# Women Rising: Redeemed and Renewed



A 7-day journey for women overcoming public scandal, embracing God's redemption to craft a triumphant comeback.





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#### Introduction

Welcome to this transformative 7-day Bible study specially designed for women facing the aftermath of a public scandal. Life's deepest hurts can feel isolating and overwhelming, especially when exposed to public eyes and judgment. This study aims to bring you *hope*, *healing*, *and empowerment* by exploring Scripture passages that reveal God's unchanging love and His ability to restore even the most broken parts of our story.

Throughout these seven days, you'll encounter stories of women in the Bible who faced shame, rejection, or accusation yet found redemption and purpose through God's grace. Their lives reflect the reality that pain and public disappointment do not have to define us. Instead, God's redemptive power can turn our trials into testimonies of victory.

This journey is not merely about forgiveness but about rising. It's about reclaiming your identity in Christ beyond the whispers and stares, rebuilding your confidence on God's faithfulness, and understanding that your story isn't over. It's a call to surrender your shame, allow His love to heal your wounds, and embrace the new path God has for you—one filled with purpose, dignity, and renewed strength.

As you engage in prayer, reflection, and journaling, may you feel the gentle yet powerful presence of God walking beside you, reminding you daily that you are cherished, redeemed, and empowered to write your comeback story. Let **God's redemption become your testimony**.















#### 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**

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"







#### Devotional: Embracing New Identity in Christ

Scandals often attempt to define us by our mistakes or the pain we endure. But God's Word reminds us that in Christ we become a new creation. The past, no matter how public or painful, does not have the final say over who we

are.

When we allow God to rewrite our story, we move from being prisoners of shame to being free in His love. Psalms tells us that God is especially close to those who are brokenhearted—He understands your pain deeply and is ready to comfort.

Today, let go of the past and look toward the new life God promises to create in you. His mercies are fresh every morning, making your comeback possible because His grace is bigger than any scandal.







# Reflect and Apply

1.	How have you allowed your past to define your sense of self?
2	
2.	What does it mean for you to be a 'new creation' in Christ?
3.	In what ways can you invite God to heal your broken heart today?







### **Journaling Prompts**

	Write about the feelings associated with your public scandal and how they have affected your identity.
2.	List qualities or truths about who you are in Christ that counteract shame.
	Describe what embracing a new beginning with God looks like for your life.







#### Prayer for Today

**Heavenly Father,** thank You for loving me when I feel unlovable. Help me to see myself through Your eyes—as a new creation redeemed by Your grace. Teach me to release the past and trust Your plans to renew my heart and purpose. Hold me close and fill me with Your peace as I begin this journey of healing. In Jesus' name, *amen*.  $\swarrow$ 







# Day 2: 6 The Power of God's Forgiveness









Day 2: The Power of God's Forgiveness

#### Your Verse

1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

#### **Supporting Scriptures**

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- Micah 7:19 "You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea."







Day 2: The Power of God's Forgiveness

#### Devotional: Experiencing the Freedom of Forgiveness

**Forgiveness is at the heart of redemption.** When scandal exposes us, the weight of guilt can be suffocating. Yet, Scripture offers an invitation to confess our sins without fear because God promises to forgive, cleanse, and restore.

God's forgiveness isn't partial or hesitant; it is complete and powerful. The psalmist celebrates how far God removes our sins, and Micah paints a vivid picture of God's compassion, casting our wrongs into the depths of the seanever to resurface.

Receiving God's forgiveness allows us to forgive ourselves and others, a vital step in rising from pain. Let God's mercy wash over you, breaking chains of shame and opening doors for healing and freedom.







Day 2: 🐧 The Power of God's Forgiveness

# Reflect and Apply

1.	What barriers do you face in accepting God's forgiveness fully?
2.	How might holding onto guilt or shame hinder your healing process?
3.	Who do you need to forgive (including yourself) to move forward?







Day 2: 🐧 The Power of God's Forgiveness

### **Journaling Prompts**

1.	Describe how God's forgiveness feels different from human forgiveness.
2.	Write a letter to God confessing your struggles and asking for His cleansing.
	List any grudges or resentments you are holding and consider steps to forgive.







Day 2: The Power of God's Forgiveness

#### Prayer for Today

**Lord God,** thank You for Your faithful forgiveness that covers all my sins. Help me to truly receive Your mercy and let go of the shame that weighs me down. Teach me to extend forgiveness to myself and others, so I can walk in freedom and peace. Restore my heart and renew my spirit, I pray. In Jesus' name. *Amen.* 👸 🛇 🖤







# Day 3: Restoring Hope Through God's Promise









Day 3: 😢 Restoring Hope Through God's Promise

#### 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 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- 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."







Day 3: W Restoring Hope Through God's Promise

#### Devotional: Embracing God's Hope-Filled Future

When public scandal feels like the end of your story, God is already writing a new chapter. Jeremiah's promise reminds us that God's plans are good, filled with hope and a future beyond our current pain.

Hope may feel distant, but Romans encourages us to trust God, who fills us with joy and peace even amid trials. And Lamentations assures us that God's compassion is unfailing and renewed daily, even when we feel worn down or overlooked.

Let this day be a turning point to embrace the hope God offers—a hope that strengthens you to stand tall and look forward despite past wounds.







Day 3: 😢 Restoring Hope Through God's Promise

### Reflect and Apply

1.	How have you struggled to believe God's promises for your future?
2.	What can you do daily to nurture hope in your heart?
3.	How does knowing God's compassion is new every morning encourage you?







Day 3: W Restoring Hope Through God's Promise

### **Journaling Prompts**

	Write about your fears for the future and how God's promise speaks to them.
2.	List ways you have experienced God's hope or peace amidst difficulties.
3.	Describe what a hope-filled future looks like for you personally.







Day 3: W Restoring Hope Through God's Promise

#### **Prayer for Today**

**Father,** thank You for Your unchanging plans to prosper me and give me hope. When I feel overwhelmed by the past, remind me that You are working for my good. Fill my heart with joy and peace as I trust in You. Renew my spirit daily with Your compassion and love. I place my future in Your hands. In Jesus' name, Amen.  $\triangle$ 

















Day 4: 6 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 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Day 4: Strength in Vulnerability

#### Devotional: Finding God's Strength in Weakness

Public shame can leave us feeling weak and exposed. But the paradox of God's Kingdom is that His power shines brightest in our vulnerability and weakness. Paul's words to the Corinthians reveal that God's grace is enough to sustain us, and His strength is perfected when we admit our need.

Psalm 46 proclaims that God is our ever-present help, providing refuge and strength no matter how tempestuous life becomes. Isaiah reminds us that God renews the weary with strength to continue.

Today, let go of the pressure to hide your pain or pretend strength. Instead, lean into God's grace and find empowerment through surrender. Your weakness is an invitation for God's power to move in and through you.







Day 4: 💪 Strength in Vulnerability

### Reflect and Apply

1.	Where in your life do you feel most vulnerable right now?
2.	How can admitting weakness open the door for God's power?
3.	In what ways has God been your refuge during difficult seasons?







Day 4: 💪 Strength in Vulnerability

### **Journaling Prompts**

1.	Write about moments when God's grace felt sufficient for you.
2.	Reflect on areas where you struggle to surrender control to God.
3.	List ways you can rest in God's strength this week.







Day 4: 💪 Strength in Vulnerability

#### Prayer for Today

**Lord Jesus,** I admit my weakness and ask for Your grace to cover me. Let Your power shine through my vulnerable places and strengthen my weary heart. Be my refuge in times of trouble and renew my strength. Teach me to depend fully on You, finding courage in Your sufficiency. Amen.







# Day 5: Embracing Restoration and Renewal









Day 5: Embracing Restoration and Renewal

#### Your Verse

Joel 2:25 - "I will repay you for the years the locusts have eaten."

#### **Supporting Scriptures**

- Psalm 51:12 "Restore to me the joy of your salvation and grant me a willing spirit."
- Isaiah 61:3 "...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning."







Day 5: Embracing Restoration and Renewal

#### Devotional: God's Promise to Restore and Renew

God is a God of restoration who can make up for lost time and rebuild what was broken. Joel promises that He will repay what was stolen by destruction and hardship. This shows God's desire not just to heal but to restore fully.

David's heartfelt prayer in Psalm 51 asks for restored joy and a willing spirit—a beautiful picture of spiritual renewal following brokenness.

Isaiah highlights the transformation God offers: ashes become beauty, mourning becomes joy. Although your public scandal may have brought great loss, God's hands are ready to restore your dignity, purpose, and joy.







Day 5: 🏠 Embracing Restoration and Renewal

# Reflect and Apply

1.	What losses or 'years eaten by locusts' do you want God to restore?
2.	How can you invite God to restore your joy and willingness today?
3.	What does 'beauty instead of ashes' look like in your recovery journey?







Day 5: 💮 Embracing Restoration and Renewal

### **Journaling Prompts**

1.	Write a prayer asking God to restore specific areas of your life.
2.	List ways God has already brought renewal amid brokenness.
3.	Describe what a fully restored and joyful life would mean for you.







Day 5: Embracing Restoration and Renewal

#### **Prayer for Today**

**Gracious God,** thank You for Your promise to restore what has been lost. I surrender the broken pieces of my past and ask for Your healing touch to bring beauty, joy, and new life. Help me to trust that You are making all things new, even beyond what I can see. Fill me with hope and a willing heart to receive Your restoration. In Jesus' name, amen. 😩 🛠 🙏

















Day 6: X Walking Boldly in Grace

#### Your Verse

Ephesians 2:8-10 - "For it is by grace you have been saved... created in Christ Jesus to do good works."

#### **Supporting Scriptures**

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Romans 8:37 "In all these things we are more than conquerors through him who loved us."







Day 6: X Walking Boldly in Grace

#### Devotional: Empowered to Walk Boldly in Grace

**Grace restores dignity and empowers boldness.** You are saved and created with purpose—not defined by your scandal but by God's love and calling on your life.

Paul reminds Timothy that God's Spirit gives us power and courage instead of fear. This is crucial for anyone rising from public shame because it enables us to walk confidently, grounded in God's strength.

Romans assures us that through Christ's love, we don't just survive; we are more than conquerors in every challenge. Embrace your God-given identity, and walk boldly in the grace that equips you to overcome and thrive.







Day 6: 🎇 Walking Boldly in Grace

### Reflect and Apply

1.	What fears hold you back from walking boldly after your scandal?
	How does understanding your identity in Christ change your perspective?
3.	What steps can you take to cultivate courage in your daily life?







Day 6: 🎇 Walking Boldly in Grace

### **Journaling Prompts**

1.	Write about moments you sense God's power helping you overcome fear.
2.	List good works or purposes you feel called to pursue.
3.	Describe what it looks like to walk confidently in God's grace.







Day 6: 🞇 Walking Boldly in Grace

#### Prayer for Today















#### Your Verse

Psalm 40:2 - "He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand."

#### **Supporting Scriptures**

- Revelation 21:5 "He who was seated on the throne said, 'I am making everything new!'"
- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead..."







# Devotional: Celebrating Redemption and New Beginnings

Your story is not defined by the pit of scandal but by God's power to lift and settle you securely. The psalmist joyfully declares how God rescues from despair and provides a firm foundation to stand on.

In Revelation, God promises renewal—making everything new, offering fresh beginnings no matter the past.

Paul encourages us to forget what lies behind and press forward toward God's calling and purpose. Today is a celebration of your comeback—proof that God's redemption is real, and His love is relentless.







# Reflect and Apply

1.	How has God lifted you from your darkest moments?
2.	What new beginnings is God inviting you to embrace now?
3.	How can you celebrate and share your testimony to inspire others?







### **Journaling Prompts**

1.	Write your comeback story highlighting God's redemption.
2.	List blessings and new opportunities you see ahead.
3.	Describe ways you can encourage others facing similar struggles.







#### **Prayer for Today**

**Lord of New Beginnings,** thank You for lifting me out of darkness and setting my feet on solid ground. I rejoice in Your promise to make all things new and I commit to moving forward in faith and hope. May my story bring glory to You and hope to others. Empower me to live boldly as a testimony of Your relentless love. In Jesus' name, Amen.







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