# Women of Grace: Overcoming Shame and Regret



A 7-day study guiding women to embrace redemption, overcoming shame and regret by trusting God's grace and love.





### Table of contents

Introduction	3
Day 1: B Embracing God's Unfailing Love	4
Day 2:  Healing from Past Wounds	10
Day 3: Redeemed and Renewed Identity	16
<u>Day 4: ♥ Letting Go of Regret</u>	22
Day 5: 6 Strength in Vulnerability	28
<u>Day 6: ★ Embracing Forgiveness and Freedom</u>	34
Day 7: XX Walking in Redemption's Light	40







### Introduction

Welcome to this powerful 7-day Bible study focused on women navigating shame and regret from their past. Many women carry burdens of failure, mistakes, or painful memories that weigh heavily on their hearts. Yet the Bible offers a message far greater than our failings — the message of redemption, restoration, and hope through God's grace.

Throughout Scripture, we see inspiring stories of women who faced seemingly insurmountable challenges, made mistakes, yet found restoration in God's loving hands. From Rahab, whose past did not define her future, to the woman caught in adultery, whom Jesus chose to forgive and free — God's voice of redemption speaks louder than any condemnation or shame.

In these next seven days, we will look closely at Scripture that unpacks what it means to be fully known and yet fully loved, to move beyond regret by anchoring our identity in Christ, and to walk into a new future shaped by grace. You'll be invited to reflect deeply and journal your heart as the Holy Spirit guides your healing journey.

This study is a safe space for honesty, acceptance, and transformation. No matter the mistakes or shame you face, God's Word promises freedom when we lean into His mercy. Take this time for yourself to discover how redemption can truly become louder than past failures. Your story is not over; in Christ, a beautiful new chapter is beginning.







## 









### Your Verse

Romans 8:1 – "Therefore, there is now no condemnation for those who are in Christ Jesus."

### **Supporting Scriptures**

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- John 3:16 "For God so loved the world that he gave his one and only Son..."







### Devotional: No Condemnation in Christ

Shame often comes with a heavy sense of condemnation and feeling unworthy. But the truth in *Romans 8:1* reminds us there is no condemnation for those who belong to Christ. When we accept Jesus, our past failures no longer define us — *His grace covers every fault and flaw*.

It can be hard to fully accept this truth when shame whispers lies about our worthiness. Yet God's Word promises that His love is unfailing, removing our sins as far as the east is from the west (*Psalm 103:12*). Redemption begins when we embrace this love and accept forgiveness, making room for healing and restoration.

Take a moment today to reflect on God's relentless love and the freedom found in Christ. Let go of condemnation and step into the grace that invites you to live without fear.







## Reflect and Apply

1.	What areas of your life have been burdened by shame or condemnation?
	How does knowing there is no condemnation in Christ change your view of yourself?
	In what ways can you actively embrace God's love today despite past mistakes?







## **Journaling Prompts**

1.	Write about a lie shame has told you and replace it with God's truth.
2.	Describe how it feels to know God has removed your sins completely.
3.	List ways you can remind yourself of God's grace daily.







## Prayer for Today

**Dear Lord,** thank You for Your unfailing love that lifts me out of shame and offers me freedom. Help me to truly believe there is no condemnation for me because of Jesus. Teach me to embrace Your grace fully and walk boldly in Your forgiveness. Heal the wounds that shame has left and renew my heart with hope. May Your love be louder than every regret. *In Jesus' name, Amen.* 



















Day 2: \( \rightarrow \) Healing from Past Wounds

### Your Verse

Psalm 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..."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 2: \( \rightarrow \) Healing from Past Wounds

## Devotional: God's Tender Healing Touch

Shame and regret often leave deep wounds that affect our daily lives. Yet God's heart is tender toward the brokenhearted. *Psalm 147:3* affirms that He actively heals our deepest pain and carefully binds our wounds. Healing is not passive but a deliberate, loving work God performs in us.

Jesus extends an open invitation to bring our weariness and burdens to Him (*Matthew 11:28*) — including the pain from past mistakes or regret. When we surrender our brokenness, we allow His peace to begin its restoring work. *Healing is a process but always available to those willing to trust Him.* 

Let today be a step toward healing as you bring your wounds before God and receive His gentle care. Know you are not alone; the One who loves you the most understands your pain intimately and is ready to renew your soul.







Day 2: 👌 Healing from Past Wounds

## Reflect and Apply

	What past wounds or regrets do you need to bring before God for healing?
2.	How do you experience Jesus' invitation to rest amid your burdens?
3.	In what ways can you cooperate with God's healing in your life?







Day 2: 👌 Healing from Past Wounds

## **Journaling Prompts**

1.	Write about a wound God has begun to heal in your heart.
2.	Describe what it looks like for you to rest in Jesus' care today.
3.	List practical ways to nurture your healing journey this week.







Day 2: ♦ Healing from Past Wounds

## **Prayer for Today**

**Merciful Father,** You see my brokenness and care deeply for every wound I carry. I give You my pain and ask for Your healing touch. Help me to rest in Your presence and trust Your timing in renewing my heart. Let Your peace fill the places regret tries to occupy, and teach me to lean on Your everlasting love. *Thank You for never giving up on me.* Amen.

















Day 3: 
Redeemed and Renewed Identity

#### 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."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Day 3: 
Redeemed and Renewed Identity

### Devotional: Living as a New Creation in Christ

Shame often distorts how we see ourselves, causing us to identify with past failures. But God calls us to a new identity in Christ. As *2 Corinthians 5:17* declares, anyone in Christ becomes a completely new creation. The old life marked by regret and shame is gone, and a fresh start awaits.

Our identity is no longer rooted in mistakes or what others have said about us. Instead, it is founded on Christ living within us (*Galatians 2:20*) and the truth that we are God's masterpieces, created for purpose and good works (*Ephesians 2:10*).

Today, accept this new identity fully. Let God's view of you overwrite every negative self-image. You are cherished, redeemed, and uniquely made for God's good plans.







Day 3: R Redeemed and Renewed Identity

## Reflect and Apply

1.	How have shame and regret shaped your self-identity?
2.	What does being a 'new creation' in Christ mean for you personally?
	How can embracing your God-given purpose help overcome past failures?







Day 3: R Redeemed and Renewed Identity

## **Journaling Prompts**

1.	Write a letter to yourself from God's perspective as His creation.
2.	List statements about your identity based on Scripture today.
3.	Reflect on ways to live out your redemption purpose this week.







Day 3: 
Redeemed and Renewed Identity

## **Prayer for Today**

**Lord Jesus,** thank You for the new identity You give me. Help me to see myself as You see me — redeemed, valued, and made new. Replace my shame with confidence in who I am in You. Teach me to walk daily in the freedom of this transformation and to live out the purpose You have designed for my life. *In Your name, Amen.*









## Day 4: 🥰 Letting Go of Regret









Day 4: ♥️ Letting Go of Regret

### Your Verse

Philippians 3:13–14 – "Forgetting what is behind and straining toward what is ahead..."

### **Supporting Scriptures**

- Isaiah 43:18 "Forget the former things; do not dwell on the past."
- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed... new every morning."







Day 4: W Letting Go of Regret

### Devotional: Freedom in Forward Focus

Regret keeps us chained to the past, but God invites us to release it and move forward. The Apostle Paul encourages us to forget what is behind and strain toward what lies ahead (*Philippians 3:13–14*). This doesn't mean ignoring lessons, but freeing ourselves from the weight of past failures that hinder growth.

Isaiah reminds us to forget former things — not to dwell endlessly on mistakes. God's mercies are new every morning (*Lamentations 3:22–23*), offering fresh opportunities for healing and hope.

Choosing to let go of regret requires trust in God's plan and a commitment to pressing forward. With every step, His grace empowers us to walk into the future He lovingly prepares.







Day 4: 🖏 Letting Go of Regret

## Reflect and Apply

1.	What regrets are you holding on to that may be hindering your progress?
	How can you practice 'forgetting what lies behind' without ignoring growth?
3.	What does trusting God's new mercies daily mean for your healing?







Day 4: W Letting Go of Regret

## **Journaling Prompts**

1.	Write about a regret you're ready to release to God today.
2.	Reflect on ways God's mercies have been new in your life recently.
	List practical steps to keep your focus on God's promises, not past failures.







Day 4: ♥️ Letting Go of Regret

## Prayer for Today

**Gracious Father,** help me to release the regrets that hold me back. Teach me to trust in Your forgiveness and new mercies each day. Give me courage to strain forward toward the hope You provide. May I live free from the chains of yesterday and embrace the future You have for me. *Thank You for Your faithful love*. Amen.









## Day 5: 6 Strength in Vulnerability









Day 5: 🖰 Strength in Vulnerability

### Your Verse

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

### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."







Day 5: 🖰 Strength in Vulnerability

### Devotional: Grace Strengthens Us in Weakness

Often shame convinces us to hide our struggles and weaknesses. But God flips this idea by showing that His power is made perfect in our weakness (*2 Corinthians 12:9*). When we are vulnerable and honest, we open the door to His grace and healing.

Psalm 34:18 reminds us that God draws near to those who are brokenhearted. We don't have to bear shame alone; community and confession bring powerful restoration (*James 5:16*).

Embracing vulnerability is courageous and strengthens our walk with God as well as our relationships with others. Today, ask God to help you be open, receive His power, and find healing in connection.







Day 5: 💍 Strength in Vulnerability

## Reflect and Apply

1.	How does shame influence your willingness to be vulnerable?
2.	What fears come up when you think about sharing your struggles?
3.	Who can you trust to walk with you in honesty and prayer?







Day 5: 💍 Strength in Vulnerability

## **Journaling Prompts**

	Write about a time you experienced God's strength in a vulnerable moment.
2.	List people you can safely share your journey with and why.
3.	Reflect on ways vulnerability could deepen your relationship with God.







Day 5: 🖰 Strength in Vulnerability

## Prayer for Today

**Lord,** thank You that Your grace is enough for me even when I'm weak. Help me to surrender my shame and be honestly vulnerable before You and trusted friends. Surround me with faith-filled community that encourages healing and growth. May Your power fill every area of my weakness and bring restoration to my soul. *In Jesus' name, Amen.* 1







## 









#### Your Verse

Psalm 32:5 - "Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And You forgave the guilt of my sin."

### **Supporting Scriptures**

- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other..."
- Colossians 1:13–14 "He has rescued us from the dominion of darkness... and forgiven us all our sins."







## Devotional: The Pathway to Freedom Is Forgiveness

True freedom begins when we embrace forgiveness — both from God and toward ourselves and others. Psalm 32 reveals the power of confession followed by the relief of forgiveness. God's forgiveness removes guilt and cleanses us from shame.

Forgiveness is also about extending grace to ourselves and recognizing we are no longer bound by past mistakes (*Ephesians 4:32*). God has rescued us and forgiven all our sins (*Colossians 1:13–14*), freeing us to walk boldly forward in newness of life.

Today, reflect on forgiveness as a pathway to freedom. Release bitterness, forgive yourself, and accept the full forgiveness God offers.







## Reflect and Apply

1.	Are there areas where you need to confess and receive God's forgiveness?
2.	How can forgiving yourself deepen your healing from shame?
3.	Who might you need to forgive to experience greater freedom?







## **Journaling Prompts**

1.	Write a confession prayer acknowledging places you need forgiveness.
2.	Reflect on what it means to truly forgive yourself in God's eyes.
3.	Identify any relationships requiring forgiveness and how you might pursue peace.







## **Prayer for Today**

**Heavenly Father,** thank You for the gift of forgiveness that wipes away my guilt and shame. I confess my faults openly before You and receive Your cleansing grace. Help me to extend forgiveness to myself and others, breaking the chains of bitterness. Fill me with freedom and peace as I walk forward in Your love. *In Jesus' powerful name, Amen.* �� 🙏 💟 💙







## Day 7: 🗱 Walking in Redemption's Light









Day 7: 💥 Walking in Redemption's Light

#### Your Verse

Isaiah 1:18 - "Though your sins are like scarlet, they shall be as white as snow..."

### **Supporting Scriptures**

- Romans 5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







Day 7: 💥 Walking in Redemption's Light

### Devotional: From Scarlet to Snow: Redeemed Forever

As we conclude this study, remember that redemption transforms the deepest stains of our past into pure beauty. Isaiah 1:18 paints a vivid picture of God's power to cleanse even the darkest sins and make us as white as snow. This is a promise of new beginnings and radiant hope.

God's love is demonstrated most clearly in Jesus' death for sinners like us (*Romans 5:8*). No failure is beyond His redeeming hand. Even when we weep, joy will surely come in the morning (*Psalm 30:5*).

Walk forward with confidence today, shining the light of redemption in every area marked by shame. Let your story be a testimony of God's grace overcoming failure.







Day 7: 🎇 Walking in Redemption's Light

## Reflect and Apply

1.	How does the promise of cleansing shape your outlook on your past?
2.	In what ways can you live out the joy that comes after sorrow?
3.	How might your story inspire others struggling with shame?







Day 7: 🎇 Walking in Redemption's Light

## **Journaling Prompts**

	Write about how God's redemption has changed your heart during this study.
2.	List ways you can share your testimony to encourage others.
3.	Reflect on the joy and hope you anticipate as you move forward.







Day 7: 💥 Walking in Redemption's Light

## Prayer for Today

**Lord of Redemption,** thank You for turning my scarlet sins into cleansing white. Help me to walk boldly in the light of Your grace, leaving shame behind. Fill my heart with hope and joy as I share Your story of redemption with others. Empower me to live as a shining example of Your unfailing love. *In Jesus' name, Amen.* ?







## Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



O Vous

Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.