# Women: Rediscovering Passion and Hope



A 7-day journey for women to find renewed hope and vision after depression through God's love and purpose.





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#### Introduction

Welcome to this special 7-day Bible study, crafted especially for women seeking to rediscover passion and hope after experiencing depression. Life's heavy seasons can feel overwhelming, leaving us feeling lost, empty, or disconnected from God's bright promises. Yet, within every struggle lies the seed of new life and restored joy. This study invites you to inhale God's truth, breathe in His encouragement, and embrace the unique purpose He has planned just for you.

Throughout these seven days, we will explore the lives of women in the Bible whose stories resonate with struggle, pain, healing, and triumph. Women like Hannah, Ruth, Esther, and Mary, who each found strength and renewed passion in God amid their trials. Their journeys remind us that God does not leave us in our darkness but breathes hope and vision into our hearts.

This study will not only bring Scripture to life but also provide time for reflection, journaling, and prayer. It's a sacred space to invite God's presence to heal your heart, renew your spirit, and empower you to live passionately. From God's promises of comfort to examples of faithful perseverance, these days will help you reignite your love for life and discover the vibrant call God has for you.

Let's embark courageously on this journey, trusting God's transforming power to lift you up and lead you to new joy and abundant hope. Remember,







this is your sacred time—embrace it with an open heart and a willing spirit.

















#### Your Verse

Lamentations 3:22-23 - "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**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







#### Devotional: God's Faithfulness Brings Fresh Hope Each Day

Today, we begin by embracing the unwavering faithfulness of God even in the darkest seasons. Depression can make it feel like the sun will never shine again, but Scripture reminds us that God's compassion is renewed every morning. Though life's storms rage, God's love never fails, and He is especially close to the brokenhearted.

Imagine waking each day with a fresh breath of God's grace, a new chance to find His hope. When despair threatens to consume us, God whispers promises that can steady our anxious hearts. His faithfulness is not dependent on our circumstances but is steadfast and sure.

As you meditate on these verses, invite God to fill you with His peace and assurance. Know that your feelings, no matter how heavy, are seen and tenderly held by Him. There is a new beginning awaiting you in God's love—a path toward renewed passion for life.







#### Reflect and Apply

In what ways have you experienced God's faithfulness during difficult times?
How can the promise of 'new every morning' encourage you when facing struggles?
What does it mean for you personally to know God is close to the brokenhearted?







#### **Journaling Prompts**

1.	Write about a moment when you felt God's compassion during a hard season.
2.	List ways you can invite God's faithfulness into your day tomorrow.
3.	Describe what hope looks like to you right now.







#### Prayer for Today

Lord, thank You for being faithful every morning and never giving up on me. Please breathe hope into my weary heart and help me see Your love shining through my pain. Renew my strength and remind me that You are always near, especially when I feel broken. May Your compassion surround me and become the foundation for a fresh start in You today. *Help me trust Your promises and walk forward with courage and peace.* Amen.  $\bigwedge$ 







### Day 2: A Hannah's Prayer: Pouring Out the Heart to God









Day 2: # Hannah's Prayer: Pouring Out the Heart to God

#### Your Verse

1 Samuel 1:10-11 - "In her deep anguish Hannah prayed to the Lord, weeping bitterly. And she made a vow, saying, 'Lord Almighty, if you will only look on your servant's misery and remember me..."

#### **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the Lord and he will sustain you."
- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."







Day 2: # Hannah's Prayer: Pouring Out the Heart to God

#### Devotional: Honest Prayer Is a Path to Healing

Hannah's story models the power of honest, heartfelt prayer in the midst of deep pain. When depression weighs heavily, it's natural to feel isolated, but Hannah teaches us to bring our suffering before God openly and without shame. She cried out, pouring her anguish directly into the Lord's hands.

God desires our honest emotions and invites us to converse freely with Him, sharing our fears, grief, and hopes. Prayer is not only a way of asking for relief but is a powerful tool for healing. It connects us to God's presence and transforms our hearts. Through prayer, Hannah found peace that surpassed her turmoil.

As you approach God today, remember that He hears even your silent cries. There's no need to hide your struggles or pretend you're okay. Your honesty is welcomed and healing begins when you let God into your pain.







Day 2: **B** Hannah's Prayer: Pouring Out the Heart to God

#### Reflect and Apply

1.	How comfortable are you in sharing your true feelings with God?
	What might change if you bring your deepest struggles honestly before Him?
3.	How can prayer become a source of healing and strength for you today?







Day 2: **B** Hannah's Prayer: Pouring Out the Heart to God

#### **Journaling Prompts**

1.	Write a prayer honestly expressing what you are feeling right now.
2.	List any fears or burdens you find hard to share with others but can give to God.
3.	Reflect on past experiences where prayer helped sustain or comfort you.







Day 2: **B** Hannah's Prayer: Pouring Out the Heart to God

#### Prayer for Today

Dear Lord, thank You that I can come to You with all my hurts and fears. Help me to be honest before You and pour out my heart without fear or shame. Wrap me in Your peace as I lay down my burdens and trust You to carry them for me. Teach me to seek You earnestly through prayer and find healing in Your presence. May Your love be a refuge for my soul today and always. Amen.







## Day 3: X Ruth's Journey: Trusting God Amid Uncertainty









Day 3: 💸 Ruth's Journey: Trusting God Amid Uncertainty

#### Your Verse

Ruth 1:16 – "Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."
- 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."







Day 3: 💸 Ruth's Journey: Trusting God Amid Uncertainty

#### Devotional: Faithful Trust Opens Doors to New Life

Ruth's story is a beautiful example of trust and faithfulness amid uncertainty.

After loss and hardship, she chose to journey toward an unknown future, firmly trusting in God's provision. Her willingness to follow God's leading, even when the path was unclear, brought her into a place of hope and blessing.

When depression leaves us feeling stuck or hopeless, we can take courage from Ruth's example to trust God's plans—plans for good, hope, and a future. Trusting God requires surrendering our fears and control. It means embracing the tension of uncertainty with confidence that God's love will guide and sustain us.

As you study Ruth's commitment, ask God for courage to trust Him with your future. Let go of doubts and rest in the promises that He is working all things together for your good.







Day 3: 🎇 Ruth's Journey: Trusting God Amid Uncertainty

#### Reflect and Apply

1.	What uncertainties in your life are you struggling to trust God with?
2.	How can Ruth's example encourage you to step forward in faith?
3.	What does trusting God look like practically for you today?







Day 3: 🎇 Ruth's Journey: Trusting God Amid Uncertainty

#### **Journaling Prompts**

1.	Write about a time when trusting God changed your situation.
2.	List areas where you need to release control and trust God more deeply.
3.	Describe what 'hope for the future' means to you in this season.







Day 3: 💸 Ruth's Journey: Trusting God Amid Uncertainty

#### Prayer for Today

Father, thank You for Your trustworthy plans and faithful love. Help me to release fears and fully trust You with every uncertainty I face. Strengthen my faith like Ruth's, enabling me to courageously follow Your guidance even when I don't see the full path. Fill me with hope and assurance that You are making all things new. Lead me into the future You have prepared with peace and confidence. Amen.  $\bigwedge$ 







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#### Your Verse

Esther 4:14 – "And who knows but that you have come to your royal position for such a time as this?"

#### **Supporting Scriptures**

- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







#### Devotional: God Equips You to Step into Your Purpose

**Esther's story inspires us to embrace boldness and courage to live out God's purpose.** Even after pain or times of waiting, God may be positioning you for a meaningful calling. Esther's bravery shows that God equips His daughters with strength and love to face challenges for His glory.

After depression, the thought of stepping out can be intimidating, but God's Spirit empowers you to overcome fear and act with confidence. You are not alone; God's presence goes before you. His purpose for your life is greater than past hurts or doubts.

Let today be your invitation to receive boldness from God and to say 'yes' to the dreams and calls He is placing on your heart.







#### Reflect and Apply

What fears hold you back from stepping into God's purpose for your life?
n what ways can God's Spirit empower you to live boldly?
How might embracing courage help renew your passion for life?







#### **Journaling Prompts**

1.	Reflect on areas where God may be calling you to act courageously.
2.	Write a prayer asking God for strength to overcome timidity or fear.
3.	Describe what purpose or passion you hope to pursue in this new season.







#### Prayer for Today

Lord, thank You for calling me into a purpose filled with hope and courage.

Forgive me for the times I have doubted myself or delayed because of fear. Fill me with Your Spirit that gives power, love, and self-discipline. Help me to boldly walk the path You have prepared for me and to trust that You are always by my side. Use me for Your glory in this new season of life. Amen. 🙏





















#### Your Verse

Luke 1:45 – "Blessed is she who has believed that the Lord would fulfill his promises to her!"

#### **Supporting Scriptures**

- Ephesians 2:8-9 "For it is by grace you have been saved, through faith —and this is not from yourselves, it is the gift of God."
- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."







### Devotional: Believing God's Promises Ignites Joy and Grace

Mary's humble faith and devotion remind us of the grace and joy that come when we believe God's promises. After hardship or depression, embracing God's grace frees us from guilt and helps us rediscover divine purpose and passion.

Faith is trusting God's promises even when circumstances look bleak. Mary's blessedness came from her unwavering belief that God would fulfill His word — a powerful reminder that hope is alive through grace.

Today, accept God's unmerited favor and let it transform your perspective. You are cherished and called to live joyfully, no matter the past. Let this truth breathe new vision and meaning into your life.







#### Reflect and Apply

	How can accepting God's grace shift your view of yourself and your struggles?
2.	What promises from God do you need to hold onto right now?
3.	How does faith in God's promises ignite your hope and joy?







#### **Journaling Prompts**

1.	Write about a time when believing God's promises gave you strength.
2.	List the promises of God that encourage you the most today.
3.	Describe how grace has impacted your journey toward healing.







#### Prayer for Today

**Gracious Father, thank You for Your amazing gift of grace and faithful promises.** Help me to believe deeply in Your word and to hold onto hope when life feels heavy. Fill my heart with joy that can only come from You. Teach me to live in the freedom of Your love and to reflect it to others. *Renew my spirit and guide me in Your loving kindness every day.* Amen.  $\bigwedge$ 















#### Your Verse

Proverbs 31:25 – "She is clothed with strength and dignity; she can laugh at the days to come."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Psalm 46:5 "God is within her, she will not fall; God will help her at break of day."







### Devotional: Embracing Strength with Hope for Tomorrow

This passage celebrates the beauty of a woman who embodies strength and dignified hope despite life's challenges. It encourages women everywhere — including you — to embrace resilience and joy as gifts from God.

After walking through depression, you can embrace this same strength, knowing God equips you to face the future without fear. The ability to 'laugh at the days to come' does not come from ignoring life's difficulties, but from trusting deeply in God's presence and help.

Let the imagery of this noble woman inspire you to wear strength and dignity as you step confidently into each day, empowered by God's sustaining grace.







#### Reflect and Apply

1.	What does 'strength and dignity' look like in your current season?
2.	How can trusting God lessen your fear of what lies ahead?
3.	In what ways can you cultivate a joyful and confident outlook on life?







#### **Journaling Prompts**

1.	Write about moments when you have felt God's strength in hard times.
2.	Describe how dignity can influence your thoughts and actions daily.
3.	Journal prayers or affirmations that focus on courage for the future.







#### Prayer for Today

Heavenly Father, thank You for clothing me with strength and dignity. Help me to face tomorrow with a joyful heart and no fear, knowing You are always with me. Renew my courage and give me peace as I trust in Your unfailing presence. May I reflect Your strength and grace in all that I do. *Empower me to live boldly and joyfully each day.* Amen.















#### Your Verse

Psalm 37:4 - "Take delight in the Lord, and he will give you the desires of your heart."

#### **Supporting Scriptures**

- Jeremiah 31:3 "I have loved you with an everlasting love; I have drawn you with unfailing kindness."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







### Devotional: Delighting in God Brings Renewed Vision and Joy

On this final day, we celebrate the renewal of your passion and vision as God's beloved daughter. Delight in the Lord opens the door to experiencing deep joy and receiving the desires that God has placed within your heart.

Your past does not define you; in Christ, you are a new creation, made for abundant life and purpose. God's everlasting love surrounds you and calls you forward into a future full of hope.

As you reflect on this journey, invite God to ignite fresh vision for your life. Dream boldly, knowing that God delights in you and longs to bless your faithful heart with fulfillment and joy.







#### Reflect and Apply

1.	How has your passion and hope been renewed through this study?
2.	What desires do you feel God placing on your heart for the future?
3.	How can delighting in the Lord shape your daily life moving forward?







#### **Journaling Prompts**

1.	Write about ways you want to pursue God's vision for your life.
2.	List actions you can take to nurture delight and joy in God daily.
3.	Reflect on how your identity in Christ is shaping your hope and purpose.







#### Prayer for Today

**Lord, thank You for renewing my passion and placing joyful desires in my heart.** Help me to continually delight in You and trust that You will fulfill all Your good purposes for me. Make me a new creation, full of hope, courage, and love. Guide me each day to walk boldly in the vision You have given, and fill me with Your peace and joy. *May I live as a radiant reflection of Your everlasting kindness and grace.* Amen.







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