GOD TO MY RESCUE MINISTRIES

FROM BROKENNESS TO PURPOSE

A Five-Day Devotional for Women

For the woman healing from broken relationships, past neglect, grief, financial strain, and the uncertainty of what comes next.

“He heals the brokenhearted and binds up their wounds.”
Psalm 147:3 (NIV)

A gentle invitation to bring your whole story to God—and take one hopeful step at a time.

A FREE ENCOURAGEMENT RESOURCE

A Note to Your Heart

Dear Sister,

If you are carrying the ache of a broken relationship, the effects of being overlooked or neglected, the grief of losing someone you love, or the pressure of financial uncertainty, this devotional was created with you in mind.

Sometimes pain arrives through one life-changing moment. Other times, it builds quietly over years—through promises that were not kept, needs that went unseen, goodbyes we were not ready for, or bills that seem to arrive faster than answers. You may be trying to keep going while privately wondering how to begin again.

You do not have to pretend that everything is fine to come to God. You can bring Him your questions, tears, disappointment, fear, and weariness. Faith is not the absence of pain; it is the decision to keep turning toward God in the middle of it.

Over the next five days, give yourself permission to slow down. Read the Scripture, sit with the reflection, answer the question honestly, and choose one small step. You do not need to solve your whole life in five days. The goal is to make room for hope, healing, and renewed direction.

A gentle reminder: healing is not always linear, and you are not failing when a hard day returns. Prayer and Scripture can be a source of strength, and it is also wise to seek safe support from trusted people, a pastor, a grief group, a licensed counselor, or a qualified financial counselor when needed.

With love and encouragement,

God To My Rescue Ministries

HOW TO USE THIS DEVOTIONAL

Set aside 10–15 minutes each day. Keep a notebook nearby if you would like to write your thoughts. There is no perfect way to do this—just come as you are.

DAY 1

You Are Seen, Even When You Felt Forgotten

God sees the parts of your story others may have missed.

SCRIPTURE

"You are the God who sees me." — Genesis 16:13 (NIV)

TODAY'S REFLECTION

Being neglected can leave a deep ache. Perhaps you were the one who always showed up for everyone else, but when you needed care, no one noticed. Maybe your feelings were dismissed, your needs minimized, or your presence taken for granted. Over time, you may have started to wonder whether you mattered.

The Bible reminds us of Hagar, a woman who experienced rejection and vulnerability. In a difficult season, she encountered God as the One who saw her. Her circumstances did not instantly become simple, but she was not invisible to Him.

Sister, what happened to you does not determine your worth. Someone else's inability or unwillingness to love you well is not proof that you are unlovable. God's care does not erase the reality of your pain, but it gives you a place to bring it. You can tell Him the truth about what hurt, what you needed, and what you are still learning to name.

Today, begin by replacing the question "Why wasn't I enough?" with "What do I need in order to care for the woman God created me to be?" You deserve safe relationships, healthy boundaries, and support that respects your dignity. You do not have to earn your worth by overgiving or staying silent.

REMEMBER THIS

- God sees you in the places where you feel overlooked.
- Your worth is not measured by another person's attention or approval.
- You can acknowledge what hurt without allowing it to define your future.

PAUSE & REFLECT

Where have I felt unseen or neglected? What would it look like to treat myself with the care and dignity I have needed?

ONE FAITH STEP

Write one kind, truthful sentence to yourself. For example: “My needs matter, and I am allowed to seek healthy support.” If it feels safe, consider sharing one need or boundary with a trusted person.

PRAYER

> God who sees me, meet me in the places where I have felt forgotten. Help me release the belief that someone else’s neglect defines my value. Teach me to recognize healthy love, speak honestly about my needs, and receive care without shame. Remind me that I am seen by You today. Amen.

Speak this over yourself:
I am seen by God. My worth is not decided by who overlooked me.

DAY 2

When Love Leaves a Wound

Healing from a broken relationship without losing yourself.

SCRIPTURE

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3 (NIV)

TODAY'S REFLECTION

A broken relationship can affect more than your feelings. It can shake your trust, disturb your peace, and leave you replaying conversations, wondering what you could have done differently. You may miss the person, grieve the future you imagined, or feel angry about the way things ended. Sometimes you feel several of these things in the same day.

God does not ask you to call harmful behavior good or to rush past grief. Healing begins with honesty. You can love someone and still recognize that a relationship was unhealthy. You can forgive while keeping appropriate boundaries. You can hope for peace without reopening a door that is unsafe for you.

Your healing is not a race, and it does not require you to have every answer today. Give yourself room to mourn what was lost: the relationship itself, the promises you believed, the time you invested, or the version of the future you hoped to share. Grief deserves tenderness, not a deadline.

Ask God to help you separate your identity from the relationship. You are more than who chose you, who left you, who misunderstood you, or who failed to treat you with care. As you heal, seek relationships that make room for honesty, respect, accountability, and peace.

REMEMBER THIS

- You can grieve a relationship and still move toward a healthier future.
- Forgiveness does not require tolerating abuse, mistreatment, or repeated harm.
- Boundaries can be an act of wisdom and care, not bitterness.

PAUSE & REFLECT

What part of this relationship am I grieving most? What boundary or support would help me protect my peace while I heal?

ONE FAITH STEP

Choose one small act of care today: take a break from checking a painful message thread, write an unsent letter, talk with a trusted friend, or make an appointment with a counselor if you need more support.

PRAYER

> Lord, You know the full story of my heart. Comfort me in what I have lost and give me wisdom for what comes next. Help me release shame, recognize unhealthy patterns, and establish boundaries that protect my well-being. Lead me toward relationships marked by truth, respect, and love. Amen.

Speak this over yourself:
My past relationship is part of my story, but it is not the whole of my story.

DAY 3

Grief Has a Place Here

You can miss someone deeply and still keep living.

SCRIPTURE

“Blessed are those who mourn, for they will be comforted.” — Matthew 5:4 (NIV)

TODAY'S REFLECTION

The loss of someone you love can change the shape of ordinary days. A familiar song, an empty chair, a birthday, or a quiet moment may bring the ache rushing back. You may feel grateful for the time you shared and devastated that it ended. You may even feel pressure to be strong for everyone else.

Scripture makes room for mourning. Jesus Himself wept at the death of Lazarus (John 11:35). Tears are not evidence that your faith is weak. Grief is one of the ways love responds to loss, and each person’s journey through it is different.

You do not have to stop missing someone in order to begin living again. You can honor their memory while making room for new moments, new laughter, and new purpose. Some days you may feel steady; other days you may need to rest, ask for help, or simply get through the next hour. That is not failure.

If grief feels isolating, let someone trustworthy walk beside you. You do not need perfect words to ask for support. You might say, “Today is difficult, and I don't want to be alone with it.” A grief support group, pastor, counselor, or compassionate friend can offer a steady presence while you continue to heal.

REMEMBER THIS

- There is no single timetable for grief.
- Remembering someone and embracing life again can exist together.
- You are allowed to receive comfort instead of carrying everything alone.

PAUSE & REFLECT

What memory, feeling, or moment has been especially tender for me lately? What kind of support would feel comforting rather than overwhelming?

ONE FAITH STEP

Create a gentle remembrance ritual: write down a favorite memory, say a prayer of gratitude, look at a meaningful photograph, or do something kind in honor of the person you miss. Choose what feels supportive to you.

PRAYER

> God of all comfort, hold me in the moments when missing someone feels overwhelming. Thank You for the love and memories I carry. Give me permission to grieve honestly and the strength to receive support. When I cannot see far ahead, help me take the next gentle step. Amen.

Speak this over yourself:
I can honor my loss, receive comfort, and take life one day at a time.

DAY 4

Trusting God in Financial Uncertainty

Your circumstances are real, and so is your need for hope.

SCRIPTURE

“Cast all your anxiety on him because he cares for you.” — 1 Peter 5:7 (NIV)

TODAY'S REFLECTION

Financial stress can follow you into every room. You may be calculating what is due, worrying about work, trying to stretch what you have, or feeling embarrassed that things are not where you hoped they would be. When money is tight, it can be difficult to rest or imagine a different future.

God’s care does not mean every bill disappears overnight or that faithful people never experience hardship. It means you do not have to carry fear alone. You can pray honestly about your needs while also taking practical steps, asking questions, making a plan, and accepting help when it is available.

Try to separate what you know from what you fear. Write down the immediate facts: what must be paid first, what income or assistance may be available, who you can contact, and what deadline needs attention. You may not be able to solve everything at once, but a clear next step can make an overwhelming situation feel more manageable.

Please remember that financial difficulty is not a measure of your spiritual worth. You are not a failure because you need help, have debt, lost income, or are starting over. Ask God for wisdom, and consider reaching out to reputable community resources, a nonprofit credit counselor, or a trusted financial professional. You can combine prayer with practical action.

REMEMBER THIS

- Your financial circumstances do not determine your value.
- You can ask for help without shame.
- One wise next step is meaningful, even when the whole path is not clear.

PAUSE & REFLECT

What financial concern feels most urgent right now? What is one realistic action I can take in the next 24–48 hours?

ONE FAITH STEP

Write down one priority and one next action. Examples include calling a bill provider to ask about a payment arrangement, reviewing essential expenses, checking eligibility for assistance, or asking a trusted person to help you think through options.

PRAYER

Provider God, You know my needs and the worries I carry. Give me clarity instead of panic, courage to ask questions, and wisdom to make decisions one step at a time. Lead me to trustworthy support and help me remember that my value is greater than my financial situation. Amen.

Speak this over yourself:
I can face today's needs one step at a time, with faith, wisdom, and support.

DAY 5

Your Story Still Has Purpose

God can meet you in the middle of the story—not only at the end.

SCRIPTURE

> “And we know that in all things God works for the good of those who love him.” — Romans 8:28 (NIV)

TODAY'S REFLECTION

After heartbreak, neglect, grief, or financial hardship, you may wonder what purpose could possibly come from what you have experienced. You do not have to pretend that painful things were good, and you do not need to find a lesson in every wound before you are ready. Some losses remain painful even as life continues.

Purpose is not always a dramatic calling or a public platform. Sometimes it begins quietly: learning to speak to yourself with compassion, choosing a healthier relationship, accepting help, rebuilding your routines, or becoming more present to the people you love. Small acts of faithfulness matter.

Romans 8:28 is not a promise that every event will feel good or that every question will receive an immediate answer. It offers hope that pain does not have to have the final word. God can bring growth, compassion, wisdom, and new possibilities into a story that has included suffering.

You do not need to become a completely different person to begin again. Start with the woman you are today—with your questions, your strengths, your scars, and your hopes. Ask God to show you the next faithful step, not necessarily the entire destination. Purpose can unfold as you heal, learn, serve, and live with greater freedom.

REMEMBER THIS

- You do not have to call your pain good to believe that good can still grow.
- Purpose can begin with small, faithful choices.
- Your story is still unfolding, and you are allowed to begin again.

PAUSE & REFLECT

What is one part of my life where I want to experience renewed hope? What strength, value, or desire might God be inviting me to nurture?

ONE FAITH STEP

Write a simple “next-step prayer” and choose one action for the coming week. It might be reconnecting with a supportive person, returning to a meaningful practice, exploring a ministry opportunity, or setting aside time to rest and reflect.

PRAYER

Heavenly Father, thank You for meeting me in every part of my story. I give You my wounds, my grief, my worries, and my hopes for the future. Help me heal without rushing, grow without comparing, and move forward without believing that my past has the final say. Guide me toward the purpose You are forming in me, one faithful step at a time. Amen.

Speak this over yourself:
My story is still unfolding. With God’s help, I can take the next step toward healing and purpose.

A Prayer for the Journey Ahead

Father God,

Thank You for meeting me where I am. You know the relationships that have wounded me, the times I felt neglected, the people I miss, and the financial concerns that weigh on my heart. Nothing I carry is hidden from You.

Give me courage to face what hurts, wisdom to make healthy choices, and humility to receive support. Help me recognize the difference between love and harm, make room for grief, and take practical steps through uncertainty. When I feel discouraged, remind me that I do not have to solve everything today.

Teach me to see myself with compassion. Restore what can be restored, help me release what I cannot control, and guide me toward people and resources that are safe and wise. As I continue healing, show me how my gifts, experiences, and renewed hope can serve a purpose in the world around me.

> I place my next steps in Your hands. Lead me in truth, surround me with support, and help me keep moving toward a life marked by faith, wisdom, peace, and love. In Jesus' name, Amen.

MY NEXT STEP

The most important thing I am taking from this devotional is:

One step I will take this week to care for my heart, my life, or my future:

Stay Connected

You do not have to walk your journey alone. God To My Rescue Ministries exists to encourage women in faith, growth, fellowship, and purpose.

We invite you to continue your journey with us through women's Bible studies, ministry events, workshops, retreats, and resources created to help women grow in their relationship with God.

EXPLORE THE MINISTRY

Website: GodToMyRescue.co

Explore: Fearless Women of God Bible Study, upcoming ministry events, and books and resources for your faith journey.

A FINAL WORD OF ENCOURAGEMENT

Sister, you are not required to have everything figured out. Healing may take time. Grief may come in waves. Financial answers may require patience and practical support. But you can keep taking small steps toward safety, hope, and purpose. Let today be enough for today.

May you be reminded that you are seen, your life has value, and your story is still unfolding.

With prayer and encouragement,
God To My Rescue Ministries

This devotional is intended for spiritual encouragement and reflection. It is not a substitute for mental health care, grief counseling, domestic violence support, legal advice, or individualized financial advice. If you are in immediate danger, contact local emergency services or a trusted local crisis resource.