



Women: Letting Go and Letting God



Discover how women can release their past and embrace God's future through faith, surrender, and hope in His loving guidance.



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Introduction

Welcome to this 7-day journey focused on women discovering the power of letting go and letting God lead their lives. Often, our past experiences—whether painful memories, regrets, or disappointments—can weigh us down, hindering us from fully embracing the future God has prepared for us. Yet, the Bible is filled with stories of women who exemplified trust in God’s plan, choosing to release their burdens and step boldly into His promises.

As we spend this week reflecting on Scripture, you will encounter powerful examples of women who faced great challenges but surrendered their past to God, trusting Him completely. Their stories remind us that God is not limited by our history or mistakes; rather, He transforms and renews us when we place our faith in Him.

*This study will encourage you to reflect on what you may need to release today—whether fear, guilt, or sorrow—so that you can wholeheartedly embrace God’s amazing future for your life. Through prayer, reflection, and Scripture, you will learn to let go of control and **let God** lead with His perfect love and wisdom.*

Let this time be a fresh start and a reaffirmation that your past does not define you—God’s grace does. May you find hope, strength, and encouragement as you trust Him to guide every step of your journey.





Day 1: 🖋️ Surrendering the Past



Day 1: 🕊 Surrendering the Past

Your Verse

Isaiah 43:18-19 NIV - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

Supporting Scriptures

- *Philippians 3:13 - "...forgetting what is behind and straining toward what is ahead,"*
- *Psalms 147:3 - "He heals the brokenhearted and binds up their wounds."*



Day 1: 🕊 Surrendering the Past

Devotional: Begin by Letting Go and Trusting God

Letting go begins with surrender. Isaiah reminds us that God calls us to stop fixating on past hurts or failures and to open our hearts to the new things He is doing. For women, this can be especially challenging because of the roles and expectations often tied to our histories, but God's invitation is clear: His grace floods new beginnings.

Today, reflect on what parts of your past you are holding on to tightly—maybe pain, mistakes, or regret. Are these holding you back from stepping into God's new work in your life? Allow yourself to imagine God's healing touch on those wounds and His power to transform them into testimonies of hope.

When you surrender those areas, you make space for God to move freely. Remember, His plans for you are good, filled with hope and a future. Trust in His ability to lead you beyond what you can see right now.



Reflect and Apply

1. What are some past experiences you find hard to stop dwelling on?

2. How might holding onto these memories affect your spiritual growth?

3. In what ways can surrendering to God bring freedom in your life today?



Journaling Prompts

1. Write about a time God helped you overcome a painful past experience.

2. List specific things you want to release to God today.

3. Describe how you feel when you think about God doing a 'new thing' in your life.



Day 1: 🕊 Surrendering the Past

Prayer for Today

Dear Lord, *thank You for the courage to let go of my past and the faith to trust Your new plans for me.* Help me to release every burden and heartache into Your loving hands. Heal my memories and renew my spirit. Guide me daily to walk boldly toward Your future with hope and peace. **In Jesus' name, Amen.**





Day 2: Embracing God's Grace



Your Verse

2 Corinthians 12:9 NIV - "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- *Ephesians 2:8 - "For it is by grace you have been saved, through faith—not from yourselves, it is the gift of God—"*
- *Romans 5:20 - "But where sin increased, grace increased all the more,"*



Day 2: 🌸 Embracing God's Grace

Devotional: Letting Grace Cover Your Weakness

God's grace transforms our weaknesses into strengths. For many women, feelings of inadequacy or failure can cause us to cling to the past or to try harder on our own. But the apostle Paul reminds us that God's power shines brightest when we acknowledge our weaknesses and surrender to Him.

Think of grace not as something earned but as God's generous gift that covers every flaw and mistake. Embracing God's grace means accepting that you do not have to carry the weight alone or prove your worth through perfection. Instead, He invites you to rest in His sufficiency.

As you meditate on this, consider areas where you feel weak and ask God to show you how His grace is already at work to strengthen and renew you. Trust that His love meets you exactly where you are.



Reflect and Apply

1. What weaknesses or feelings of inadequacy do you need to bring before God?

2. How does understanding grace influence the way you view your past mistakes?

3. In what ways can you accept God's grace daily instead of striving on your own?



Journaling Prompts

1. Recall a moment when you experienced God's grace unexpectedly.

2. Write about how you can remind yourself to rely on God's grace this week.

3. List phrases or verses about grace that bring you comfort.



Day 2: 🌸 Embracing God's Grace

Prayer for Today

Heavenly Father, *thank You for Your unending grace that's enough for every part of my life.* Help me to lay down my striving and accept Your power in my weakness. Teach me to walk humbly, relying on You fully. May Your grace reshape my past wounds into testimonies of Your love. **In Jesus' name, Amen.**





Day 3: Trusting God's Timing



Your Verse

Ecclesiastes 3:1 NIV - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- *Psalm 27:14 - "Wait for the Lord; be strong and take heart and wait for the Lord."*
- *Habakkuk 2:3 - "For the revelation awaits an appointed time; it speaks of the end and will not prove false."*



Day 3: 🌿 Trusting God's Timing

Devotional: Resting in God's Perfect Timing

Letting go often involves trusting in God's perfect timing. Women know well how life seasons change—from joy to trials, from waiting to action. Yet, impatience or frustration with delays can cause us to cling to past hurts or to try to force outcomes.

God's timing is always perfect, even when it feels slow. Ecclesiastes reminds us there is a season for every purpose under heaven. This means your healing, growth, or new beginnings will come in His right time.

Reflect today on the ways you have tried to rush God's plan. How might you rest in His timing instead? Trusting means releasing control and believing that every season—no matter how hard—is working together for good in your life.



Reflect and Apply

1. Are there areas where you feel impatient or discouraged waiting on God?

2. How can embracing God's timing help you let go of past frustrations?

3. What does trusting God's timing look like in your daily life?



Journaling Prompts

1. Write about a time God's timing surprised you with a blessing.

2. List any areas where you need to surrender control and wait.

3. Describe how you can cultivate patience while trusting God.



Day 3: 🌿 Trusting God's Timing

Prayer for Today

Lord Jesus, *help me to trust Your perfect timing in every area of my life.* When I feel impatient, teach me to rest in Your sovereignty and peace. Remind me that You are working all things together for my good, even when I cannot see it. Strengthen my faith and patience as I wait on You. **In Your name, Amen.** 🌿





Day 4: 🔥 Overcoming Fear and Doubt



Your Verse

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

Supporting Scriptures

- *Joshua 1:9 - "Be strong and courageous... the Lord your God will be with you wherever you go."*
- *Psalms 56:3 - "When I am afraid, I put my trust in you."*



Devotional: Choose Courage Over Fear Today

Fear and doubt can anchor us in the past, making us resistant to God's future. Many women face fears rooted deeply in past experiences—fear of rejection, failure, or the unknown. Yet, God's Spirit is a source of strength and courage, not timidity.

Today's Scripture encourages you to replace fear with faith, knowing that God empowers you. Like Joshua, you are called to be strong and courageous because God's presence goes before you. When fears surface, invite God's Spirit to remind you of His power and love.

Consider how fear has held you captive in the past and ask God for boldness to break free. Remember, overcoming doubt starts with trusting that God's plans for you are good and that His Spirit equips you daily.



Reflect and Apply

1. What fears or doubts prevent you from embracing God's plans?

2. How can God's Spirit empower you to face these fears?

3. What steps can you take to cultivate courage in your life?



Journaling Prompts

1. Write about a fear you overcame with God's help.

2. List affirmations based on Scripture that build your courage.

3. Describe how you feel when you surrender fear to God.



Day 4: 🔥 Overcoming Fear and Doubt

Prayer for Today

God of Strength, *replace my fears with Your power, love, and self-discipline.* Help me to courageously step forward, trusting Your presence with every challenge. When doubt creeps in, remind me of Your constant care and mighty Spirit within me. I choose faith over fear today. **In Jesus' name, Amen.**





Day 5: Embracing New Beginnings



Your Verse

Lamentations 3:22-23 NIV – "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- *2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*
- *Isaiah 40:31 – "...those who hope in the Lord will renew their strength."*



Devotional: God's Love Makes All Things New

God's mercies create opportunities for fresh starts every day. For women who carry past burdens, embracing new beginnings might feel impossible, but the Lord's compassion refreshes us and makes us new.

Each morning, God offers new mercy—an invitation to live in the fullness of His faithfulness. Like a sunrise that casts away darkness, God's love dispels discouragement and fear.

Reflect on what it means to be a new creation in Christ. Your past no longer defines you; His faithfulness gives you strength to try again, to love again, and to hope with joy. Take this time to celebrate the new chapters God is writing in your life.



Reflect and Apply

1. What new beginnings do you sense God is inviting you into?

2. How does God's daily compassion encourage you to move forward?

3. In what ways can you celebrate God's faithfulness this week?



Journaling Prompts

1. Write a prayer of thanksgiving for God's new mercies today.

2. List changes you want to embrace with God's help.

3. Describe how it feels to be a new creation in Christ.



Day 5: 🌅 Embracing New Beginnings

Prayer for Today

Faithful Lord, *thank You that Your mercies are new every morning and Your love never fails.* Help me to embrace the new beginnings You provide and to live with hope in Your faithfulness. Strengthen my heart to trust You fully as I step into the future You have prepared. **In Jesus' name, Amen.** 🌞 ❤️ 🙏





Day 6: 💧 Healing from Past Wounds



Your Verse

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

Supporting Scriptures

- *Jeremiah 30:17 - "I will restore you to health and heal your wounds,"*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 6: 💧 Healing from Past Wounds

Devotional: Finding Healing in God's Presence

Healing is an essential part of letting go and letting God. Many women carry deep wounds from their past—whether emotional, relational, or spiritual—that need God's tender loving care.

Psalm 34 reassures us that God is near to the brokenhearted and offers restoration. You don't have to carry pain alone; Jesus invites you to come to Him and find rest.

Today, reflect on the wounds you need to bring before God. Ask Him to heal your brokenness and give you peace. Healing may be a gradual process, but God's presence is a constant source of comfort and hope as you journey forward.



Reflect and Apply

1. What past hurts do you need to bring honestly before God?

2. How can you experience God's closeness and comfort amid pain?

3. What steps can you take to receive healing from the Lord?



Journaling Prompts

1. Write down the feelings or wounds you want God to heal.

2. Describe a moment when you felt God's healing touch.

3. List ways to care for your heart and soul during healing.



Day 6: 💧 Healing from Past Wounds

Prayer for Today

Compassionate Healer, *I bring my brokenness and hurts before You today.*
 Draw near to my heart and restore my soul. Help me to accept Your healing love and find rest for my weary spirit. Teach me to trust Your timing and grace in this process. **In Jesus' name, Amen.** 💧 ❤️ 🙏





Day 7: ✨ Walking Boldly into the Future



Your Verse

Jeremiah 29:11 NIV – "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

- *Proverbs 3:5-6 – "Trust in the Lord with all your heart... He will make your paths straight."*
- *Hebrews 10:23 – "Let us hold unswervingly to the hope we profess, for He who promised is faithful."*



Day 7: ✨ Walking Boldly into the Future

Devotional: Step Boldly with Hope and Trust

Letting go of the past is the foundation for stepping confidently into God's future. Jeremiah's powerful promise reminds us that God's intentions toward us are good, full of hope and prosperity—not harm.

Trusting God wholeheartedly means believing that His plans for you are unique and perfect. Even when the path ahead looks uncertain, you can walk boldly knowing that God will guide and direct your steps.

As this study concludes, consider how releasing the past has prepared you to embrace God's hopeful future. Commit to trust Him daily, hold firmly to faith, and live as a woman empowered by God's promises and love.



Reflect and Apply

1. How does knowing God's plans give you confidence for the future?

2. What fears or doubts remain as you move forward?

3. How can you continue to trust God's guidance every day?



Journaling Prompts

1. Write a declaration of faith about God's future plans for you.

2. List practical ways to walk boldly in your faith daily.

3. Describe your vision for the future with God's leading.



Day 7: ✨ Walking Boldly into the Future

Prayer for Today

Gracious Father, *thank You for the hope and future You have prepared for me.* Help me to walk boldly in Your promises, trusting You to guide every step. When uncertainty arises, remind me of Your faithfulness and good plans. Empower me to live in confidence and joy as I embrace Your new purpose. **In Jesus' name, Amen.** ✨ 🙏 ❤️





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