Women Healing in Christ: Restoration After Spiritual Abuse



A 7-day Bible study guiding women through healing from emotional abuse in the church, finding safety, and restoration in Christ.





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Introduction

Emotional and spiritual abuse within the church community can leave deep wounds, especially for women who seek refuge within the body of Christ. Such pain can shake faith, trust, and identity, but *God* offers a healing grace far greater than our hurts.

This 7-day Bible study is designed specifically for women who have experienced emotional abuse in spiritual contexts. It's a journey toward restoration, safety, and renewed identity rooted in Christ's love and truth. Through Scripture, reflection, and prayer, we will explore how God heals wounded hearts, restores joy, and reclaims His daughters as cherished treasures.

Each day, we will focus on different facets of healing — from acknowledging abuse and validating pain to embracing God's comfort and reclaiming purpose. You will find encouragement to discern truth from lies, build safe boundaries, and deepen intimacy with Jesus as the ultimate healer.

Remember: God's love is unwavering, and His church is meant to be a refuge, not a source of harm. This study offers a sacred space for restoration and courage to step forward in freedom. May your heart be comforted, your spirit renewed, and your faith strengthened as you take these steps toward healing.















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

- Isaiah 43:4 "Since you are precious and honored in my sight, and because I love you..."
- Luke 12:7 "Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows."







Devotional: Discovering Your God-Given Worth

Healing begins with understanding your intrinsic worth — not defined by others' words or actions but by God's deliberate creation. Emotional abuse can distort how you see yourself, planting seeds of shame and unworthiness. The psalmist reminds us that we are "fearfully and wonderfully made," crafted with intentionality and value.

God's love declares that you are precious and honored. Even when the church or individuals within it have wounded you, this truth remains unshakable. Your worth is not contingent on approval or acceptance from flawed people but is rooted in the heart of your Heavenly Father.

As you embark on this healing journey, *embrace your God-given identity*. Let go of the lies that belittle your soul. Rest in His affirmation that you are loved deeply, fully, and eternally. This acknowledgment is the foundation for moving forward in restoration.

Take time today to speak God's truths over yourself. Picture His eyes filled with love as He cherishes you. Healing in Christ begins by embracing who you truly are, beloved and treasured in His sight.







Reflect and Apply

	How have past experiences in the church affected your view of your worth?
	Do you believe God's description of you as precious and honored? Why or why not?
	What lies about yourself do you need to release in order to embrace God's
	truth?







Journaling Prompts

1.	Write about a time when you felt truly valued by God or others.
2.	List lies you have believed about yourself and counter each with Scripture.
3.	Describe how embracing your worth in God changes your perspective on your healing.







Prayer for Today

Dear Heavenly Father, thank You for creating me fearfully and wonderfully. Help me to see myself as You do—precious, honored, and deeply loved. Heal the wounds of emotional abuse and replace lies with Your truth. Teach me to walk in the confidence of my God-given worth each day. Surround me with Your peace and protection as I begin this journey of restoration. In Jesus' name, *amen.*

















Your Verse

Psalm 91:4 – "He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart."

Supporting Scriptures

- Proverbs 18:10 "The name of the Lord is a fortified tower; the righteous run to it and are safe."
- Isaiah 54:17 "No weapon forged against you will prevail... this is the heritage of the servants of the Lord."







Devotional: Resting Safely in God's Refuge

Experiencing emotional abuse in the church can feel like spiritual vulnerability—left exposed and unsafe where sanctuary should be. Yet, **God promises a refuge** for the weary and broken. The psalmist beautifully illustrates God's protection as wings covering us—inviting us to find shelter in His faithfulness.

Emotional scars may cause you to doubt safety within church walls or relationships, leading to fear and isolation. Rest assured, God's protection transcends human failure. He is your fortified tower, strong and dependable. Seeking Him draws you into a sanctuary no abuser can penetrate.

Today, focus on resting in God's shield and armor. Pray for spiritual protection that guards your heart and mind. This does not mean pain or challenges vanish immediately, but through Christ's refuge you gain strength, hope, and courage to heal.

Let your soul anchor in this truth: you are hidden safely in the arms of a God who shields you from harm. Find comfort in His wings amidst uncertainty and move forward trusting His faithful care.







Reflect and Apply

	Where have you struggled to feel safe within the church or spiritual community?
2.	How can trusting God's protection influence your healing process?
3.	What spiritual 'weapons' has God already disarmed in your life?







Journaling Prompts

1.	Describe what safety means to you in the context of your faith journey.
2.	Write a prayer asking God to cover you and protect your heart today.
	Recall a moment when you sensed God's protection clearly—reflect on that experience.







Prayer for Today

Lord, thank You for being my refuge and shield. When I feel vulnerable and hurt, help me run quickly into Your strong arms. Cover me with Your feathers and guard my heart from further harm. Teach me to trust Your faithfulness above all else. Bring healing to broken places and remind me daily that You are my safe sanctuary. In Jesus' name, *amen*.















Your Verse

Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths... but only what is helpful for building others up according to their needs."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Matthew 18:6 "If anyone causes one of these little ones who believe in me to stumble... it would be better for them to have a large millstone hung around their neck."







Devotional: Facing the Truth of Spiritual Abuse

Healing requires **recognition**. Emotional abuse often disguises itself beneath spiritual words or leadership, causing confusion and pain. God's Word warns us against unwholesome talk that destroys; instead, speech should build others up.

If you've been hurt by harsh criticism, manipulation, or spiritual misuse, it's important to name it for what it is. Suppressing the truth allows wounds to fester. But God's nearness to the brokenhearted promises that He sees your pain and stands ready to save.

Jesus emphasizes protecting the vulnerable, highlighting the gravity of causing someone to stumble. Abuse in spiritual environments violates this call and fractures trust deeply.

Today, take time to honestly reflect on your experiences. Naming abuse is a brave step toward healing. Speak those truths in prayer and seek God's strength to move forward. You are not alone, and acknowledging this reality invites God's restorative work to begin in your life.







Reflect and Apply

1.	How has denial or minimization prevented you from beginning healing?
2.	In what ways have unwholesome words impacted your sense of self?
3.	How can God's nearness comfort you as you name your pain today?







Journaling Prompts

1.	Write about the most difficult emotional wounds you carry from church experiences.
2.	List harmful sayings or actions you now recognize as abusive.
3.	Express your feelings to God about any betrayal or broken trust you've endured.







Prayer for Today

God of healing, help me to see clearly the ways I have been hurt. Give me courage to name the emotional abuse honestly and release any shame or silence. Draw near to my broken heart and begin Your restoration. May truth break chains and Your love bring freedom. Fill me with Your peace and hope as I walk this path toward wholeness. In Jesus' compassionate name, *amen*.











Day 4: Receiving God's Comfort









Day 4:
Receiving God's Comfort

Your Verse

2 Corinthians 1:3-4 - "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and 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; your rod and your staff, comfort me."
- Isaiah 66:13 "As a mother comforts her child, so will I comfort you..."







Day 4: n Receiving God's Comfort

Devotional: Embracing God's Tender Comfort

God is not a distant observer of our pain; He is the very **Father of compassion** and comfort. Emotional abuse leaves hearts heavy, but Scripture assures us that God actively comforts His children in every trouble.

Jesus walked this earth fully human and knows sorrow intimately. His presence can bring peace beyond understanding, steadying even the most fragile souls. Like a tender mother comforting her child, God's love envelops you with warmth and safety.

Invite God's comfort into the broken places today. Rest in His arms, allowing Him to soothe past hurts and bring gentle healing. This divine comfort doesn't erase pain instantly but coexists with hope—inspiring courage to keep moving forward.

You are not forgotten or forsaken. God's comforting presence is with you now, leading you toward restoration and renewal.







Day 4: 💮 Receiving God's Comfort

Reflect and Apply

1.	How have you experienced God's comfort during your hardest moments?
2.	What hinders you from fully receiving God's peace in your pain?
3.	In what ways can you share God's comfort with others who suffer?







Day 4: 💮 Receiving God's Comfort

Journaling Prompts

Describe a time when God's comfort was evident in your life.
Write a prayer asking God to flood your heart with His peace today.
Reflect on how accepting God's comfort impacts your healing journey.







Day 4: 💮 Receiving God's Comfort

Prayer for Today

Lord of compassion, thank You for Your unfailing comfort that meets me in my pain. Wrap me in Your gentle love and soothe every broken place. Help me rest in the assurance that You are near, healing what is wounded and renewing my spirit. Teach me to accept Your peace and carry that comfort to others. In Jesus' comforting name, *amen*.







Day 5: 😂 Forgiveness and Freedom in Christ









Day 5: 😂 Forgiveness and Freedom in Christ

Your Verse

Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance... Forgive as the Lord forgave you."
- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."







Day 5: W Forgiveness and Freedom in Christ

Devotional: Choosing Forgiveness for Inner Freedom

Forgiveness is one of the most challenging steps in healing from emotional abuse, especially when the pain runs deep within spiritual relationships. However, **Christ's forgiveness** offers a pathway to freedom, releasing the heavy burdens of bitterness and anger.

Forgiving does not mean excusing or forgetting the abuse endured. It means choosing to relinquish the hold hurt has on your heart, trusting God to administer justice in His perfect timing. The Bible calls us to kindness and compassion modeled after Christ's grace toward us.

Turning toward forgiveness frees you to heal rather than remain captive to woundedness. It opens space for God's peace to flourish and for your spirit to walk forward in liberty.

Today, seek God's strength to forgive—not only others but also yourself for any misplaced guilt. Let Christ's love empower you to embrace freedom and restoration.







Day 5: 🥞 Forgiveness and Freedom in Christ

Reflect and Apply

1.	What fears or doubts do you have about forgiving those who hurt you?
2.	How does embracing forgiveness align with your journey toward healing?
3.	In what ways can you experience God's forgiveness personally today?







Day 5: 🖏 Forgiveness and Freedom in Christ

Journaling Prompts

	Write about someone you find difficult to forgive and your feelings toward them.
2.	List what forgiveness means to you and the freedom it could bring.
3.	Pray through releasing bitterness, inviting Christ to heal your heart.







Day 5: Torgiveness and Freedom in Christ

Prayer for Today

Gracious Father, help me to forgive as You have forgiven me. Remove bitterness and anger from my heart and replace them with kindness and compassion. Give me the courage to lay down my burdens and walk in the freedom Jesus offers. Heal the wounds of betrayal and restore joy in my spirit. Thank You for Your perfect love that makes all things new. In Jesus' name, amen. 🔾 🔾

















Your Verse

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

Supporting Scriptures

- Psalm 139:13 "For you created my inmost being; you knit me together in my mother's womb."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Devotional: Walking Confidently in God's Purpose

After the pain of emotional abuse, reclaiming your God-designed purpose and identity is vital. Though past wounds may try to define you, Scripture boldly declares that God has plans for your prosperity, hope, and future.

You are a new creation in Christ, fearfully and wonderfully made with unique gifts and a divine destiny. The lies of spiritual misuse cannot erase your precious identity or the good works He prepared beforehand for you to do.

Allow today to be a turning point where you embrace your God-given calling above past injury. Step into the fullness of who you are, redeemed, restored, and empowered by His Spirit to flourish anew.

God's purpose for your life remains steadfast—hope-filled and secure, anchored in His unwavering love.







Reflect and Apply

1.	How has emotional abuse impacted your sense of identity or calling?
2.	What new beginnings do you sense God is inviting you toward?
3.	How can God's promise of hope and future encourage your healing?







Journaling Prompts

1.	Write a letter to your future self, envisioning life healed and empowered.
2.	List the gifts or passions God has placed in you for His purposes.
3.	Reflect on what it means to be a new creation in Christ today.







Prayer for Today

Heavenly Father, thank You for Your plans for my life—plans filled with hope and a prosperous future. Help me to see myself through Your eyes, as a new creation with purpose and worth. Heal the broken places and guide me into the calling You have prepared. Empower me by Your Spirit to walk boldly in restoration and joy. In Jesus' powerful name, *amen*.















Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- Matthew 18:15 "If your brother or sister sins, go and point out their fault..."
- Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone."







Devotional: Creating Safe Spaces Through Boundaries

Healing from emotional abuse also involves learning to establish **healthy boundaries** and discern safe, supportive community. The body of Christ is meant to carry burdens together with love, but that includes accountability and respect for one another's well-being.

Setting boundaries may feel unfamiliar or uncomfortable, especially if you were taught to accept harmful behavior as normal. However, God calls us to peace and restoration through mutual care and honest communication.

Seek relationships where grace and truth coexist—where you are encouraged to flourish without fear of abuse or manipulation. Lean on trusted believers who honor God's heart for safety, healing, and unity.

Remember, you are not alone. God designed the church as a refuge and family, and healthy relationships support your continued growth in Christ.







Reflect and Apply

	What boundaries do you need to set for your emotional and spiritual health?
2.	How can you identify healthy community versus harmful environments?
3.	What role does forgiveness play alongside boundaries in relationships?







Journaling Prompts

	List boundaries you want to establish for protecting yourself spiritually and emotionally.
	Reflect on qualities of trustworthy and safe community members in your life.
3.	Pray about how you can contribute to building a healthy church environment.







Prayer for Today

Lord Jesus, teach me to walk wisely in relationships, setting healthy boundaries that protect my heart and honor You. Surround me with a community rooted in love, respect, and truth. Help me to carry others' burdens with compassion while guarding my own soul. May Your church be a safe refuge where healing flourishes. Guide me in grace and peace as I embrace restoration. In Your holy name, *amen*.







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