



# Women Healing and Loving the Church



A 7-day journey for women healing from hurt in the church, rediscovering their place in Christ's body through love and grace.



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## Introduction

**Welcome to a heartfelt journey for women seeking healing and restoration.** Many women have experienced pain within the very church family that is meant to be a refuge of love and support. This study is designed to guide you gently through reflections, Scripture, and prayer that focus on God's healing power and your vital place in *His* body.

We understand that church hurt can deeply wound the soul, shaking faith and causing feelings of isolation. But God's promises remind us that He is the ultimate healer, and His church—His people—are called to love, encourage, and restore one another. Through this plan, you will explore biblical stories of women who faced trials, rejection, and hardship, yet found strength and purpose in God's unchanging love.

**Each day includes Scripture, devotionals, reflection questions, journaling prompts, and prayer.** These tools are designed to help you process pain, invite God's healing, and rediscover your unique role in the church. You are not alone, and your experiences matter. God's design for His church includes you—whole, valued, and loved.

Let this time remind you that the *church* is ultimately about relationship—with Jesus and with one another. Trust that as you move forward, He will knit your heart back together and guide you into a joyful, healing love for His body.





# Day 1: Embracing God's Healing Grace



## Your Verse

*Psalm 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: 🌿 Embracing God's Healing Grace

## Devotional: Finding Comfort in God's Nearness

**It's okay to feel broken and hurt.** When the church, meant to be a sanctuary, becomes a source of pain, it deeply wounds our spirit. Yet Scripture reminds us that God is especially close to those who have been injured emotionally or spiritually. *Psalms 34:18* offers comfort, assuring us that the Lord is near to the brokenhearted. He doesn't turn away or distance Himself but draws close to save and heal.

This closeness is not about ignoring the hurt but coming alongside it with gentle grace. You don't have to carry your pain alone; Jesus invites you to lay your burdens down and find rest in Him. Healing begins with embracing God's presence and grace. Lean into His arms—He is offering peace and restoration for your wounded heart.

As you start this journey, remember healing is a process. Be patient and kind to yourself. God is working in the cracks of your heart even when it feels dark. His love is unwavering, and His church is meant to be a reflection of that love—sometimes even when it has been imperfectly shown. Trust God's tender care as you step forward.



## Reflect and Apply

1. How have you experienced God's closeness during times of heartbreak?

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2. What feelings arise when you think about God's grace in the midst of hurt?

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3. In what ways can you begin to accept God's healing presence today?

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# Journaling Prompts

1. Write about a time when you felt broken in the church but sensed God's presence.

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2. List the ways God has comforted you despite pain you've experienced.

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3. Journal your desires for healing and restoration as you begin this study.

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Day 1: 🌿 Embracing God's Healing Grace

## Prayer for Today

**Lord**, thank You for being close to my broken heart. When the church has hurt me, remind me that You are always near, ready to heal and restore me. Help me to find rest in Your loving arms and open my heart to Your grace. Teach me to receive Your peace and to trust in Your timing. May Your gentle Spirit guide me through this journey of healing. *In Jesus' name, Amen.* 🙏❤️🌿





## Day 2: Learning from Faithful Women



## Your Verse

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

## Supporting Scriptures

- *Ruth 1:16 – "Where you go I will go, and where you stay I will stay."*
- *Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"*



## Devotional: Bold Faith in Difficult Circumstances

**Throughout the Bible, women faced immense challenges, yet their steadfast faith shines as an example to us today.** From Ruth's loyalty in uncertain times to Esther's courageous leadership, these women trusted God's plan despite fear and hardship. Their stories remind us that even amid difficulties, faith opens the door to God's purpose in our lives.

Faith is not the absence of pain but the decision to trust God's unseen hand. When community or church relationships fail, look to these women as proof that God's faithfulness never wavers. He works through imperfect people and imperfect circumstances to bring about His will.

Your pain is not wasted. Your story, like theirs, can become part of God's powerful testimony. Know that your place in Christ's body is unique and valuable. You are called to live your faith boldly—reclaiming joy, purpose, and hope.



## Reflect and Apply

1. Which biblical woman's story resonates most with your experience?

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2. How does faith change the way you view your church hurt?

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3. What might God be calling you to trust Him for, even if you can't see the outcome?

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Day 2:  Learning from Faithful Women

## Journaling Prompts

1. Describe a time your faith was challenged but you chose to trust God.

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2. Write a letter to God expressing hopes for your future in His body.

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3. List qualities you admire in biblical women and how they inspire you.

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Day 2: 🌸 Learning from Faithful Women

## Prayer for Today

**Father**, thank You for the examples of faithful women in the Bible who trusted You in difficult times. Help me develop that same bold faith and courage. When I feel hesitant or hurt, remind me that You have a purpose for me in Your church. Strengthen my trust, and guide me to embrace my calling. *In Jesus' name, Amen.* ✨ 🙏 📖





## Day 3: Embracing Your Identity in Christ





## Your Verse

*Galatians 3:28 - "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus."*

## Supporting Scriptures

- *Ephesians 2:10 - "For we are God's handiwork, created in Christ Jesus to do good works."*
- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 3: ❤️ Embracing Your Identity in Christ

## Devotional: Your Worth and Role in Christ's Body

**Your true identity is found in Christ, not in the wounds inflicted by people or even institutions.** Galatians 3:28 reminds us that in Jesus, all divisions fall away—we belong fully and equally in His family.

When the church has failed you, it's vital to anchor your worth and identity in the unfailing love of Christ, who sees you fully and deeply. You are God's masterpiece, created intentionally to serve His good purposes. Your gender or past hurts do not define or diminish your value.

Moreover, God's grace meets you exactly where you are, turning your weaknesses into sources of strength. This truth sets you free to love and serve with confidence, knowing you are treasured and equipped by Him. Remember, being part of the church means being part of Christ's body—with all its imperfections and all its beauty.



## Reflect and Apply

1. How have you allowed hurt to shape your identity? How can you shift this perspective?

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2. What does being 'one in Christ' mean for your personal healing?

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3. In what ways can you embrace your unique calling despite past pain?

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# Journaling Prompts

1. Write affirmations of your identity as God's beloved child.

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2. Reflect on how God's grace has shown strength in your weaknesses.

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3. Describe what it means for you to be 'one in Christ' with others.

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Day 3: ❤️ Embracing Your Identity in Christ

## Prayer for Today

Jesus, thank You for making me Your beloved, whole and treasured beyond measure. Help me to see myself through Your eyes rather than past hurts. Teach me to walk confidently in my identity and calling. Let Your grace empower me to love and serve despite challenges. Bind me to Your body with peace and joy. *In Your holy name, Amen.* ❤️ 🙏 ✨





# Day 4: Healing Through Forgiveness



## Your Verse

*Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone."*

## Supporting Scriptures

- *Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- *Matthew 6:14 - "If you forgive other people when they sin against you, your heavenly Father will also forgive you."*



Day 4: 🌸 Healing Through Forgiveness

## Devotional: The Freedom Found in Forgiving Others

**Forgiveness is often one of the hardest yet most freeing steps toward healing.** When the church has caused pain, forgiveness feels like a tall mountain to climb. Yet Scripture clearly urges us to forgive, reflecting the mercy God has extended to us.

Forgiveness doesn't mean excusing wrongdoing or forgetting the hurt. Instead, it is a deliberate choice to release bitterness and resentment that keep you chained. It opens a door to healing that God wants to walk through with you.

As you lean into forgiveness, remember it is a process that takes time. Pray for the ability to forgive those who hurt you, and trust that God will soften your heart. This step not only restores your soul but also frees you to love the church afresh, seeing it through the lens of God's grace rather than past pain.





## Reflect and Apply

1. Who do you need to forgive to move toward healing?

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2. What are the fears or barriers you face regarding forgiveness?

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3. How might forgiveness impact your relationship with the church and God?

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Day 4: 🌸 Healing Through Forgiveness

## Journaling Prompts

1. Write about the emotions you associate with forgiving someone.

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2. List ways God's forgiveness has transformed your life.

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3. Journal prayers asking God to help you forgive and heal.

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Day 4: 🌸 Healing Through Forgiveness

## Prayer for Today

**Merciful Father**, help me to forgive those who have hurt me in the church. Soften my heart and release the bitterness that holds me back. Teach me to forgive as You have forgiven me, freeing my soul to heal and love fully. Restore joy and peace through Your grace. *In Jesus' name, Amen.* 🙏 ✨ ❤️





# Day 5: 🌻 Restoring Community and Connection



## Your Verse

*Romans 12:10 – "Be devoted to one another in love. Honor one another above yourselves."*

## Supporting Scriptures

- *Hebrews 10:24-25 – "Let us consider how we may spur one another on toward love and good deeds."*
- *1 Corinthians 12:27 – "Now you are the body of Christ, and each one of you is a part of it."*



Day 5: 🌸 Restoring Community and Connection

## Devotional: Rebuilding Loving Church Relationships

**Community is essential for healing and growing in Christ.** After experiencing hurt in the church, it can be tempting to withdraw and isolate. But God calls us back into loving, committed relationships within His body.

Romans 12:10 reminds us to honor and love one another deeply. This kind of devotion rebuilds trust and connection. *We were never meant to walk alone.*

As you seek restoration, consider healthy ways to engage with trusted people or church groups that nurture your soul. Reclaiming your place in the community involves vulnerability and courage, but it also invites profound healing and joy. Remember, the church is not a building but a living family where your presence matters.



## Reflect and Apply

1. What fears do you have about reconnecting with community?

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2. Who in your life or church can walk with you in healing?

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3. How can you begin to honor others while caring for yourself?

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# Journaling Prompts

1. Write about what ‘community’ means to you after past hurt.

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2. List qualities you hope to find in supportive church relationships.

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3. Journal steps you feel ready to take toward reconnecting.

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Day 5: 🌸 Restoring Community and Connection

## Prayer for Today

**God of Community**, help me to rebuild connections with others in love and truth. Give me courage to be vulnerable and seek healthy relationships that nurture my soul. Teach me to honor others and accept honor in return. May I find joy as part of Your body, fully known and fully loved. *In Jesus' name, Amen.* 💛💜🙏





# Day 6: Serving with Joy and Purpose



Day 6: 🌸 Serving with Joy and Purpose

## Your Verse

*1 Peter 4:10 – "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace."*

## Supporting Scriptures

- *Romans 12:6 – "We have different gifts, according to the grace given to each of us."*
- *Philippians 2:4 – "Look not only to your own interests, but also to the interests of others."*



Day 6: 🌸 Serving with Joy and Purpose

## Devotional: Finding Healing Through Serving Others

**Part of healing in the church involves rediscovering your gifts and serving with renewed joy.** God has given each of us unique abilities to bless others and build His kingdom. Serving helps transform pain into purpose.

*1 Peter 4:10* encourages us to be faithful stewards of God's grace by using our gifts for others. Service is not about perfection but about offering your heart and talents in love.

Even if you feel hesitant because of past hurts, step forward gently and let God lead your involvement. Serving reconnects you to the community and affirms your value in Christ's body. As you give, you will often find your spirit refreshed and your joy renewed.



## Reflect and Apply

1. What gifts has God placed in your life to share with others?

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2. How can serving in the church experience be a step toward healing?

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3. What fears or doubts do you have about using your gifts again?

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Day 6: 🌸 Serving with Joy and Purpose

## Journaling Prompts

1. Describe a way you have served or would like to serve in the church.

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2. Journal about how serving impacts your relationship with God.

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3. Write prayers asking God to guide you in using your gifts.

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Day 6: 🌸 Serving with Joy and Purpose

## Prayer for Today

**Lord**, thank You for the gifts You have placed in me. Help me to serve with a joyful heart and faithful spirit. Heal past wounds and restore my confidence to contribute to Your body. Use me to bless others and glorify You. Guide every step I take in loving service. *In Jesus' name, Amen.* 🙌❤️🙏





# Day 7: Living Loved and Loving the Church





Day 7: 🌹 Living Loved and Loving the Church

## Your Verse

*John 13:34 - "A new command I give you: Love one another. As I have loved you, so you must love one another."*

## Supporting Scriptures

- *Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."*
- *1 John 4:19 - "We love because he first loved us."*



Day 7: 🌹 Living Loved and Loving the Church

## Devotional: Love as Christ Loved the Church

**The journey of healing leads us to a renewed love for the church as Christ loves it.** Loving others, especially within the church, is often challenging but always enriched when rooted in Jesus' love.

Jesus commands us to love one another as He loved us—a love marked by humility, patience, and selflessness. When church hurt threatens to close your heart, lean on His example and let His love reshape your perspective.

Remember that loving the church does not mean ignoring its flaws but committing to be part of its healing. You are an essential part of this body, called to extend grace and receive it. Living loved by Christ empowers you to love the church as a resilient community, filled with hope and new beginnings.



## Reflect and Apply

1. How can Christ's example of love help you forgive and embrace the church?

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2. What does it look like to 'bear with one another in love' in your context?

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3. In what ways can you actively participate in healing the church community?

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# Journaling Prompts

1. Write about how your view of the church has changed during this study.

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2. Journal ways you want to express Christ-like love in your church.

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3. Reflect on how being loved by God transforms your relationships.

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Day 7: 🌹 Living Loved and Loving the Church

## Prayer for Today

Jesus, thank You for loving me first and teaching me how to love others. Help me to extend that love to the church despite imperfections. Give me humility, patience, and a willing heart to be part of healing and restoration. Let Your love flow through me as I embrace my place in Your body. *In Your name, Amen.* 🌹❤️🙏





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