SIS EMPOWERMENT

Becoming Whole

A 7-day guided devotional for healing from the past

You Are Not Alone.
You Are Becoming.

GUIDED DEVOTIONAL

Faith-centered encouragement and practical guidance for women ready to heal, grow, and move forward.

Before You Begin

Healing is not pretending the past did not happen. It is learning to hold your story with truth, compassion, wisdom, and hope. You may move through these seven days in a week or take longer.

This devotional offers spiritual encouragement, not therapy or medical care. If reflection brings up distress that feels difficult to manage, pause and reach out to a licensed professional or a trusted support person.

Day 1 Tell the Truth

Psalm 34:18

God does not require you to minimize your pain before coming close. Naming what hurt is not a failure of faith. Truth gives healing somewhere honest to begin.

Reflect

What have I been trying to make smaller because I feared it would be too much for others?

Pray

God, meet me in the truth. Help me name what happened without shame and receive Your nearness.

One gentle action for today

Day 2 Release False Blame

Romans 8:1

Pain often leaves behind accusations: I should have known, I should have been stronger, it was all my fault. Examine those messages carefully. Responsibility belongs where it belongs; shame does not get to rewrite your identity.

Reflect

What blame am I carrying that does not belong to me? What would truth say instead?

Pray

God, separate conviction from condemnation. Help me release shame and walk in truth.

One gentle action for today

Day 3 Grieve What Was Lost

Matthew 5:4

Healing includes grieving what happened and what should have happened but did not. Grief honors the value of what was lost. It does not mean you have lost hope.

Reflect

What loss needs permission to be mourned today?

Pray

God, hold me as I grieve. Give me room to feel without believing I will feel this way forever.

One gentle action for today

Day 4 Remember Who You Are

Isaiah 43:1

What happened to you is part of your story, but it is not the full definition of you. You are more than a wound, a mistake, a diagnosis, a rejection, or a difficult season.

Reflect

Which label from my past am I ready to challenge? What identity feels truer?

Pray

God, help me see myself through Your love rather than through the worst thing I have experienced.

One gentle action for today

Day 5 Practice Boundaries

Proverbs 4:23

A boundary is not revenge. It is a clear decision about what you will protect, permit, and participate in. Healthy boundaries create room for safety and honest connection.

Reflect

Where do I need a clearer yes, no, pause, or request for help?

Pray

God, give me wisdom to protect what You are restoring in me and courage to communicate clearly.

One gentle action for today

Day 6 Receive Support

Galatians 6:2

You were never meant to heal in complete isolation. Support may come through prayer, trusted relationships, pastoral care, a support group, or professional counseling. Receiving help is an act of wisdom.

Reflect

Who is safe enough for one honest conversation? What support do I need to request?

Pray

God, lead me toward safe people and help me receive care without shame.

One gentle action for today

Day 7 Choose Hope Again

Joel 2:25

Hope does not deny the damage. Hope believes the damage does not get the final word. You can honor where you have been while making room for who you are becoming.

Reflect

What is one sign of growth I can acknowledge? What is one hopeful step I will take?

Pray

God, thank You for carrying me. Help me move forward gently, honestly, and with hope.

One gentle action for today