



GROWING IN CHRIST'S GRACE

# **Healing from Betrayal Through Christ**

## **A 7-Day Devotional & Study Guide**

*Growing in Christ's Grace: Living Victoriously...Every day*

## Theme Verse

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18)*

## Day 1 – God Sees Your Pain

### Scripture Meditation

Psalm 34:18; Genesis 16:13

### Devotional Thought

Betrayal cuts deeply because it comes from someone close. Yet Scripture assures us that God sees our tears and is near to the brokenhearted. Like Hagar who felt unseen, we can know the Lord is El Roi—“the God who sees.”

### Journal Prompt

Write out the emotions you feel. What does it mean to you personally that God sees you in your pain?

### Discussion Point

How can acknowledging God’s presence begin the journey toward healing?

## Day 2 – Honest Lament Before God

### Scripture Meditation

Psalm 55:12–14; Psalm 62:8

### Devotional Thought

David cried out about betrayal by a close companion. God invites us to pour out our hearts honestly. Lament is not weakness; it is a holy act of trust.

### Journal Prompt

Write your own lament to God, expressing your pain and disappointment.

### Discussion Point

Why is it important to bring raw honesty before God instead of bottling up emotions?

## Day 3 – Forgiveness as a Step of Faith

### Scripture Meditation

Matthew 18:21–22; Colossians 3:13

### Devotional Thought

Forgiveness does not excuse sin but releases us from bondage to bitterness. Forgiving your husband may feel impossible, but forgiveness is a choice of faith that aligns your heart with Christ's grace.

### Journal Prompt

List the obstacles you feel toward forgiving. Pray and ask God to help you release one burden today.

### Discussion Point

How does forgiveness free you even before it changes the relationship?

## Day 4 – Trusting God for Healing

### Scripture Meditation

Isaiah 61:1–3; Jeremiah 17:14

### Devotional Thought

Christ came to bind up the brokenhearted and give beauty for ashes. Healing is not instant, but step by step God restores dignity, peace, and joy.

### Journal Prompt

Write down one area of your heart where you desire healing. Pray Isaiah 61:3 over it.

### Discussion Point

What practices (prayer, Scripture, community) help open space for God's healing?

## Day 5 – Wisdom for Next Steps

### Scripture Meditation

Proverbs 3:5–6; James 1:5

### Devotional Thought

After betrayal, questions rise: Should I reconcile? How do I move forward? God promises wisdom to those who seek Him. Lean not on your own understanding but acknowledge Him.

### Journal Prompt

Ask God for wisdom about your next steps. What do you sense Him leading you to do?

### Discussion Point

How do we discern God's voice versus our emotions in such painful decisions?

## Day 6 – Reconciliation or Release

### Scripture Meditation

2 Corinthians 5:18–19; Romans 12:18

### Devotional Thought

Reconciliation is God's heart, but it requires repentance and truth from both sides. Sometimes peace comes through reconciliation; at other times, through releasing the relationship into God's hands.

### Journal Prompt

Reflect: Is reconciliation possible, or is release necessary? Write a prayer entrusting the outcome to God.

### Discussion Point

How can we pursue peace, whether reconciliation happens or not?

## Day 7 – Hope and New Beginnings

### Scripture Meditation

Lamentations 3:22–24; Revelation 21:5

### Devotional Thought

God's mercies are new every morning. Betrayal does not define your future—Christ does. He makes all things new, including your heart, hope, and identity.

### Journal Prompt

Write a declaration of hope over your life using Scripture. Example: "Because of God's mercy, my future is secure in Him."

### Discussion Point

How can we as sisters in Christ encourage one another to walk in renewed hope?

## Practical Steps for the Journey towards Healing from Betrayal

1. Forgiveness – Release bitterness daily through prayer (**Ephesians 4:31–32**).
2. Healing – Seek God through Word, prayer, and possibly counseling. Healing is layered.
3. Reconciliation (if possible) – Requires truth, repentance, and accountability. God's Spirit gives discernment.
4. Trust in God's Sovereignty – Whether reconciliation or release, God works all things for good (**Romans 8:28**).