Women: From Shattered to Whole



A 21-day journey for healing and purpose, embracing God's love after trauma and rediscovering hope and wholeness.





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Introduction

Welcome to a transformative journey of healing and restoration. For many women who have endured the unspeakable pain of sexual abuse or rape, the path forward can seem overwhelming and lonely. Yet, God's Word reminds us that even in our brokenness, we are deeply loved, valued beyond measure, and called to a beautiful purpose.

Over the next 21 days, we will walk together through Scripture and reflection, seeking to discover what it means to move from shatteredness to wholeness. Each day offers an opportunity to encounter God's healing presence, explore His promises, and rebuild your life step by step. You are not defined by the trauma you've experienced, but by the love of a God who renews, restores, and makes all things new.

This study offers more than encouragement—it provides practical spiritual tools to reclaim your identity and purpose in Christ. From embracing God's healing balm in Psalm 147 to remembering the worth and dignity bestowed upon you in Proverbs 31, these passages serve as lifelines of truth and hope.

Be gentle with yourself during this process. Healing is not linear, and it takes time. As you go through each day's scripture readings, devotionals, reflections, journaling prompts, and prayers, allow the Holy Spirit to minister to your heart. You are precious, you are not alone, and God's love never fails.







May this study be a lamp to your feet and a light to your path as you rediscover joy, strength, and your God-given purpose.







Day 1: Brokenness









Your Verse

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

Supporting Scriptures

- Psalm 147:3 'He heals the brokenhearted and binds up their wounds.'
- Isaiah 41:10 'Do not fear, for I am with you; do not be dismayed, for I am your God.'







Devotional: God's Nearness to Your Broken Heart

Beginning your healing journey means acknowledging the pain but also recognizing God's nearness. Psalm 34:18 powerfully assures us that the Lord is not distant in our suffering but close to the brokenhearted. When trauma has left you crushed in spirit, God's presence is a refuge and a source of strength.

God's compassion is not abstract; it is deeply personal. He sees your wounds and desires to bring healing. In Psalm 147:3, we find the beautiful image of God as a healer who tenderly binds our wounds. Healing may not erase the past, but it transforms pain into hope and enables rebuilding.

Isaiah 41:10 encourages us to replace fear with faith. When fear paralyzes, remember God's promise: He is with you. His power and love surround you even during the dark moments.

As you face the trauma's shadow, rest in knowing God's compassion is present and active. Your shattered pieces are in the hands of a loving God who desires to make you whole.







Reflect and Apply

How does knowing God is close to your broken heart change your perspective on your pain?
In what ways can you invite God's healing into the parts of you that feel crushed?
What fears do you need to surrender to God today, trusting His presence instead?







Journaling Prompts

1.	Write about a time when you felt God's presence during a difficult moment.
2.	Describe how God's promise to bind your wounds makes you feel inside.
3.	List fears you find hard to surrender and pray over them.







Prayer for Today

Dear Heavenly Father, today I bring before You my brokenness and pain. Thank You for being close to my heart when I feel crushed and alone. Please bind my wounds with Your healing touch and help me lean on Your presence instead of fear. Teach me to trust You more deeply and find strength in Your compassionate love. Restore my hope and walk with me every step of this journey. In Jesus' name, *Amen.*







Day 2: V Identity Rooted in God's Love









Day 2: ① Identity Rooted in God's Love

Your Verse

Psalm 139:14 - '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.'
- Jeremiah 31:3 'I have loved you with an everlasting love; I have drawn you with unfailing kindness.'







Day 2: V Identity Rooted in God's Love

Devotional: Rediscovering Your God-Crafted Identity

Trauma often attempts to define a person's identity negatively. Yet, God's Word reclaims our true worth and beauty rooted in His intentional design. Psalm 139:14 reminds us that each woman is **fearfully and wonderfully made**, created by God's very own hands with exceptional care.

Sometimes, our sense of self-worth has been shattered, but God's truth rebuilds our foundation. Ephesians 2:10 declares that we are God's handiwork, purposefully crafted to fulfill a divine mission. Your past abuse does not diminish your value or your calling. It cannot erase the masterpiece God has made.

Jeremiah 31:3 speaks of God's everlasting love, an unchanging kindness that draws us closer daily. No matter what you have endured, His love surrounds you and gently shapes your identity. You are precious beyond measure.

Reflect today on who God says you are—not the lies trauma has whispered. Embrace your God-given dignity and purpose, allowing love to redefine you and guide you forward.







Day 2: **(**) Identity Rooted in God's Love

Reflect and Apply

1.	How have past wounds affected your view of your identity?
	What does it mean to you that you are God's handiwork, created with purpose?
3.	How can you remind yourself daily of God's everlasting love for you?







Day 2: **(**) Identity Rooted in God's Love

Journaling Prompts

1.	Write a love letter to yourself from God's perspective.
2.	List qualities that show you are wonderfully made by God.
3.	Describe how your identity in Christ differs from the labels of your trauma.







Day 2: **(**) Identity Rooted in God's Love

Prayer for Today

Father God, thank You for creating me with care and intentionality. Help me to see myself through Your eyes—as fearfully and wonderfully made. Replace the lies the enemy has whispered with Your truth of everlasting love and kindness. Restore my identity in You and give me courage to live out the purpose You've planned for me. May Your love be the foundation of my life. In Jesus' name, *Amen.*

















Day 3: 👺 Finding Hope Amidst Pain

Your Verse

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

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 3: SFinding Hope Amidst Pain

Devotional: Clinging to God's Hope and Strength

Hope is a powerful anchor when life feels overwhelming. Romans 15:13 teaches us that God is the source who fills us with joy and peace as we put our trust in Him. After trauma, it can be difficult to imagine hope, but God's promise assures us that hope is possible and powerful.

Isaiah 40:31 offers encouragement for tired hearts: hope leads to renewed strength. By trusting God's timing and goodness, you can find resilience to continue healing. Your current pain is not the end of your story.

God declares in Jeremiah 29:11 that He has plans to prosper you, not to harm you. These plans are filled with good and hope beyond present suffering. Allow your heart to embrace the possibility that God's hope will guide you to a new purpose and peace.

Challenge yourself today to hold onto hope, even when hope feels far away. Trust that God's joy and peace will fill your heart as you lean into Him.







Day 3: 🌄 Finding Hope Amidst Pain

Reflect and Apply

1.	What does hope look like for you in the midst of pain?
-	
	How can trusting God bring you peace even when circumstances are hard?
-	
	In what ways might God's plans for you challenge your current feelings about the future?
-	







Day 3: 🌄 Finding Hope Amidst Pain

Journaling Prompts

1.	Journal your current hopes and fears, handing them over to God.
2.	Write about a time when hope helped you through a difficult situation.
3.	List ways you can nurture hope in your daily life.







Day 3: 👺 Finding Hope Amidst Pain

Prayer for Today

Loving God, I ask You to fill my heart with hope, joy, and peace. When I feel overwhelmed by pain, help me to trust in Your perfect plan. Renew my strength daily and help me cling to the promise that You intend good for me. Guide me to find courage and comfort in Your presence. Thank You for being my constant source of hope. In Jesus' name, *Amen.* 💙 🌐 😜









Day 4: 🥰 Freedom From Shame









Day 4: 😂 Freedom From Shame

Your Verse

Isaiah 54:4 - 'Do not be afraid; you will not be put to shame.'

Supporting Scriptures

- Romans 8:1 'Therefore, there is now no condemnation for those who are in Christ Jesus.'
- Psalm 103:12 'As far as the east is from the west, so far has he removed our transgressions from us.'







Day 4: 😂 Freedom From Shame

Devotional: Walking in Christ's Freedom from Shame

Shame often lingers long after trauma and can weigh heavily on your soul. Yet, God's Word offers a powerful deliverance: *you are not defined by shame.* Isaiah 54:4 firmly declares, "Do not be afraid; you will not be put to shame."

Through Christ, we walk in freedom from condemnation. Romans 8:1 reminds us that there is no condemnation for those in Jesus. The past does not have the final say over your worth or your future.

Psalm 103:12 uses an extraordinary image — God removes our transgressions "as far as the east is from the west." His forgiveness and healing power can separate you from the burden of shame, no matter how heavy it feels.

Today, embrace the freedom Jesus offers. Speak God's promises over yourself and let His healing love erase the shame. You are precious, forgiven, and accepted—fully and unconditionally.







Day 4: 💙 Freedom From Shame

Reflect and Apply

1.	What areas of shame do you carry that hinder your healing?
	How does knowing there is no condemnation in Christ change how you see yourself?
	What steps can you take today to release shame and accept God's forgiveness?







Day 4: 💙 Freedom From Shame

Journaling Prompts

1.	Write a letter to yourself forgiving past mistakes and releasing shame.
2.	Reflect on how God's forgiveness offers new life for you.
3.	List ways shame has limited your life and how you can overcome it.







Day 4: 😂 Freedom From Shame

Prayer for Today

Merciful Father, I thank You for the freedom You give from shame and fear. Help me to believe that I am no longer condemned because of Jesus' sacrifice. Remove every trace of shame from my heart and replace it with Your grace and acceptance. Teach me to walk boldly in Your love and forgiveness each day. In Jesus' name, *Amen.* \bigcap















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.'

Supporting Scriptures

- Romans 8:28 'In all things God works for the good of those who love him.'
- Ephesians 2:10 'We are God's handiwork, created in Christ Jesus to do good works.'







Devotional: God's Purpose Shines Through Your Story

It can feel impossible to think about purpose when trauma feels overwhelming. Yet God's Word promises a future filled with hope and intention. Jeremiah 29:11 reminds us that God's plans ultimately prosper us—even when we can't see it yet. His plans are to restore, not to harm.

Romans 8:28 assures us that God works all things—even painful experiences—for our good. This reminds you that your pain is not wasted but will be transformed in God's hands to build strength, compassion, and resilience.

As Ephesians 2:10 says, you are God's masterpiece, created with a divine purpose. God's calling on your life remains intact, even if the path looks different than you imagined.

Today, ask God to reveal His purpose to you. Invite Him to show how your story of pain can fuel a life of impact and good works. Your past does not disqualify you but prepares you for a meaningful future in God's kingdom.







Reflect and Apply

1.	How does knowing God has a plan change your outlook on your trauma?
2.	In what ways might your pain prepare you to help others?
3.	What steps can you take to seek God's purpose in your life today?







Journaling Prompts

1.	Write about how you imagine God's purpose for your life.
2.	List the strengths you've gained through your journey.
3.	Describe ways you want to use your story to bless others.







Prayer for Today

Gracious God, thank You that You have good plans for me, even when I don't understand them. Help me to trust Your purpose for my life and to be patient as You reveal it. Use my pain to prepare me for good works and ministry. Strengthen me to live boldly and shine Your light into this world. In Jesus' name, *Amen.* 💥 🕒 🔼

















Day 6: V Comfort in God's Presence

Your Verse

2 Corinthians 1:3-4 - 'The God of all comfort, who comforts us in all our troubles.'

Supporting Scriptures

- Psalm 23:4 'Even though I walk through the darkest valley, I will fear no evil, for you are with me.'
- Matthew 11:28 'Come to me, all you who are weary, and I will give you rest.'







Day 6: W Comfort in God's Presence

Devotional: Finding Deep Rest in God's Comfort

In your moments of deepest pain and fear, God offers a comfort unlike any other. 2 Corinthians 1:3–4 beautifully describes God as the source of all comfort, encouraging and strengthening us in every trouble. His comfort enables us to comfort others with the same love and grace.

Psalm 23:4 further reminds us that God's presence is our refuge in the darkest valleys. Even when trauma feels like a shadow that never lifts, God walks beside you, dispelling fear with His steady love.

Jesus invites the weary in Matthew 11:28 to find rest in Him—a rest that renews soul and spirit. You do not have to carry your burden alone. God's comfort is personal and available right now.

Today, pause and bring your hurt to God's loving presence. Let His comfort wrap around you and begin to heal the aches of your heart.







Day 6: V Comfort in God's Presence

Reflect and Apply

1.	How have you experienced God's comfort during difficult times?
2.	What fears can you surrender as you trust God's presence with you?
3.	How might accepting God's rest change your approach to healing?







Day 6: W Comfort in God's Presence

Journaling Prompts

1.	Write about a time God comforted you in your pain.
2.	List ways you can welcome God's presence into moments of fear.
3.	Describe what it feels like to rest in Jesus' invitation.







Day 6: W Comfort in God's Presence

Prayer for Today

Comforting Father, thank You for being near when I feel overwhelmed or afraid. Wrap me in Your peace and help me rest fully in Your presence. Teach me to lean on You daily and find strength in Your comfort. May I also extend this grace to others who hurt. In Jesus' name, *Amen.* \triangle









Day 7: V Cultivating Resilience









Day 7: Cultivating Resilience

Your Verse

James 1:2-4 - 'Consider it pure joy... because you know that the testing of your faith produces perseverance.'

Supporting Scriptures

- Romans 5:3-4 'Suffering produces perseverance; perseverance, character; and character, hope.'
- 2 Timothy 1:7 'God gave us a spirit not of fear but of power, love and self-discipline.'







Day 7: Cultivating Resilience

Devotional: Growing Strength Through Trials with God

Rebuilding your life requires nurturing resilience—a strength to keep moving forward. James 1:2-4 encourages believers to see trials as opportunities to develop perseverance, leading to maturity and completeness.

Romans 5:3-4 shows the progression from suffering to hope, illustrating God's transformative work within you. Each difficult experience can build character as you trust God through hardship.

2 Timothy 1:7 reminds us that God equips His children with power, love, and self-discipline, not fear. This Spirit within fuels your resilience to face challenges and grow stronger.

Today, embrace resilience as a gift from God. Remember that every step forward, no matter how small, is part of becoming whole and strong in Him.







Day 7: 🌾 Cultivating Resilience

Reflect and Apply

1.	How does viewing trials as growth opportunities change your mindset?
2.	What characteristics has God developed in you through your struggles?
3.	How can you rely on God's spirit to cultivate resilience daily?







Day 7: 🌓 Cultivating Resilience

Journaling Prompts

	Journal moments when you demonstrated perseverance despite difficulty.
2.	List qualities God is forming in you through your healing journey.
3.	Describe ways you can let God's power and love guide your recovery.







Day 7: Cultivating Resilience

Prayer for Today

Empowering God, thank You for giving me a spirit of strength, love, and self-control. Help me to rejoice even in challenges, knowing You are producing perseverance and hope in me. Teach me to rely on Your power daily and to become more like Christ through trials. In Jesus' name, *Amen.*









Day 8: 🏖 Restoring Joy









Your Verse

Psalm 51:12 – 'Restore to me the joy of your salvation, and grant me a willing spirit, to sustain me.'

Supporting Scriptures

- Nehemiah 8:10 'The joy of the LORD is your strength.'
- John 16:22 'Your joy no one can take from you.'







Devotional: Receiving God's Gift of Restored Joy

Trauma can steal our joy, but God invites us to have it restored. In Psalm 51:12, David pleads with God to restore the joy of salvation and a willing spirit. This reflects a heart desperate for God's renewing touch.

Nehemiah 8:10 declares that the joy of the Lord is a source of strength. When joy returns, it fuels perseverance and uplifts the weary soul. It is not superficial happiness but a deep, abiding gladness rooted in God's presence and promises.

Jesus promises in John 16:22 that our joy is secure—it cannot be taken from us even in difficult times.

Today, seek God's restoration of your joy. Pray for a spirit willing to receive His blessings and discover strength through His never-ending love.







Reflect and Apply

1.	How has trauma affected your sense of joy?
2.	What does the joy of the Lord look like in your life today?
3.	In what ways can joy become a source of strength during healing?







Journaling Prompts

1.	Write about moments when you've experienced God's joy despite pain.
2.	List things that restore joy in your heart.
3.	Describe your prayer for receiving a willing and joyful spirit.







Prayer for Today

















Your Verse

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

Supporting Scriptures

- Psalm 46:1 'God is our refuge and strength, an ever-present help in trouble.'
- Philippians 4:13 'I can do all this through him who gives me strength.'







Devotional: God's Power Perfected in Weakness

Vulnerability can feel scary, but it's a gateway to experiencing God's strength. Paul's words in 2 Corinthians 12:9 reveal a profound truth: God's power shines brightest in our weakness.

When we admit our limitations and lean fully on God, His grace sustains us. Psalm 46:1 tells us God is our refuge—our strength and help in every struggle, including the wounds left by trauma.

Philippians 4:13 encourages us that we can do all things through Christ who equips us.

Being vulnerable and honest about your pain allows God to work powerfully in your life. There is no shame in weakness; there is strength in surrender.







Reflect and Apply

1.	How have you experienced God's strength during vulnerable moments?
2.	What fears do you have about showing vulnerability to God and others?
3.	How can embracing weakness open the door to greater healing?







Journaling Prompts

1.	Write about a moment you felt God's strength in weakness.
2.	List fears related to vulnerability and surrender to God.
3.	Describe ways you can practice vulnerability in safe spaces.







Prayer for Today

Almighty God, thank You that Your grace is enough, even when I feel weak. Help me to surrender my fears and allow Your power to shine in my life. Teach me to trust You more deeply and find refuge in Your strength. May I embrace vulnerability as a path toward wholeness. In Jesus' name, *Amen.* 🖒

















Day 10: PHealing Through Forgiveness

Your Verse

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

Supporting Scriptures

- Matthew 6:14–15 'If you forgive others, your heavenly Father will also forgive you.'
- Colossians 3:13 'Forgive as the Lord forgave you.'







Day 10: PHealing Through Forgiveness

Devotional: Embracing Freedom Through Forgiveness

Forgiveness is a vital step in healing, yet one of the most challenging.

Ephesians 4:32 calls us to be kind and compassionate, forgiving others as Christ forgave us—not to excuse hurt but to release ourselves from bitterness.

Jesus teaches in Matthew 6:14-15 that forgiving others is tied to receiving God's forgiveness. Forgiveness opens the door for peace to flow into hearts burdened by pain and resentment.

Colossians 3:13 encourages us to forgive as the Lord has forgiven, reminding us that God's grace is our model and source of strength.

Today, consider who you might need to forgive—for yourself and for your healing. Forgiveness is a process fueled by God's love and mercy.







Day 10: 煤 Healing Through Forgiveness

Reflect and Apply

1.	What feelings come up when you think about forgiveness?
2.	How does God's forgiveness empower you to forgive others?
3.	What might change in your heart if you choose to forgive today?







Day 10: 煤 Healing Through Forgiveness

Journaling Prompts

1.	Write about someone you find hard to forgive and why.
2.	Reflect on God's forgiveness in your life.
3.	List steps you can take toward forgiveness and healing.







Day 10: Plealing Through Forgiveness

Prayer for Today

Merciful God, thank You for forgiving me even when I fail. Help me to extend that same grace and forgiveness to those who have hurt me. Soften my heart and free me from bitterness and pain. Teach me to walk in compassion and kindness, reflecting Your love daily. In Jesus' name, *Amen.* \bigwedge

















Day 11: 💥 Walking in New Identity

Your Verse

2 Corinthians 5:17 - '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 4:22-24 'Put off your old self... and put on the new self.'







Day 11: 💥 Walking in New Identity

Devotional: Stepping Into Your New Life in Christ

Healing also means stepping into a new identity in Christ. 2 Corinthians 5:17 offers profound hope that the old self—marked by pain and shame—can be left behind as God creates something new.

Paul in Galatians 2:20 shares that living in Christ replaces the former self; Christ now lives in us. This reality provides strength and purpose for rebuilding your life.

Ephesians 4:22–24 invites believers to put off the old self and clothe themselves with a new self, created to be like God in true righteousness and holiness.

Today, ask God to reveal your new identity. Embrace the new you with courage, knowing the past no longer controls your story.







Day 11: 🎇 Walking in New Identity

Reflect and Apply

1.	What old beliefs about yourself do you need to 'put off'?
2.	How does it feel to consider yourself a new creation in Christ?
3.	In what ways can you 'put on' your new identity daily?







Day 11: 🎇 Walking in New Identity

Journaling Prompts

1. Write a declaration of your new identity in Jesus.
2. List old patterns you want to release and new ones to embrace.
3. Describe your hopes for living as a new creation.
5. Describe your nopes for hving as a new creation.







Day 11: 💥 Walking in New Identity

Prayer for Today

Lord Jesus, thank You for making me a new creation. Help me to leave the past behind and walk confidently in the identity You give me. Empower me to live in righteousness and holiness, reflecting Your love and grace. May Your life shine through me every day. In Your name, *Amen.* � 🙏 💸









Day 12: Day 12: Embracing God's Peace









Day 12: Sembracing God's Peace

Your Verse

John 14:27 - 'Peace I leave with you; my peace I give you.'

Supporting Scriptures

- Philippians 4:6-7 'The peace of God, which transcends all understanding, will guard your hearts.'
- Colossians 3:15 'Let the peace of Christ rule in your hearts.'







Day 12: 😩 Embracing God's Peace

Devotional: Living with Christ's Peace Within

God's peace is a powerful refuge amid the storms of life and the aftermath of trauma. Jesus promises in John 14:27 a peace unlike any the world can offer—a peace that sustains and calms the heart.

Philippians 4:6–7 encourages us not to be anxious but to pray and trust God, who then guards our hearts and minds with His supernatural peace. It transcends circumstances and soothes troubled souls.

Colossians 3:15 calls us to let the peace of Christ be the governor of our hearts, making decisions rooted in calm assurance instead of fear.

Today, invite God's peace into your heart. Surrender your worries and experience the tranquility only He can provide.







Day 12: 😂 Embracing God's Peace

Reflect and Apply

1.	How does God's peace differ from worldly peace?
2.	In what areas of your life do you need to release anxiety to God?
3.	What helps you experience His peace more deeply?







Day 12: 😂 Embracing God's Peace

Journaling Prompts

1.	Write about worries you want to entrust to God's peace.
2.	Describe moments when God's peace protected your heart.
3.	List practical ways to cultivate peace daily.







Day 12: 😩 Embracing God's Peace

Prayer for Today

Prince of Peace, thank You for Your gift of peace that passes understanding. Help me to release all anxiety and fear into Your hands. Guard my heart and mind with Your tranquility and let Your peace rule in me. Teach me to rest fully in Your calming presence. In Jesus' name, *Amen.* © ① 🙏

















Day 13: 7 New Roots in God's Word

Your Verse

Psalm 1:3 - 'They are like a tree planted by streams of water, which yields its fruit in season.'

Supporting Scriptures

- Matthew 4:4 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'
- Joshua 1:8 'Keep this Book of the Law always on your lips; meditate on it day and night.'







Day 13: 7 New Roots in God's Word

Devotional: Growing Strong by Rooting in Scripture

To rebuild your life, it's essential to establish new roots in God's Word. Psalm 1:3 paints the picture of a woman deeply nourished by God's truth, like a tree planted near water, bearing fruit consistently.

Jesus reminds us in Matthew 4:4 that spiritual nourishment is as vital as physical food. God's Word sustains our soul and animates our healing process.

Joshua 1:8 encourages meditating on Scripture continually to be prosperous and successful in God's eyes.

Today, commit to rooting yourself in the Bible. Let God's promises and wisdom nourish your healing and growth daily.







Day 13: 🍞 New Roots in God's Word

Reflect and Apply

1.	How connected do you feel to God's Word right now?
2.	In what ways can Scripture nourish your healing?
	What practices can help you deepen your daily engagement with the Bible?







Day 13: 🍞 New Roots in God's Word

Journaling Prompts

1.	Write about a favorite Bible verse that encourages you.
2.	List ways God's Word has ministered to your heart.
3.	Outline a plan for daily Scripture reading and meditation.







Day 13: 7 New Roots in God's Word

Prayer for Today

Living Word, help me to root my life deeply in Your truths. Nourish my soul with Scripture and guide me as I grow and heal. Teach me to meditate on Your promises day and night and to apply Your wisdom daily. May Your Word be a steady stream that sustains me. In Jesus' name, *Amen.*









Day 14: Empowered to Rise









Day 14: 6 Empowered to Rise

Your Verse

Isaiah 40:31 - 'Those who hope in the LORD will renew their strength. They will soar on wings like eagles.'

Supporting Scriptures

- Psalm 68:5 'A father to the fatherless, a defender of widows, is God in his holy dwelling.'
- Zephaniah 3:17 'He will strengthen you and help you.'







Day 14: 6 Empowered to Rise

Devotional: Rising Strong on God's Renewed Strength

God empowers women to rise above trials and soar anew. Isaiah 40:31 assures us that hope in the Lord brings renewed strength, enabling us to take flight like eagles—strong, majestic, and free.

Psalm 68:5 reveals God's heart as a defender of the vulnerable, including those who have suffered trauma and loss. You are held safely in His holy dwelling.

Zephaniah 3:17 promises God's strength and help, not just in theory but actively empowering your soul.

Today, let God's strength uplift you. Trust Him to empower your rising and soaring towards freedom, purpose, and joy.







Day 14: 🖰 Empowered to Rise

Reflect and Apply

1.	What does it feel like to 'soar' in God's strength after trauma?
2.	How can trusting God renew your energy and hope?
3.	What steps can you take today to embrace empowerment through God?







Day 14: 6 Empowered to Rise

Journaling Prompts

1.	Write about times when God gave you renewed strength.
2.	List fears or doubts you want God to replace with hope.
3.	Describe what 'soaring' looks like for you in healing.







Day 14: 6 Empowered to Rise

Prayer for Today

Mighty God, I place my hope in You to renew my strength and lift me up. Help me to rise above my pain and find freedom in Your power. Be my defender and refuge, strengthening my heart and guiding my steps. May I soar in Your grace and courage. In Jesus' name, *Amen.* > (4)









Day 15: 🍪 Grace for Today









Day 15: Grace for Today

Your Verse

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.'

Supporting Scriptures

- 2 Corinthians 12:9 'My grace is sufficient for you.'
- Hebrews 4:16 'Let us then approach God's throne of grace with confidence.'







Day 15: 🏵 Grace for Today

Devotional: Receiving Fresh Grace Every Morning

Each new day brings fresh grace from God, sustaining your journey.

Lamentations 3:22–23 provides the assurance that God's unfailing compassions refresh us every morning, preventing us from being consumed by despair.

Paul's reminder in 2 Corinthians 12:9 emphasizes that God's grace is enough, especially in moments of weakness. You don't need to muster your own strength; God's grace will carry you.

Hebrews 4:16 invites us to confidently approach God's throne for mercy and grace in times of need.

Today, rest in God's daily grace. Whatever the challenges of yesterday, His mercies are new today, ready to sustain you.







Day 15: 🎡 Grace for Today

Reflect and Apply

1.	How have you experienced God's grace day by day?
2.	What worries or burdens can you give to God today?
3.	How does God's compassion motivate you to keep moving forward?







Day 15: 🎡 Grace for Today

Journaling Prompts

Write about a time you felt renewed by God's grace.
List areas where you need God's compassion today.
Describe how you can approach God confidently for help.







Day 15: 💮 Grace for Today

Prayer for Today

Faithful God, thank You for Your endless compassion and fresh mercies each morning. Help me to rely on Your grace when I feel weak or weary. Teach me to come boldly to Your throne for strength and peace. Carry me gently through each day as I grow and heal. In Jesus' name, *Amen.* \bigwedge







Day 16: B Nurturing Healthy Relationships









Day 16: Murturing Healthy Relationships

Your Verse

Proverbs 27:17 - 'As iron sharpens iron, so one person sharpens another.'

Supporting Scriptures

- Ecclesiastes 4:9–10 'Two are better than one... if either of them falls, one can help the other up.'
- Hebrews 10:24-25 'Encourage one another and build each other up.'







Day 16: B Nurturing Healthy Relationships

Devotional: Building Strength Through Supportive Community

Healing is fostered not only by God but through relationships that nourish us. Proverbs 27:17 illustrates how we strengthen and refine each other, like iron sharpening iron, emphasizing the importance of supportive community.

Ecclesiastes 4:9–10 reminds us that companionship brings help during hardship. You don't have to walk your healing journey alone; healthy relationships provide mutual support and encouragement.

Hebrews 10:24–25 calls us to intentionally encourage and build each other up, creating a safe space for vulnerability and growth.

Today, seek out or deepen relationships that nurture your healing and reflect God's love.







Day 16: 🥬 Nurturing Healthy Relationships

Reflect and Apply

1.	What relationships encourage or challenge your healing journey?
2.	How can you invite support and connection into your life?
3.	What boundaries might you need to create for healthy relationships?







Day 16: 🥬 Nurturing Healthy Relationships

Journaling Prompts

1.	Write about a person who has encouraged you recently.
2.	List qualities you seek in healthy, uplifting friendships.
3.	Describe steps to strengthen your support network.







Day 16: B Nurturing Healthy Relationships

Prayer for Today

Loving God, thank You for the gift of community. Guide me to relationships that sharpen, encourage, and uplift me. Help me to also be a source of support for others in their journeys. Teach me to set healthy boundaries and to build connections rooted in Your love. In Jesus' name, *Amen.* \bigwedge















Your Verse

Psalm 103:8-12 - 'The LORD is compassionate and gracious... as far as the east is from the west, so far has he removed our transgressions from us.'

Supporting Scriptures

- Matthew 11:28-30 'Take my yoke upon you and learn from me...'
- Isaiah 43:25 'I, even I, am he who blots out your transgressions.'







Devotional: Extending God's Compassion to Yourself

Healing requires extending compassion to ourselves just as God does. Psalm 103:8-12 paints God as compassionate and gracious, forgiving fully and removing our sins far away. This is the same grace you are called to offer yourself.

Jesus invites us in Matthew 11:28–30 to find rest in Him and to learn from His gentle ways. Healing begins with gentleness toward your own soul.

Isaiah 43:25 reassures that God blots out transgressions—not to condemn but to free.

Affirm self-compassion as a daily practice. Treat yourself with kindness and patience as God's beloved daughter.







Reflect and Apply

1.	How do you typically treat yourself in difficult moments?
	What would it look like to be as compassionate to yourself as God is to you?
3.	How can self-compassion contribute to your healing process?







Journaling Prompts

1.	Write a compassionate letter to yourself.
2.	List ways you can practice self-kindness regularly.
3.	Describe how God's forgiveness inspires your self-compassion.







Prayer for Today

Compassionate Father, teach me to be kind and gentle with myself as You are with me. Help me to release self-judgment and embrace Your forgiveness and love. May I find rest in Your grace and walk forward with patience and hope. In Jesus' name, *Amen.* \bigwedge \heartsuit \bigcirc







Day 18: Courage to Forgive Yourself









Day 18:
Courage to Forgive Yourself

Your Verse

Psalm 103:12 – 'As far as the east is from the west, so far has he removed our transgressions from us.'

Supporting Scriptures

- Isaiah 1:18 'Though your sins are like scarlet, they shall be as white as snow.'
- 1 John 1:9 'If we confess our sins, he is faithful and just and will forgive us.'







Day 18:
Courage to Forgive Yourself

Devotional: Letting Go and Forgiving Yourself

Many women carry the burden of self-blame after trauma; God's Word invites freedom from that weight. Psalm 103:12 assures us of God's complete forgiveness, separating us infinitely from sin and guilt.

Isaiah 1:18 offers hope of cleansing and renewal, changing scarlet sins into pure white. This promise applies to all guilt, including self-directed judgments.

1 John 1:9 reminds us that confession leads to faithful forgiveness.

Today, consider extending forgiveness to yourself. It's an act of courage and a vital step toward wholeness. Trust God to heal your heart fully, making all things new.







Reflect and Apply

1.	What areas of self-blame or guilt do you carry?
2.	How does understanding God's forgiveness help you forgive yourself?
3.	What fears or hesitations do you have about self-forgiveness?







Day 18: 💮 Courage to Forgive Yourself

Journaling Prompts

1.	Write about the guilt or regret you need to release.
2.	Describe how you imagine life free from self-condemnation.
3.	List affirmations of God's forgiveness to declare over yourself.







Day 18: ۞ Courage to Forgive Yourself

Prayer for Today

Faithful God, thank You for removing my sins and guilt far from me. Help me to release self-blame and receive Your forgiveness fully. Give me courage to forgive myself and walk in freedom and peace. Heal my heart and renew my spirit in Your love. In Jesus' name, *Amen.* \bigwedge







Day 19: 🗱 Embracing Tomorrow with Faith









Day 19: 🔀 Embracing Tomorrow with Faith

Your Verse

Proverbs 3:5-6 - 'Trust in the LORD with all your heart... he will make your paths straight.'

Supporting Scriptures

- Psalm 31:15 'My times are in your hands.'
- Jeremiah 29:11 'Plans to prosper you and not to harm you.'







Day 19: 👺 Embracing Tomorrow with Faith

Devotional: Trusting God's Guidance Forward

Faith in God is essential to stepping confidently into the future. Proverbs 3:5-6 invites us to trust God wholeheartedly, promising guidance and clarity in our paths.

Psalm 31:15 reminds us that our lives are in God's hands, and He directs our timing. This allows surrender to His perfect plan, even when the future seems uncertain or fearful.

Jeremiah 29:11 reassures us that God's plans are good, intended to prosper and protect you.

Today, choose to embrace faith over fear. Trust God's leading as you rebuild, believing in a hopeful tomorrow.







Day 19: 😂 Embracing Tomorrow with Faith

Reflect and Apply

1.	What fears do you have about the future?
2.	How can you actively trust God to lead you forward?
3.	In what ways can you seek God's guidance daily?







Day 19: 😂 Embracing Tomorrow with Faith

Journaling Prompts

1.	Write about hopes and fears for your future.
2.	List ways God has led you in the past.
3.	Describe your commitment to trust God's plan.







Day 19: 🔀 Embracing Tomorrow with Faith

Prayer for Today

Lord, my Guide, help me to trust You with all my heart as I look toward tomorrow. Lead me on Your paths of peace and purpose. Calm my fears and help me rest knowing You hold my times and plans. Strengthen my faith to follow Your perfect will. In Jesus' name, *Amen.* (?)

















Your Verse

1 John 4:19 - 'We love because he first loved us.'

Supporting Scriptures

- John 13:34 'Love one another. As I have loved you, so you must love one another.'
- Galatians 5:22–23 'The fruit of the Spirit is love... goodness, faithfulness.'







Devotional: Reflecting God's Love Through Your Life

Love is the ultimate expression of healing and wholeness. 1 John 4:19 reminds us that our capacity to love flows from God's initial and eternal love for us.

Jesus commands in John 13:34 for us to love others as He has loved us. Loving even in our brokenness is a testament to God's work within us.

Galatians 5:22–23 lists the fruit of the Spirit, including love, which grows as we walk with God.

Today, look for ways to live out God's love—toward yourself and others—as a powerful step in lasting restoration.







Reflect and Apply

1.	How has God's love transformed your heart?
2.	In what ways can you extend that love to yourself and others?
3.	What fruit of the Spirit do you want to nurture most?







Journaling Prompts

1.	Write about a time you felt deeply loved by God.
2.	List ways you can show God's love today.
3.	Describe how love influences your healing journey.







Prayer for Today

God of Love, thank You for loving me first and making love the foundation of my life. Help me to embody that love each day, reflecting Your goodness and faithfulness. May my life be a witness to Your transforming power through love. In Jesus' name, *Amen.*







Day 21: 🜈 Journey Toward Wholeness









Day 21: 🌈 Journey Toward Wholeness

Your Verse

Jeremiah 30:17 - 'I will restore you to health and heal your wounds.'

Supporting Scriptures

- Revelation 21:4 'He will wipe every tear from their eyes.'
- Psalm 147:3 'He heals the brokenhearted and binds up their wounds.'







Day 21: 🜈 Journey Toward Wholeness

Devotional: Trusting God to Complete Your Healing Journey

The journey from shattered to whole is ongoing but full of hope. Jeremiah 30:17 promises restoration and healing of wounds by God's own hand, assuring us He is actively working in our lives.

Revelation 21:4 paints a beautiful vision where God wipes away every tear—removing pain and sorrow forever. This hope carries us through hard days.

Psalm 147:3 returns us to the comforting image of God binding wounds and healing the brokenhearted.

As this 21-day study concludes, embrace the journey God has begun in you. Healing is a process filled with grace, love, and restoration. Walk forward with hope and confidence, knowing God holds your hand and delights in your growth toward wholeness.







Day 21: 🌈 Journey Toward Wholeness

Reflect and Apply

1.	What progress have you seen in your healing journey?
2.	How can you hold on to hope during ongoing challenges?
3.	What steps will you take to continue seeking God's restoration?







Day 21: 🌈 Journey Toward Wholeness

Journaling Prompts

1.	Reflect on your journey over the past 21 days.
2.	Write a prayer of gratitude for God's healing work.
3.	Set personal goals for continuing your healing process.







Day 21: 🜈 Journey Toward Wholeness

Prayer for Today

Heavenly Healer, thank You for restoring my health and healing my wounds. Help me to trust You through every season of healing and to walk boldly toward wholeness. Wipe away my tears and fill me with Your peace and hope. May Your love continue to guide and strengthen me. In Jesus' name, *Amen.*









Where God's Word Meets Your Daily Life

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