



Women Healing Through Ministry



Discover God's healing power to transform pain into ministry, empowering women to overcome narcissistic abuse and lead others toward freedom.



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Introduction

Welcome to a journey of transformation and hope. For many women, pain has felt like an unending shadow, especially in the aftermath of narcissistic abuse. Yet, God's Word invites us into a powerful process: *turning our deepest wounds into a ministry that heals and empowers others.* This 7-day study is designed to guide you through Scripture's truths about God's healing, strength, and calling for women who have faced such trials.

Narcissistic abuse often isolates and silences, but God's love envelops and restores. In the pages ahead, you will explore biblical women who faced adversity, God's promises for renewal, and practical encouragement for ministering to those who share your story. As you reflect, pray, and journal, remember that your journey can illuminate the path for many others.

Each day focuses on building your spiritual resilience: embracing your identity in Christ, finding peace amid pain, and growing into a ministry of hope. This study is not only about healing for yourself, but also about *becoming a beacon of God's grace and strength* to other women walking similar paths.

Let's begin this healing journey together, trusting God's power to turn pain into purpose. 💪 ✨





Day 1: Embracing Your Identity in Christ



Day 1: 🌿 Embracing Your Identity in Christ

Your Verse

2 Corinthians 5:17 – "Therefore, 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."*
- *Psalms 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 1: 🌿 Embracing Your Identity in Christ

Devotional: You Are a New Creation in Christ

Starting with your identity is crucial. In the aftermath of narcissistic abuse, it's easy to feel shattered and unsure of who you are. Yet, Scripture reminds us that in Christ, you are a *new creation*. The old wounds, shame, and pain do not define you anymore. God's Spirit dwells within you, continually renewing and restoring your soul.

2 Corinthians 5:17 declares a powerful truth: those who believe in Christ are made new. This isn't a superficial change—it's a transformation that touches every part of your being. Though abuse might have tried to distort your sense of worth, God's love remains unchanged. His closeness in brokenness (Psalm 34:18) also reassures you that He is with you in every step of your healing.

Today, receive God's affirmation that your identity is secure in Him. Begin to see yourself through His eyes—as beloved, valuable, and made for a purpose. This foundation is the first step toward turning your pain into profound ministry.



Day 1: 🌿 Embracing Your Identity in Christ

Reflect and Apply

1. How have you been defining yourself after your pain?

2. What does being a 'new creation' in Christ mean to you personally?

3. How can embracing your identity strengthen your healing journey?



Day 1: 🌿 Embracing Your Identity in Christ

Journaling Prompts

1. Write about a time when you felt distant from God and how you sensed His closeness through your pain.

2. Describe who you are in Christ today versus who you were before this healing journey.

3. List affirmations from God's Word that encourage your new identity.



Day 1: 🌿 Embracing Your Identity in Christ

Prayer for Today

Lord, thank You for making me new. Help me to fully embrace my identity in You, not as my past pain defines me, but as Your beloved daughter. Give me strength to walk confidently in this truth and courage to begin healing. May Your Spirit renew my mind and heart today and every day. In Jesus' name, Amen. 🙏❤️✨





Day 2: Finding God in the Midst of Pain



Your Verse

Psalms 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted... to comfort all who mourn."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Devotional: God's Healing Touch on Your Broken Heart

Heartache from abuse can feel unbearable, but God's Word offers comfort and hope. Psalm 147:3 reminds us that God doesn't turn away from our pain; He actively heals and binds our wounds. This healing process is often gradual, but it is powerful and sure.

In Isaiah 61, God's servant is sent precisely for those who are brokenhearted, to bring healing and restoration. Jesus echoes this invitation, calling all who are weary to find rest in Him. This is not just physical rest, but a deep soul renewal.

When feelings of hurt and loneliness arise, lean into God's promise. He is near, tender, and willing to carry your burdens. Let Him meet you in your brokenness and begin the healing work that enables you to pour out comfort to others.



Reflect and Apply

1. In what ways have you experienced God's healing in your pain?

2. How can you lean into God's comfort when feeling weary or broken?

3. What does it mean to allow God to bind your wounds?



Day 2: ❤️ Finding God in the Midst of Pain

Journaling Prompts

1. Describe a moment when you felt God's presence during your pain.

2. Write a letter to God expressing your hurt and asking for healing.

3. List ways you can rest in God's peace this week.



Day 2: ❤️ Finding God in the Midst of Pain

Prayer for Today

Dear Jesus, my healer, You see every ache in my heart and every scar I carry. Please bind my wounds and bring restoration where there is hurt. Teach me to rest in Your arms and find peace amid the storm. Use my healing to help others find hope. Thank You for never leaving me alone. In Your name, Amen.





Day 3: Strength for the Journey Ahead



Day 3:  Strength for the Journey Ahead

Your Verse

Isaiah 40:31 – "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary."

Supporting Scriptures

- *Philippians 4:13 – "I can do all this through him who gives me strength."*
- *Ephesians 6:10 – "Be strong in the Lord and in his mighty power."*



Devotional: Renewed Strength for Healing and Ministry

Healing and ministry require strength beyond our own. Isaiah 40:31 assures us that when we place our hope in the Lord, He renews our strength so we can overcome fatigue and discouragement. This renewed strength empowers us to rise, run, and soar above challenges.

Paul's declaration in Philippians 4:13 reminds us that even in seemingly impossible situations, strength is available through Christ. It's not about self-effort; it's about drawing from His mighty power. This same power equips you to minister effectively to women who have suffered like you.

Armor yourself with God's power daily. Strengthen your spirit with prayer, Scripture, and community. As you grow stronger, your ministry will reflect the resilience and hope God gifts you.



Day 3:  Strength for the Journey Ahead

Reflect and Apply

1. Where do you currently find your strength during tough days?

2. How can God's strength empower your heart to minister to others?

3. What daily practices help you stay spiritually strong?



Day 3:  Strength for the Journey Ahead

Journaling Prompts

1. Write about a time when you felt God's strength carry you.

2. List ways to rely more fully on God's power this coming week.

3. Describe the spiritual armor God provides for your healing journey.



Day 3: 🛡️ Strength for the Journey Ahead

Prayer for Today

Lord, You are my strength. When I feel weak or overwhelmed, please renew my hope and energize my spirit. Help me to rely fully on You and trust Your power to heal and equip me for ministry. May my strength bring glory to You alone. In Jesus' mighty name, Amen. 💪🙌🙏





Day 4: 🌸 Grace to Forgive and Release



Day 4: 🌸 Grace to Forgive and Release

Your Verse

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

Supporting Scriptures

- *Colossians 3:13 - "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 4: 🌸 Grace to Forgive and Release

Devotional: Choosing Freedom Through Forgiveness

Forgiveness is a profound step in healing and freedom. Narcissistic abuse often leaves bitter wounds, but God calls us to release this bitterness so His grace can flow freely through us.

Ephesians 4:31-32 urges believers to discard bitterness and embrace kindness and forgiveness, mirroring the forgiveness we've received from Christ. Forgiveness doesn't mean excusing wrongs or forgetting pain; it means choosing *freedom* from the hold the abuser has on your spirit.

Ask God for grace to forgive—not just for their sake, but for your healing. This release opens your heart to minister with compassion to other hurting women, showing them the power of God's mercy.



Reflect and Apply

1. What does forgiveness mean to you in your healing process?

2. Are there any areas where bitterness still blocks your freedom?

3. How can forgiveness open doors to ministry for others?



Journaling Prompts

1. Write about the struggles and breakthroughs you've experienced with forgiveness.

2. List actions or prayers that help you release bitterness.

3. Describe how God's forgiveness has impacted your life.



Day 4: 🌸 Grace to Forgive and Release

Prayer for Today

Gracious Father, Forgive me where I hold on to bitterness and help me extend forgiveness as You have forgiven me. Heal every wound that hinders my heart and give me kindness and compassion to minister to others. Let Your mercy flow freely through me. Amen. 🌸 💞 🙏





Day 5: 🔥 Empowered to Minister with Compassion



Day 5: 🔥 Empowered to Minister with Compassion

Your Verse

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

Supporting Scriptures

- *1 Peter 4:10 – "Each of you should use whatever gift you have received to serve others."*
- *Romans 12:15 – "Rejoice with those who rejoice; mourn with those who mourn."*



Day 5: 🔥 Empowered to Minister with Compassion

Devotional: Boldness and Love in Ministry

God empowers women to minister boldly and compassionately. Narcissistic abuse may have tried to silence your voice, but the Spirit within you gives power, love, and self-discipline to serve and support others.

2 Timothy 1:7 is a reminder that fear and timidity do not come from God. Instead, He equips you with courage and love—a perfect combination for ministry. Your unique gifts, whether words, listening ear, or prayer, can make a transformative difference.

Embrace the calling to minister with both strength and empathy. Reflecting God's heart, you can connect deeply with women who feel broken and lonely, offering not only healing but hope.



Reflect and Apply

1. In what ways has God given you power and love to minister?

2. How can you cultivate self-discipline in your healing and ministry?

3. What gifts has God given you to serve hurting women?



Journaling Prompts

1. Write about how God is developing courage in your life.

2. List your spiritual gifts and ways you can use them to minister.

3. Describe how empathy shapes your desire to help others.



Day 5: 🔥 Empowered to Minister with Compassion

Prayer for Today

Holy Spirit, Fill me with Your power, love, and self-discipline to boldly minister to women in need. Help me hear their hearts, serve with compassion, and shine Your light in their darkness. Strengthen me to walk this path with courage. Amen. 🔥 ❤️ 🙏





Day 6: 🌱 Growing in Community and Support



Your Verse

Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

Supporting Scriptures

- *Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."*
- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*



Devotional: Strengthening Healing Through Fellowship

Healing and ministry flourish best in community. Narcissistic abuse often isolates women, but God invites us into supportive relationships that spur love, healing, and action.

Hebrews encourages believers not to neglect fellowship but to encourage one another. Ecclesiastes highlights the strength found in partnership—helping and uplifting each other. Galatians calls us to carry one another's burdens, fulfilling Christ's law of love.

Seek or build a community of women who understand your journey.

Together, you'll find encouragement and strength to keep ministering. Your healing and impact grow exponentially when rooted in shared support and prayer.



Reflect and Apply

1. What role has community played in your healing?

2. How can you nurture supportive relationships with other women?

3. Are there ways you feel called to carry another's burden?



Journaling Prompts

1. Write about a meaningful relationship that supported your healing.

2. List ways to connect or deepen bonds in your community this week.

3. Describe how shared burdens lighten your spiritual load.



Day 6: 🌱 Growing in Community and Support

Prayer for Today

Father, thank You for community. Connect me with women who encourage and uplift me. Help us spur one another toward love and good deeds. Teach me to carry burdens with grace and deepen these bonds in Your Spirit. Amen.





Day 7: ✨ Walking Forward in Purpose and Hope



Day 7: ✨ Walking Forward in Purpose and Hope

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

- *Romans 8:28 – "And we know that in all things God works for the good of those who love him."*
- *Philippians 1:6 – "He who began a good work in you will carry it on to completion."*



Day 7: ✨ Walking Forward in Purpose and Hope

Devotional: Hope and Purpose on Your Healing Path

As you conclude this study, embrace God's unwavering hope for your future. Despite past pain, God's plans for you are filled with prosperity, hope, and purpose. Jeremiah 29:11 is a promise that your healing journey leads to a meaningful future.

Romans reminds us that God works all things—even pain and suffering—for good. Philippians affirms that the good work He started in you will continue until completion. Trust that every step, every tear, and every victory is woven into His sovereign plan.

Step forward boldly to minister to women who need your story, your healing, and your light. Your pain has not been wasted; it is the foundation of a ministry that brings hope and freedom to others.



Reflect and Apply

1. How does God's promise of hope shape your view of the future?

2. In what ways can your story inspire and empower other women?

3. What steps can you take to walk confidently in God's purpose for your life?



Journaling Prompts

1. Write about your hopes for your healing and ministry journey.

2. List practical ways you can share your story to help others.

3. Describe how trusting God changes your outlook on your past pain.



Day 7: ✨ Walking Forward in Purpose and Hope

Prayer for Today

God of hope, Thank You for the beautiful plans You hold for my life. Help me to trust Your guidance and walk forward in confidence, knowing You work all things for my good. Use my story to bring healing, hope, and freedom to other women. Lead me in Your purpose every day. Amen. ✨ 🙏 ❤️





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