕊️ Healing Through God's Grace and Forgiveness

## Your Verse

*1 Peter 5:10 – "After you have suffered a little while, the God of all grace, who called you to his eternal glory, will himself restore you."*

## Supporting Scriptures

- *Ephesians 4:31-32 – "Be kind and compassionate to one another, forgiving each other."*
- *Psalms 147:3 – "He heals the brokenhearted and binds up their wounds."*



Day 5: 🕊️ Healing Through God's Grace and Forgiveness

## Devotional: God's Grace Restores and Heals

**Healing from the pain of love lost often requires both receiving God's grace and extending forgiveness.** 1 Peter 5:10 reassures that after suffering, God Himself restores and strengthens.

Forgiveness is a vital part of restoration—not only forgiving others but also forgiving yourself. Ephesians 4:31–32 calls us to kindness and compassion, reflecting God's heart.

*God binds up the wounds of the brokenhearted (Psalm 147:3), offering healing that goes deeper than surface recovery.* Trust His grace to renew your spirit and empower you to forgive even when it's difficult.

Allow God's transformative love to begin mending pain and opening the way for peace and freedom.



## Reflect and Apply

1. Are there any parts of your heart or past you need to forgive today?

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2. How can you lean into God's grace when healing feels slow or painful?

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3. What does restoration through God look like in your life right now?

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## Journaling Prompts

1. Write about an area where you need to offer forgiveness—for yourself or someone else.

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2. Describe how God has shown His grace to you in the midst of suffering.

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3. Journal a prayer asking God to heal your wounds and restore your joy.

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Day 5: 🕊️ Healing Through God's Grace and Forgiveness

## Prayer for Today

**Gracious God**, thank You that Your grace meets me in my brokenness. Help me to receive Your healing and to extend forgiveness where I struggle. Bind up the wounds of my heart and strengthen me in the restoration You promise. Teach me to be kind and compassionate, reflecting Your love to myself and others. I trust You to renew my spirit and bring peace. Amen. 🕊️ 🙏 ❤️ 🌿





## Day 6: ✨ Embracing Hope for a Renewed Future



## Your Verse

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

## Supporting Scriptures

- *Psalm 31:24 – "Be strong and take heart, all you who hope in the LORD."*
- *Hebrews 10:23 – "Let us hold unswervingly to the hope we profess."*



Day 6: ✨ Embracing Hope for a Renewed Future

## Devotional: Hope Anchored in God's Faithfulness

Hope can feel fragile or distant when love has ended, but God is the source of true, lasting hope. Romans 15:13 calls God the "God of hope" who desires to fill you with joy and peace as you place your trust in Him.

Psalm 31:24 encourages strength and courage for those who hope in the Lord, and Hebrews 10:23 exhorts us to hold firmly to that hope without wavering.

*Hope is not wishful thinking but a confident expectation based on God's character and promises.* Today, renew your resolve to trust God's faithfulness and allow His hope to anchor you amid uncertainty.

Embrace the peace and joy that flow when your eyes stay fixed on God's unchanging nature rather than on circumstances.



## Reflect and Apply

1. What does trusting God's hope look like amid your current challenges?

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2. How can you cultivate joy and peace when hope feels difficult?

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3. In what ways can you hold unswervingly to your faith today?

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## Journaling Prompts

1. Write about what hope means to you in this season of life.

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2. List Bible promises that encourage you to trust God's faithfulness.

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3. Journal a prayer asking for strength to hold firmly to hope.

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Day 6: ✨ Embracing Hope for a Renewed Future

## Prayer for Today

**God of hope**, thank You for the joy and peace that come from trusting in You. Fill my heart with courage and strength to hold firmly to the hope I profess, even when circumstances are hard. Help me to fix my eyes on Your faithfulness, confident that You are working all things for good. Renew my spirit and fill me with Your peace today. Amen. ✨ 🙏 🔄 🌿





## Day 7: 🌻 Walking Forward with Faith and Courage





Day 7: 🌸 Walking Forward with Faith and Courage

## 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

- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*
- *Philippians 4:13 - "I can do all this through him who gives me strength."*



Day 7: 🌸 Walking Forward with Faith and Courage

## Devotional: Courage to Step Into God's Future

As this study draws to a close, the path ahead may still feel uncertain, yet God calls you to **move forward with strength and courage**. Joshua 1:9 commands boldness, reminding you that God's presence goes with you wherever you step next.

2 Timothy 1:7 reinforces that God's Spirit empowers you with love, strength, and discipline—not fear. Philippians 4:13 expresses the truth that you can do all things through Christ who strengthens you.

*Walking forward means embracing faith and courage, even when fear or doubt linger.* God's mighty power sustains you as you open new doors He prepares, guided by His love and grace.

Take this moment to lean fully into trusting God's presence and empowerment for the next chapter of your life journey.



## Reflect and Apply

1. What fears or discouragement do you need to lay down today?

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2. How can God's Spirit empower you to move forward boldly?

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3. What does walking in faith and courage look like practically for you?

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## Journaling Prompts

1. Write about what it means to you that God is with you wherever you go.

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2. List ways God has empowered you with love and strength in the past.

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3. Journal a prayer committing your next steps to God's guidance and power.

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Day 7: 🌸 Walking Forward with Faith and Courage

## Prayer for Today

**Lord**, thank You for Your constant presence and empowering Spirit. Help me be strong and courageous as I step into the new season You have for me. Remove my fears and doubts, and fill me with Your love, strength, and self-discipline. I trust that through You, I can face whatever comes next. Guide my steps and uphold me with Your grace. Amen. 🌸 🙏 💪 ✨





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