

SHELTERED

BY GRACE

**A 33-Day Devotional for Christian
Women in Leadership Healing from
Covert Narcissistic Abuse**

By Anna Shepherd

Sheltered by Grace

A 33-Day Devotional for Christian Women in Leadership Healing from
Covert Narcissistic Abuse

Gentle strength for the women who pour out more than they receive.

Faith and Narcissistic Abuse Recovery — Volume 4

BY ANNA SHEPHERD

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For every pastor's wife, ministry leader, counselor, therapist, chaplain, and woman who carries the weight of both service and unseen wounds. Your courage is real. Your story matters. May these pages be a refuge for your heart.

Introduction

Leadership can be holy and heavy all at once. When you serve others—teaching, guiding, comforting, supporting—the world often sees your strength. But few see the private places where exhaustion settles or where old wounds whisper through the cracks of your responsibilities.

For Christian women in leadership who are healing from covert narcissistic abuse, the weight can feel doubled. You move between compassion and confusion, ministry and manipulation, sacred calling and emotional depletion. This devotional offers you a safe, quiet place to breathe again. Here you will find Scripture, reflection, and gentle encouragement written specifically for women who serve others while learning to rest in God's protective love.

You are not behind.

You are not alone.

And you never need to stay strong at the expense of your own heart.

How to Use This Devotional

Each devotional includes:

- A short passage of KJV Scripture (plain text, no italics)
- A 3–5 paragraph reflection that is warm, trauma-aware, and spiritually grounding
- A closing prayer, meditation, or reflection question

There is no rush and no pressure. Read one day at a time—or pause whenever your heart needs space. Move gently. Let God tend to the places where you’ve been worn thin, overlooked, or misused. These 33 days are for restoration, clarity, and the quiet rediscovery of God’s unwavering protection.

Week 1 — Restoring Trust in God After Spiritual Distortion

DAY 1 — When God's Character Feels Blurred

Scripture:

The LORD is righteous in all his ways, and holy in all his works. — Psalm 145:17

Reflection:

There are seasons in leadership when someone's misuse of Scripture or position makes God feel farther away than He actually is. When spiritual distortion enters your life—especially from someone you once trusted—your heart can quietly wonder whether God Himself is still safe. That question is not rebellion; it's the cry of a wounded daughter seeking truth.

God is not the author of distortion. His righteousness has no hidden motives, no subtle hooks, no double meanings. Even when a leader misrepresents Him, His nature remains clear and steady, like a deep well untouched by surface debris. You are allowed to separate God's heart from the harmful actions of those who acted in His name.

As you begin this journey, know this: God is not fragile. He can hold your questions, your hesitation, and even the distance you may feel. Trust is not rebuilt by force—it grows gently as truth replaces confusion and His character becomes visible again.

Prayer / Meditation / Reflection Question:

Ask gently: "Lord, help me see You as You truly are, not as You were misrepresented."

Week 2 — Healing Leadership Fatigue and Invisible Wounds

DAY 8 — When Your Strength Has Been Quietly Drained

Scripture:

Come unto me, all ye that labour and are heavy laden, and I will give you rest. — Matthew 11:28

Reflection:

Leadership often asks for more than you have the capacity to give. You pour out compassion, wisdom, and steadiness, even when your own heart is depleted. Over time, this quiet draining can become so familiar that you barely notice the weight anymore. But Jesus sees it clearly and speaks directly to it.

His invitation to “come unto Me” is not an assessment of your performance—it is a recognition of your exhaustion. He names your weariness without rebuke. He welcomes you without pressure. Rest is not something you earn; it is something He gives.

Fatigue is not a sign of spiritual failure. It is a sign that you have carried more than one heart was meant to hold alone. God meets you in that depletion, not with more demands, but with an open place to breathe.

Prayer / Meditation / Reflection Question:

Where do you feel the weight of responsibility most intensely today?

Week 3 — Boundaries, Discernment, and Holy Wisdom

DAY 15 — Learning to Hear God Without the Noise

Scripture:

Teach me thy way, O LORD, and lead me in a plain path, because of mine enemies. — Psalm 27:11

Reflection:

There are seasons when the voices around you grow loud—voices of expectation, criticism, flattery, or subtle manipulation. When you lead others, these voices sometimes intermingle with spiritual language, making it difficult to distinguish truth from pressure. The path you once walked confidently can begin to feel cluttered.

David prayed for a “plain path”—a clear, straightforward way of walking with God. That same prayer is holy for you now. God’s leading is not tangled. He does not hide His heart under layers of obligation or performative spirituality. His path is plain because His character is plain.

Discernment begins by quieting what is not of Him. As you learn to listen again, you’ll notice that God’s guidance does not sound like fear or guilt. It sounds like steady clarity—gentle, but unmistakable.

Prayer / Meditation / Reflection Question:

What voices have made your spiritual path feel cluttered?

`Week 4 — Grieving Betrayal, Releasing False Guilt, and Sacred Recovery

DAY 22 — Naming What Hurt Without Shame

Scripture:

The LORD is nigh unto them that are of a broken heart. — Psalm 34:18

Reflection:

Some wounds linger because they were never given language. Spiritual betrayal often comes wrapped in religious phrasing, making it feel “unspiritual” to admit that harm occurred. As a woman in leadership, you may have felt pressure to keep quiet, remain composed, or “rise above it” before you were ever allowed to grieve.

God does not silence your hurt. He draws near to your brokenness without asking you to soften it first. His nearness affirms what happened, not because you dwell on pain, but because truth is the doorway to healing.

Naming the wound does not make you weak. It makes you honest. And honesty is the soil where recovery begins to grow.

Prayer / Meditation / Reflection Question:

What unspoken hurt is God inviting you to finally name?

Week 5 — Moving Forward With Strength, Confidence, and Peace

DAY 29 — Stepping Into a Future Held by God

Scripture:

Thou wilt shew me the path of life. — Psalm 16:11

Reflection:

As healing begins to settle into your bones, the future doesn't feel as intimidating as it once did. The path ahead may still be unclear, but it no longer feels like something you must navigate alone. God Himself shows you the path of life—not the path of fear, or pressure, or obligation.

You may have spent years walking roads someone else mapped for you. Now, you are learning to walk a path God designed with your wellbeing in mind. This shift can feel both freeing and unfamiliar. But trust that God's leading will be gentler than anything you have experienced before.

You do not have to rush. Simply take the next step, knowing the One who guides you is trustworthy and kind.

Prayer / Meditation / Reflection Question:

What is one small “next step” God is placing on your heart today?

Closing Blessing

May the Lord shelter you with His gentleness, strengthen you with His wisdom, and restore what has been silently carried for far too long. May His peace steady you, His love surround you, and His presence renew the calling He has entrusted to you.

Also by the Author

Faith & Technology Series

1. *Faith & Technology Vol. 1 — Innovating with Faith*
2. *Faith & Technology Vol. 2 — Rooted in the Noise*
3. *Faith & Technology Vol. 3 — Sacred Screens*
4. *Faith & Technology Vol. 4 — Faith at Full Speed*
5. *Faith & Technology Vol. 5 — Wisdom in a Wired World*

Faith and Narcissistic Abuse Recovery Series

1. *Faith and Narcissistic Abuse Recovery Vol. 1 — Restoring the Shattered Heart*
2. *Faith and Narcissistic Abuse Recovery Vol. 2 — A Quiet Strength*
3. *Faith and Narcissistic Abuse Recovery Vol. 3 — Whispers of a Healing Heart*
4. *Faith and Narcissistic Abuse Recovery Vol. 4 — Sheltered by Grace*
5. ***Faith and Narcissistic Abuse Recovery Vol. 5 — Steady in His Strength***

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About the Author

Anna Shepherd writes devotionals for believers navigating modern life with timeless faith. Her work brings peace, clarity, and Scripture-driven encouragement to readers in every season.

If this devotional blessed you, Anna invites you to stay tuned for future titles in the *Faith and Narcissistic Abuse Recovery* series and other upcoming works from NSH Publishing.

Acknowledgments

Every devotional book is a partnership—between the writer, the readers, and the God who inspires every word.

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May God continue to guide you, strengthen you, and speak to you through His Word.

Publisher

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Notes
