



Women Embracing Freedom in Christ



A 7-day journey for women to release codependency, surrender controlling love, and find true freedom by clinging to Christ.



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Introduction

Welcome to this transformative 7-day Bible study: a sacred journey tailored for women seeking freedom from codependency. *Codependency often clouds our view of love, drawing us into cycles where control replaces trust and attachment overshadows intimacy with Christ.* This study is designed to gently guide you away from the burdens of controlling love and towards the liberating embrace of God's grace.

Women have historically been nurturers and caretakers, often bearing emotional responsibilities that can blur the line between selflessness and unhealthy dependence. Yet, God calls each woman to a freedom that transcends these struggles—a freedom found in the gospel and in surrendering every need to Christ.

Throughout these seven days, you will explore Scripture that uncovers God's redefining love—one that frees, empowers, and restores identity beyond relational control. Each devotional will encourage you to reflect deeply, journal honestly, and pray vulnerably as you embrace God's invitation to rest in His sovereign love.

As you immerse yourself in His Word, expect to uncover fresh perspectives on love, boundaries, and trust. The path will not always be easy, but with every step, you will be strengthened by the One who loves you unconditionally and desires that you walk in peace and freedom.



Let this time be a sacred pause—a moment to exchange heavy chains of codependency for the light yoke of Christ. May your heart be opened, your spirit renewed, and your soul anchored in the steady love of Christ alone. 🙏





Day 1: 🌿 Embracing Your Worth in God's Eyes



Day 1: 🌿 Embracing Your Worth in God's Eyes

Your Verse

Psalm 139:14 NIV - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Supporting Scriptures

- *Ephesians 2:10 - "For we are God's handiwork, created in Christ Jesus to do good works."*
- *Proverbs 31:30 - "Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised."*



Day 1: 🌿 Embracing Your Worth in God's Eyes

Devotional: Discovering Your True Worth in God

Understanding your God-given worth is the first step in breaking free from codependency. When we depend on others' approval or control relationships out of fear, we often lose sight of what truly defines us.

Psalm 139:14 reminds us that we are wonderfully made by a loving Creator who cherishes us deeply. Your value is not determined by your ability to manage others' feelings or your success in being indispensable to them.

God's design for you is unique and intentional. By embracing this truth, the craving to control relationships diminishes. Instead, you start to cherish yourself as God cherishes you, which is a powerful foundation for healthier connections and freedom from codependency.

Receive this truth today: you are already enough, fully loved, and wonderfully crafted. Let this awareness reshape your perspective on love and dependence.



Reflect and Apply

1. How have I allowed others' opinions to define my value?

2. In what ways does God's view of me differ from my own self-perception?

3. What fears about my worth contribute to my codependent tendencies?



Day 1: 🌿 Embracing Your Worth in God's Eyes

Journaling Prompts

1. Write about a moment when you felt truly valued by God.

2. List qualities God has given you that make you unique and precious.

3. Reflect on how these truths challenge any feelings of inadequacy or control.



Day 1: 🌿 Embracing Your Worth in God's Eyes

Prayer for Today

Dear Heavenly Father, thank You for creating me fearfully and wonderfully. Help me to see myself through Your eyes, not through the lens of others' expectations. *Teach me to rest in Your love* and embrace my true worth, so that I can freely love others without needing to control. Strengthen my heart to release fears of rejection and to trust You above all. May Your peace guard my heart and mind today and always. Amen. 🙌❤️🙏🌸





Day 2: 🐦 Letting Go of Control



Your Verse

Matthew 6:34 NIV - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Supporting Scriptures

- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding."*
- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*



Devotional: Surrendering Control to Find Peace

Control often masquerades as love when fear and uncertainty lurk beneath. We feel the need to manage outcomes, relationships, and emotions because we are afraid of pain or rejection.

Jesus' words in Matthew 6:34 gently invite us to surrender that control—one day at a time. When we trust God to handle the future and others' hearts, our burden lightens.

Releasing control is not weakness; it is an act of faith. It acknowledges God's sovereignty and invites His peace to take root within us.

As you meditate today, ask God to reveal where you cling tightly and where you need to let go. Embrace the freedom found in trusting His perfect plans instead of your own efforts to control every detail.



Reflect and Apply

1. What areas of my life do I feel compelled to control and why?

2. How does holding onto control affect my relationship with God and others?

3. What fears might God be calling me to surrender today?



Journaling Prompts

1. Identify one situation where you can begin to release control to God.

2. Write a prayer or letter to God expressing your willingness to surrender.

3. Describe how it feels to imagine trusting God fully with your concerns.



Day 2: 🕊️ Letting Go of Control

Prayer for Today

Lord Jesus, You call me to cast my cares on You and to trust Your perfect plan. Help me to release the need to control others and my circumstances. *Fill me with Your peace that surpasses understanding* as I learn to lean on You for strength and guidance. Teach me to trust one day at a time and rest in Your unfailing love. Amen. ✨🕊️🙏💙





Day 3: ❤️ Learning Healthy Boundaries



Your Verse

Galatians 6:2-5 NIV - "Carry each other's burdens... Each one should carry their own load."

Supporting Scriptures

- *Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."*
- *2 Timothy 1:7 - "For God has not given us a spirit of fear, but of power, love and self-discipline."*



Devotional: Boundaries: A Foundation for True Love

Codependency thrives in blurred boundaries. One hallmark is feeling responsible for others' emotions or actions to an unhealthy degree.

Galatians 6:2-5 teaches balance: carrying each other's burdens, yet also recognizing individual responsibility. Healthy boundaries protect your heart while still showing love.

Setting boundaries is an act of love—both for yourself and those around you. It empowers you to maintain emotional health and to love authentically without losing yourself.

Reflect on where you may have allowed boundaries to be crossed out of fear or obligation. God desires you to live free, with strength and love, demonstrating self-discipline rather than fear.



Reflect and Apply

1. Where do I struggle to say 'no' or protect my emotional space?

2. How might establishing boundaries change my relationships for the better?

3. What fears hold me back from setting healthy limits, and how can God help me overcome them?



Journaling Prompts

1. List areas where boundaries are weak or non-existent in your life.

2. Describe what healthy boundaries would look like in those areas.

3. Pray for courage and wisdom to establish and uphold these boundaries.



Day 3: ❤️ Learning Healthy Boundaries

Prayer for Today

Father God, help me to guard my heart and set healthy boundaries that honor You and respect myself. Give me courage to say no when necessary and love to carry others' burdens wisely. *Fill me with Your spirit of power, love, and self-discipline* so I may walk free from fear and unhealthy dependence. Guide me in building relationships grounded in Your truth. Amen. 🛡️❤️🙏✨





Day 4: Finding Identity in Christ Alone



Your Verse

Colossians 3:1-3 NIV - "Set your hearts on things above... For you died, and your life is now hidden with Christ in God."

Supporting Scriptures

- *Galatians 2:20 - "I have been crucified with Christ and I no longer live, but Christ lives in me."*
- *1 Peter 2:9 - "You are a chosen people, a royal priesthood, a holy nation, God's special possession."*



Day 4:  Finding Identity in Christ Alone

Devotional: Rooting Your Identity in Christ

Codependency often blurs self-identity, causing us to look outside ourselves—usually towards others—to define who we are. Yet Scripture calls you to find your identity firmly rooted in Christ.

Colossians 3:1-3 reminds us that our lives are hidden with Christ, secure and unshakable. This means your worth, purpose, and value are locked in the unchanging God and not in relationships that can fluctuate.

By embracing this new identity, you gain freedom from the pressures of needing to fix, control, or cling to others.

Today, lean into the truth that you are chosen and cherished by God Himself. Let this anchor your soul and reshape your relationships with freedom and grace.



Reflect and Apply

1. How have I sought my identity in others rather than God?

2. What does being 'hidden with Christ' mean to me personally?

3. How can embracing my identity in Christ transform my relationships?



Journaling Prompts

1. Write a declaration of who you are in Christ.

2. Recall moments when clinging to relationships challenged your identity.

3. Describe how your life looks when rooted in Christ instead of codependency.



Day 4: 🌸 Finding Identity in Christ Alone

Prayer for Today

Loving Savior, anchor my heart in You today. Help me to discover who I am in Your eyes and to live from that truth. *Thank You for making me Your chosen and beloved child.* Break the bonds of codependency and control by revealing my true worth in You. May my identity in Christ be my foundation, guiding every relationship and choice. Amen. 🌿❤️🙏🌟





Day 5: 🔥 Cultivating Dependence on God



Your Verse

John 15:5 NIV - "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Supporting Scriptures

- *Psalm 46:10 - "Be still, and know that I am God."*
- *Isaiah 40:31 - "Those who hope in the Lord will renew their strength."*



Day 5: 🔥 Cultivating Dependence on God

Devotional: Abiding Fully in Christ's Strength

Clinging to Christ means cultivating a deep, daily dependence on Him—not on people or circumstances. Codependency twists this truth by substituting God's sustaining power with control over others.

Jesus calls us to abide in Him like branches in a vine, drawing strength and nourishment from the true source of life. This dependence is active and alive—it means surrender, trust, and intimate connection.

When you abide in Christ, you are empowered to live freely, bearing fruit in love and joy. Any attempts to control or cling to people out of fear fade into the background as your roots grow deep in His grace.

Today, practice stillness before God, inviting Him to fill every need and quench every fear in your heart.



Reflect and Apply

1. What areas of my life feel dry or disconnected from God?

2. How can I practice more daily dependence on Christ rather than on others?

3. What fruit might God want to grow in me as I abide in Him?



Journaling Prompts

1. Describe what 'abiding in Christ' looks like in your daily routine.

2. List fears or needs that you struggle to give fully to God.

3. Write about a time you experienced God's strength in weakness.



Day 5: 🔥 Cultivating Dependence on God

Prayer for Today

Jesus, my Vine, help me to remain in You each day. I confess my temptation to cling to people for security, and I ask You to be my strength and sustenance.

Fill me with Your Spirit, renew my hope, and grow Your fruit in my life. Teach me to lean fully on You, trusting that apart from You, I can do nothing. Amen.





Day 6: 🌻 Walking in Freedom and Joy



Day 6: 🌻 Walking in Freedom and Joy

Your Verse

Galatians 5:1 NIV – "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

- *Psalm 16:11 – "In your presence there is fullness of joy; at your right hand are pleasures forevermore."*
- *Romans 8:15 – "You received the Spirit of sonship. And by him we cry, 'Abba, Father.'"*



Day 6: 🌻 Walking in Freedom and Joy

Devotional: Embracing Joy in God's Freedom

Christ didn't just free us from sin, but from every chain—including codependency and the need to control. Galatians 5:1 reminds us to stand firm in this freedom, refusing to be entangled again in old patterns that steal our joy.

Walking in freedom means living joyfully and confidently rooted in God's love. It means hearing the Spirit's call to live as beloved daughters who thrive in God's presence.

True joy comes when we release burdens and embrace sonship. You are invited today to step boldly into liberty, leaving behind the yoke of controlling love and clinging instead to God's boundless grace and delight.



Day 6: 🌻 Walking in Freedom and Joy

Reflect and Apply

1. What 'yokes' or burdens do I still carry from codependency?

2. How can I stand firm daily in the freedom Christ provides?

3. What joy or peace am I longing to experience in my relationships?



Journaling Prompts

1. Write about what freedom in Christ means personally to you.

2. Recall a time when you felt truly joyful in God's presence.

3. List any old patterns or burdens you'd like to let go of today.



Day 6: 🌻 Walking in Freedom and Joy

Prayer for Today

Father, thank You for setting me free through Christ. Help me to stand firm in this freedom and refuse anything that enslaves me again. *Fill me with Your joy and help me walk confidently as Your beloved daughter.* I choose today to let go of control and cling to Your grace. Teach me to live fully free in Your love. Amen. 🎉 🌻 🙏 ❤️





Day 7: 🌸 Becoming a Woman of Faith and Freedom



Your Verse

2 Timothy 1:7 NIV - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- *Hebrews 12:1 - "Let us run with perseverance the race marked out for us."*
- *Philippians 4:13 - "I can do all this through him who gives me strength."*



Day 7:  Becoming a Woman of Faith and Freedom

Devotional: Empowered to Walk in Faith and Freedom

Today, you stand at the threshold of a new beginning. Codependency no longer defines your identity because you have learned to live by faith, empowered by God's Spirit.

2 Timothy 1:7 encourages you to embrace the power, love, and self-discipline God provides—not timidity or fear.

This strength enables you to persevere in God's calling, loving freely and living fully. Your journey toward healthy relationships and deep freedom is ongoing, but you do not walk alone.

Lean on the One who strengthens you, celebrate progress, and continue pressing forward with the assurance that God's grace sustains every step.



Reflect and Apply

1. How has God grown my faith through this study?

2. What does living in power, love, and self-discipline mean for my future?

3. How can I continue to cultivate freedom and healthy relationships?



Journaling Prompts

1. Write a letter to your future self about the freedom you desire.

2. Reflect on strengths God has developed in you through this journey.

3. Pray for continued courage and faith as you move forward.



Day 7: 🌸 Becoming a Woman of Faith and Freedom

Prayer for Today

Gracious God, thank You for the journey toward freedom and deeper faith. Empower me with Your Spirit's power, love, and self-discipline as I walk forward. *Help me to run with perseverance, facing each day with courage and hope.* May I live as a woman fully free, fully loved, and fully devoted to You. Amen. 💪❤️🙏🌸





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