



When They Leave



A 7-day Bible study for mothers and daughters navigating heartbreak, silence, and estrangement. Discover healing, hope, and reconciliation in Christ.



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Introduction

Few wounds cut as deeply as the silence between a mother and daughter. Whether you're a mom grieving your daughter's distance, or a daughter healing from years of hurt, estrangement can feel like a daily grief that never fully ends. And when the person who left is someone who once knew your heart, the loss isn't just relational—it's spiritual.

This 7-day Bible study is for every woman carrying the ache of a fractured mother-daughter bond. Whether the break happened recently or long ago... whether it came through betrayal, misunderstanding, boundaries, or silence... God sees your sorrow. And He does not leave you alone in it.

Over the next 7 days, you'll find:

-  Scriptural comfort for broken relationships
-  Guided prayers to help you process grief
-  Journaling prompts to explore forgiveness, hope, and wisdom
-  Encouragement whether reconciliation happens or not

Estrangement may be part of your story, but it doesn't have to define the ending. God is still at work. He brings beauty from ashes and redemption from silence. You may feel abandoned, but you are *not* forsaken.

Let this study be a step toward healing—for your heart, your faith, and your future.





Day 1: Naming the Grief of Estrangement



Day 1: Naming the Grief of Estrangement

Your Verse

Primary Verse – Psalm 34:18 (NIV):

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Supporting Scriptures

- **Ecclesiastes 3:1, 4 (NIV):**

“There is a time for everything, and a season for every activity under the heavens... a time to weep and a time to laugh, a time to mourn and a time to dance.”

- **Isaiah 53:3 (NIV):**

“He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.”

- **Romans 12:15 (NIV):**

“Rejoice with those who rejoice; mourn with those who mourn.”



Day 1: Naming the Grief of Estrangement

Devotional Thought

Estrangement is a loss that rarely gets the dignity of a funeral. It's an invisible grief—one that lingers in quiet moments, on birthdays, during holidays, and in the empty spaces where love used to flow freely. And yet, when a mother and daughter are no longer in relationship, something sacred breaks.

Whether you're a mother watching your daughter walk away or a daughter who had to put up boundaries to survive, there's one truth you both carry: *this wasn't how it was supposed to be.*

God designed the mother-daughter bond to reflect nurture, wisdom, safety, and generational blessing. When that bond is severed—whether by conflict, trauma, misunderstanding, pride, or pain—it leaves a soul-level ache that words often fail to express.

And still, in that ache, God is near.

Psalms 34:18 tells us that the Lord is close to the brokenhearted. Not just sympathetic. Not just aware. *Close.* He leans in. He holds the pieces. He understands the rejection, the confusion, the mixture of anger and love you feel. Jesus Himself knew the sting of relational rejection. Isaiah calls Him “a man of suffering, familiar with pain.” He gets it.

You don't have to minimize the pain. You don't have to rush to forgiveness or slap a Bible verse over your disappointment. Today is about naming the grief.



Sitting with it. Inviting God into the silence. Letting Him hold the emotions you've been carrying alone.

There *is* a time to mourn. And there is no shame in doing so. Estrangement is a kind of death—and God, who conquered death, knows how to walk you through it.



Day 1: Naming the Grief of Estrangement

Journaling Prompts

1. In what ways has estrangement affected your daily life—emotionally, spiritually, or physically?

2. What specific memories or moments bring up the most pain or longing?

3. Write a letter (you don't have to send it) to the daughter or mother you are estranged from. Say what you've been holding in.



Day 1: Naming the Grief of Estrangement

Prayer for Today

Father God,

Today, I bring You my heartbreak. The kind that doesn't come with a clean explanation. The kind that lingers behind a smile, beneath the surface of busyness, and rises up in quiet moments. You see the absence. You hear the silence. You know what it feels like to be misunderstood, rejected, or walked away from.

Lord, I name this grief today—not to dwell in it, but to surrender it. I can't carry the weight of unspoken pain any longer. You are close to the brokenhearted, and right now, I need that closeness more than ever.

I ask You to hold the space between me and the one I've lost—whether temporarily or permanently. You know every detail of what happened. Every conversation. Every wound. Every cry I swallowed. I don't need to hide it from You. I just need You to hold me in it.

Comfort me, Lord—not with shallow words, but with the deep presence of Your Spirit. Remind me that You see me. You mourn with me. You are with me in the unknown.

Bring peace to my heart where bitterness has tried to grow. Let me feel Your love in the hollow places. And give me hope—not in an outcome, but in You.

In the name of Jesus, who heals and restores,
Amen.





Day 2: God Sees the Whole Story



Day 2: God Sees the Whole Story

Your Verse

Primary Verse – Genesis 16:13 (NIV):

“She gave this name to the Lord who spoke to her: ‘You are the God who sees me,’ for she said, ‘I have now seen the One who sees me.’”

Supporting Scriptures

- **Hebrews 4:13 (NIV):**

“Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.”

- **Job 34:21 (NIV):**

“His eyes are on the ways of mortals; he sees their every step.”

- **Psalms 139:1–2 (NIV):**

“You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar.”



Devotional Thought

One of the most painful aspects of estrangement is feeling misunderstood—or worse, misrepresented. Maybe people assume you're the one who walked away without reason. Maybe you've been painted as controlling, cold, or ungrateful. Maybe you've told your side, but it feels like no one really listened. Not even her.

The silence between mother and daughter can echo with questions: *Does she even remember how it happened? Does she care? Will she ever see my heart clearly?*

But even when others don't see... *God does.*

In Genesis 16, Hagar finds herself abandoned in the wilderness, pregnant and alone after being mistreated. It would be easy to imagine she felt forgotten and discarded. But God met her there. Not in the palace. In the desert. And He didn't just comfort her—He revealed Himself as *El Roi*—the God who sees.

He didn't just see her circumstances. He saw her *heart*. Her fears. Her pain. Her future.

And He sees yours too.

Estrangement can feel like one long misunderstanding. Like the other person never truly knew your heart. But here's the truth: *God has seen every detail—every motive, every moment, every wound.* Nothing is hidden from Him. He



is not confused about what happened. He knows both sides of the story with perfect clarity.

And that means you don't have to keep defending yourself. You don't have to replay the conversations in your mind or rehearse the pain. You can rest, knowing God is just, and He is kind. He not only sees *what happened*, but He sees *you*—your heart, your longing, your attempts, your restraint, your ache.

Today, let go of the need to be understood by everyone else. Trust that you are *fully seen* by the only One whose understanding matters most.



Day 2: God Sees the Whole Story

Journaling Prompts

1. What parts of your story have been misunderstood or misrepresented?

2. How does knowing that God sees the full truth bring you comfort?

3. If you didn't have to defend yourself anymore, how would that change your emotional posture today?



Day 2: God Sees the Whole Story

Prayer for Today

Lord,

Sometimes I feel invisible in this story. Like no one really understands what happened between us. Like I'm being blamed or ignored. I've tried to make peace. I've tried to explain. I've tried to love well. And sometimes, it feels like nothing I've done has made a difference.

But today, I take comfort in the truth that *You see me*. You are El Roi, the God who sees everything. You see the conversations that no one else heard. You see the moments when I was quiet instead of lashing out. You see the grief I carry in silence.

God, You know my heart—even when others assume the worst. And that means I don't have to keep proving myself. I can rest in Your clarity. You are not confused. You are not manipulated. You are not distant. You are *with me*—fully present, fully aware.

Help me stop striving to be understood by people who may never see the full picture. Let me find peace in being fully known by You. Let Your validation be enough. Let Your love be louder than any accusation, assumption, or silence.

Heal the places where I still ache to be seen by her. And remind me that You saw me first.

In the name of Jesus, my Advocate and Redeemer,
Amen.





Day 3: Forgiveness Without Forcing Reconnection



Day 3: Forgiveness Without Forcing Reconnection

Your Verse

Primary Verse – Ephesians 4:32 (NIV):

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Supporting Scriptures

- **Romans 12:17–18 (NIV):**

“Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone.”

- **Mark 11:25 (NIV):**

“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.”

- **Matthew 5:44 (NIV):**

“But I tell you, love your enemies and pray for those who persecute you.”



Day 3: Forgiveness Without Forcing Reconnection

Devotional Thought

The pain of estrangement can make forgiveness feel impossible—especially when the person who hurt you hasn't said sorry, doesn't see the damage, or blames *you* for it. But one of the most liberating truths in God's Word is this: **forgiveness is not the same as reconciliation.**

You can forgive without reentering a relationship that remains unsafe or unrepentant. You can choose peace without pretending nothing ever happened. You can release someone to God *without* inviting them back into your most vulnerable spaces.

Forgiveness is not denial. It's not weakness. It's not excusing sin. Forgiveness is **surrender.**

When Paul wrote, "Forgive one another just as in Christ God forgave you," he wasn't saying, "Reconcile at all costs." He was reminding the church that freedom comes when we **let go of the weight of revenge**, resentment, and control.

Forgiveness doesn't mean forgetting. It means you're choosing to walk in freedom rather than bondage. It means *you refuse to let someone else's choices control your inner world.* It means you're trusting God to be Judge, Defender, and Healer—not you.

If reconciliation becomes possible later, it should only happen when safety, humility, and honesty are in place. But forgiveness? That can start today.



Quietly. Privately. Without a single word from the other person.

Not because they deserve it. But because **you do**.

You deserve peace. You deserve rest. You deserve to stop carrying what's too heavy for your heart to hold. And the beautiful part? You don't have to forgive alone. The Holy Spirit empowers you, one layer at a time.

Let today be a step toward that freedom.



Day 3: Forgiveness Without Forcing Reconnection

Journaling Prompts

1. What fears or hesitations do I have about forgiving the one I'm estranged from?

2. How can I begin to separate the ideas of forgiveness and reconciliation in my mind?

3. Write a forgiveness prayer or letter (unsent) to the one who hurt you, releasing them to God.



Day 3: Forgiveness Without Forcing Reconnection

Prayer for Today

Jesus,

Forgiveness is hard. I've carried the pain of this relationship in my body, my mind, and my spirit for longer than I'd like to admit. I've rehearsed the moments, replayed the words, and tried to make sense of what went wrong. I want peace... but some days, I just want justice.

You know what it feels like to be rejected. You know what it feels like to be misunderstood by those closest to You. And still, You forgave. You chose mercy. You loved without enabling.

Today, I ask You to help me start forgiving—even if I don't feel like it. Even if I'm still hurting. Even if there's no apology coming. I don't want this pain to harden me. I don't want bitterness to grow roots in my soul. So I hand it over to You.

I release this person to You, Lord. Not to erase what happened, but to trust that You can handle it better than I can. I forgive them—not because they earned it—but because I need to move forward.

And I trust that You will continue healing me, guiding me, and showing me how to walk in wisdom. If reconciliation ever becomes possible, I trust You to lead the way. But for today, I choose freedom.

In the name of the One who forgives and makes whole,
Amen.





Day 4: Boundaries Are Biblical



Day 4: Boundaries Are Biblical

Your Verse

Primary Verse – Proverbs 4:23 (NIV):

“Above all else, guard your heart, for everything you do flows from it.”

Supporting Scriptures

- **Luke 5:16 (NIV):**

“But Jesus often withdrew to lonely places and prayed.”

- **Matthew 10:14 (NIV):**

“If anyone will not welcome you or listen to your words, leave that home or town and shake the dust off your feet.”

- **Galatians 6:5 (NIV):**

“For each one should carry their own load.”



Devotional Thought

When a relationship is strained—or ends entirely—it can leave you questioning your choices. *Did I do enough? Was I too harsh? Should I have kept the door open longer?* If you're the one who created distance to protect your mental, emotional, or spiritual health, you may carry guilt—even if your decision was wise.

But here's a truth many Christians overlook: **boundaries are biblical.**

God's Word doesn't just call us to love others—it calls us to walk in wisdom. And wisdom sometimes means limiting access to your life, heart, or time for the sake of peace, healing, and safety. Boundaries are not a betrayal of love. They are an *expression* of it—especially when the relationship has become harmful or emotionally chaotic.

Proverbs 4:23 urges us to “guard your heart.” That doesn't mean walling yourself off from the world—it means *protecting the core of your being* so that you can flourish in the ways God intended. You are not obligated to stay in relationships that continue to damage your spirit. Love can still be present—even from a distance.

Jesus modeled this. He often withdrew from the crowds. He removed Himself from toxic people. He set limits, not because He lacked compassion, but because He understood the importance of staying connected to the Father and protecting the mission He came to fulfill.



Sometimes love looks like silence. Sometimes compassion looks like space. Sometimes the best thing you can do—for both people—is to create healthy separation that allows God room to move in both hearts.

If you've set a boundary and are second-guessing it today, take heart: boundaries are not a rejection of the other person—they are a commitment to honoring the truth, your healing, and God's peace in your life.



Day 4: Boundaries Are Biblical

Journaling Prompts

1. What boundary have I set (or feel called to set) in this estranged relationship, and why?

2. What guilt or fear am I carrying because of that boundary?

3. What does it look like to honor both love and truth at the same time?



Day 4: Boundaries Are Biblical

Prayer for Today

Lord,

You know how torn I feel. I want to love well. I want to forgive, show grace, and pursue peace. But I also know that staying too close has hurt me more than helped me. I've had to draw boundaries—not out of bitterness, but out of survival. And some days, I wonder if You're disappointed in me for doing it.

But today, I rest in Your Word. You *told* me to guard my heart. You modeled boundaries, You practiced withdrawal, and You never allowed people to control Your mission or Your identity. So I trust that creating distance doesn't make me a failure—it means I'm following wisdom.

Help me maintain my boundaries with love, not pride. With discernment, not fear. Show me where walls need to come down—and where gates need to stay locked. Give me peace when others misunderstand or criticize my choices.

And please, God, do what I cannot: continue to work in the heart of the one I'm estranged from. Heal them. Protect them. Move in their story too. And if one day reconciliation is possible, let it be on healthy, Spirit-led terms.

Until then, give me strength to walk in truth and love... at the same time.

In Jesus' name,

Amen.





Day 5: Praying Even When It Hurts



Day 5: Praying Even When It Hurts

Your Verse

Primary Verse – Matthew 5:44 (NIV):

“But I tell you, love your enemies and pray for those who persecute you.”

Supporting Scriptures

- **Job 42:10 (NIV):**

“After Job had prayed for his friends, the Lord restored his fortunes and gave him twice as much as he had before.”

- **Luke 6:28 (NIV):**

“Bless those who curse you, pray for those who mistreat you.”

- **1 Peter 3:9 (NIV):**

“Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.”



Day 5: Praying Even When It Hurts

Devotional Thought

Prayer is supposed to be comforting—but when your heart has been broken by someone you love, especially a mother or daughter, prayer can feel more like a battlefield.

How do I pray for someone who cut me off?

How do I bless someone who won't return my calls—or who manipulated me, ignored me, or wounded me with silence?

The truth is, praying for someone you're estranged from isn't easy—and it's not supposed to be. It requires humility, surrender, and a heart that's open enough to invite God into the hurt.

Jesus' words in Matthew 5:44 are some of the most challenging in all of Scripture: *"Love your enemies and pray for those who persecute you."* This doesn't mean your mother or daughter is your "enemy" in the way we normally use that word—but the emotions you feel toward them during estrangement might *feel* that way. Hurt. Anger. Resentment. Disappointment.

But here's the beauty: prayer isn't just for them. It's for *you*.

When you pray, you're not excusing their actions. You're inviting God to heal what bitterness is trying to bury. You're releasing judgment and trusting the outcome to the One who sees both hearts. And when you pray with sincerity



—especially when it costs you something—God honors that posture in ways you can't imagine.

Job didn't experience full restoration until he prayed for the very friends who misunderstood and mistreated him. That's the redemptive power of prayer.

Today, try it. Not with perfect words. Not with polished emotions. Just open your heart and whisper a name. Ask God to bless them. To heal them. And to change both of you in the process.

It might hurt. But it also might be the first breath of freedom.



Day 5: Praying Even When It Hurts

Journaling Prompts

1. What emotions rise up when you think about praying for the one you're estranged from?

2. What are some honest things you can pray for *both* of your hearts?

3. Write out a simple prayer for that person—whatever feels honest, even if it's raw or messy.



Day 5: Praying Even When It Hurts

Prayer for Today

Father,

You know how hard this is. You know the anger, the confusion, the sorrow I've carried in this relationship. You know the times I wanted to pray and just couldn't. You know the nights I cried out, not for restoration, but for relief. And yet, You call me to pray—not out of guilt, but out of grace.

So here I am. I don't have perfect words, but I'm trying.

I lift up the one I'm estranged from. I ask You to be near to them. Heal the wounds I may not even know about. Speak peace into their mind. Touch the places where they're broken, just like You're touching mine. If they're walking in pride, humble them gently. If they're hurting in silence, comfort them deeply.

And Lord... bless them.

Yes, bless them. Not because I feel like it, but because I trust You. Bless them in ways I may never see. And bless me too, God. Keep my heart from turning bitter. Keep me from rooting my identity in the pain. Keep me soft, honest, and close to You.

Let this prayer be a seed—one You water with mercy. Whether it grows into reconciliation or simply into healing, I trust that something holy is happening when I pray.



Thank You for hearing me—even when the words are heavy.

In Jesus' name,
Amen.





Day 6: Trusting God with What You Can't Fix



Day 6: Trusting God with What You Can't Fix

Your Verse

Primary Verse – Romans 8:28 (NIV):

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

Supporting Scriptures

- **Proverbs 3:5–6 (NIV):**

“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.”

- **Isaiah 55:8–9 (NIV):**

“For my thoughts are not your thoughts, neither are your ways my ways,’ declares the Lord. ‘As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.’”

- **2 Corinthians 5:7 (NIV):**

“For we live by faith, not by sight.”



Day 6: Trusting God with What You Can't Fix

Devotional Thought

Estrangement often leaves behind a storm of questions: *What could I have done differently? Why won't they talk to me? Will things ever be okay again?* When reconciliation feels out of reach, it's tempting to put all your energy into fixing it, obsessing over it, or blaming yourself for something you may not even fully understand.

But there comes a point in every healing journey where you must face a hard, freeing truth: **this is not something you can fix.**

Not through the perfect words.

Not by sacrificing your peace.

Not by begging, chasing, explaining, or waiting forever.

There's nothing wrong with wanting restoration. But when that desire consumes you, it can begin to replace trust in God with pressure on yourself. And that's a weight you were never meant to carry.

Romans 8:28 doesn't say everything *feels* good—it says that God *works all things together* for good. Even this. Even silence. Even loss. Even seasons of unanswered prayers. Even grief that lingers for years.

It's okay to not understand how or why. God doesn't ask you to have it figured out—He asks you to *trust Him in the meantime*. To believe that He sees what you don't. That He's working behind the curtain of silence. That your tears



matter. That your pain is part of a much bigger plan that ends in redemption, even if you can't imagine it yet.

Let go of what you cannot control. Place it—her, you, the relationship, the timeline—into God's hands. He is not overwhelmed by this. He's not late. He's not done. And He never wastes suffering surrendered to Him.



Day 6: Trusting God with What You Can't Fix

Journaling Prompts

1. What are you still trying to fix, control, or figure out in this relationship?

2. What would it look like to release the pressure of resolution and rest in God's plan instead?

3. Write a prayer surrendering the relationship into God's hands, one piece at a time.



Day 6: Trusting God with What You Can't Fix

Prayer for Today

God,

I confess that I've tried to be the fixer. I've replayed conversations, questioned my every decision, and carried guilt I was never meant to hold. I've cried out for healing, and when it didn't happen, I started to wonder if I did something wrong... or if You were even listening.

But today, I surrender.

I surrender this relationship.

I surrender the timeline.

I surrender the ache.

I surrender the desire to make it all make sense.

You are the One who sees the full story. You know the healing that's still happening in both of our hearts. You know what I don't. You see what I can't. So I trust You, Lord. Not because I feel strong, but because You are faithful—even when I don't understand.

Work this together for good. Even when I doubt. Even when I cry. Even when I wonder if it's too late.

Help me walk by faith and not by sight. Teach me to trust again—not in people, but in Your sovereign grace. If restoration comes, I'll praise You. If it doesn't, I'll still praise You—because You are good, and You are enough.



In the name of the One who restores and redeems,
Amen.





Day 7: Hope for the Future, Even If They Never Return



Your Verse

“He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

Supporting Scriptures

- **Jeremiah 29:11 (NIV):**

“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.’”

- **Psalms 27:13 (NIV):**

“I remain confident of this: I will see the goodness of the Lord in the land of the living.”

- **Romans 15:13 (NIV):**

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”



Devotional Thought

There is a quiet sorrow many women carry: the longing for a mother's embrace... or a daughter's voice... that never comes.

You've prayed. You've cried. You've forgiven. You've released it to God. And still... they haven't come back.

So now what?

Now... you live.

You breathe.

You rise.

You heal.

You build a future rooted in *hope*, not in *what-ifs*.

Because here's the truth: your life is still holy, even with a chapter unfinished.

Your story is still sacred, even when reconciliation doesn't happen on earth.

You are still whole, even with a hole in your heart.

God is not finished with you.

Revelation 21:4 gives us a glimpse of a promise so radiant, so restorative, it makes our deepest earthly aches feel temporary: *"He will wipe every tear... no more mourning, crying, or pain."* This isn't spiritual fluff—it's your eternal reality. A future where the longing is over. The distance closed. The heart mended by the hands of Jesus Himself.



And until that day, God is still writing beauty into your present.

He's not waiting for your family to be "fixed" before using you.

He's not withholding joy until they return.

He's pouring out His goodness now—through friendships, peace, purpose, and quiet moments of strength that prove your heart is still beating.

So don't measure your healing by their return.

Don't tie your joy to someone else's decision.

Live fully. Love boldly. Laugh freely. Dream again. Hope hard.

God's not just the Healer of your past. He's the Architect of your future.



Day 7: Hope for the Future, Even If They Never Return

Journaling Prompts

1. What are some gifts or blessings God has brought into your life, even in the midst of this estrangement?

2. How can you begin living with joy and purpose again, regardless of the other person's response?

3. Write a letter to your future self, filled with encouragement, faith, and a reminder of who you are in Christ.



Prayer for Today

God,

I've walked a painful road these past days—reliving grief, remembering what was lost, and wrestling with what may never be. But You have been with me through every step.

Today, I turn my heart toward the future. Not because the past is erased, but because *You are bigger than the past*. You are the God of what's next. The God of healing, of laughter after mourning, of light after darkness.

Thank You for reminding me that I don't have to wait on someone else to live again. I can hope today. I can breathe freely today. I can walk in joy today.

If reconciliation ever happens, I trust You to guide it. But if not, I will still rise. I will still love. I will still thrive—because You are enough.

Wipe away my tears, Lord. Fill me with purpose. And let my heart be a place where peace lives, not pain. A home where faith grows, even when answers don't come.

Thank You for writing my story with compassion and power.

In Jesus' name,
Amen.





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