

7-Day Healing Journal: Restoring Your Heart After Toxic Relationships

From the Father's Heart to Yours

Day 1: Acknowledging the Pain

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

Reflection Prompt:

Write down what happened in your relationship. Describe how it made you feel without minimizing or justifying it. God can handle your honesty.

Father's Heart Word:

My beloved child, I see every tear and know every wound. Nothing is hidden from Me, and I will not turn away from your pain. I am close to you.

Prayer:

Father, help me be honest about what I've experienced. Heal me as I pour out my heart before You.

Day 2: Breaking Ungodly Soul Ties

Scripture: *"You shall know the truth, and the truth shall set you free." (John 8:32)*

Reflection Prompt:

Ask God to show you any unhealthy soul ties or unhealthy emotional bonds. Write down what you feel you need to release.

Father's Heart Word:

I desire you to walk in freedom, not bondage. Let Me break every chain that has held you.

Prayer:

Jesus, I break every ungodly tie with this person. I release them and their hold over me to You. Wash me clean.

Day 3: Renouncing Lies and Embracing Truth

Scripture: *"You are altogether beautiful, my darling; there is no flaw in you." (Song of Solomon 4:7)*

Reflection Prompt:

List any lies you believed about yourself in that relationship (for example: "I'm not worthy," "I'm unlovable," etc.). Then write the truths God says about you.

Father's Heart Word:

You are My beloved, made in My image. No lie of the enemy can change that.

Prayer:

Father, replace every lie with Your truth. Remind me of who I am in You.

Day 4: Grieving and Letting Go

Scripture: *"Blessed are those who mourn, for they will be comforted." (Matthew 5:4)*

Reflection Prompt:

What do you feel you have lost? Honor your grief. Write about what you need to let go of.

Father's Heart Word:

I am your Comforter. I mourn with you, and I will carry you through.

Prayer:

Lord, I give You my grief and my sorrow. Help me to release what I cannot carry anymore.

Day 5: Receiving the Father's Love

Scripture: *"I have loved you with an everlasting love; I have drawn you with unfailing kindness." (Jeremiah 31:3)*

Reflection Prompt:

Journal about how God has shown you His love in the past. Invite Him to show you His love again today.

Father's Heart Word:

My love for you will never run out. You are safe with Me.

Prayer:

Father, wrap me in Your love today. Let me feel secure in who I am as Your child.

Day 6: Rebuilding Your Identity

Scripture: *“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Corinthians 5:17)*

Reflection Prompt:

Write down who God says you are. Declare it boldly. What dreams and hopes do you want to rebuild?

Father’s Heart Word:

I have made you new, My child. Nothing can erase My plans for you.

Prayer:

Jesus, help me to rebuild my life on Your truth and Your promises.

Day 7: Stepping Into Freedom

Scripture: *"It is for freedom that Christ has set us free." (Galatians 5:1)*

Reflection Prompt:

What does freedom look like to you now? Write about how you will guard your heart and set godly boundaries moving forward.

Father's Heart Word:

I have called you to freedom, beloved. Walk boldly in it.

Prayer:

Father, thank You for setting me free. Teach me to walk forward in courage and hope.

☀️ **Closing Blessing** ☀️

Beloved, may the Lord heal every part of your story, restore what was broken, and fill you with His perfect love. You are chosen, redeemed, and never alone.