

STEADY IN HIS STRENGTH

A 33-Day Devotional for Christian
Single Moms Healing After
Narcissistic Abuse

By Anna Shepherd

Steady in His Strength

A 33-Day Devotional for Christian Single Moms Healing After
Narcissistic Abuse

For every single mom finding her footing again in God's gentle care.

Faith and Narcissistic Abuse Recovery — Volume 5

BY ANNA SHEPHERD

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For every single mother who carried the weight of a toxic marriage, who navigates co-parenting with courage, and who loves her children through storms they never deserved. May these words remind you that God sees, protects, and upholds you with a tenderness the world often overlooks.

Introduction

Single motherhood after a toxic marriage is a journey that reshapes every corner of life. You navigate emotional wounds while caring for children who rely on your strength. You face decisions alone. You hold memories you didn't ask for. You carry responsibilities many never see. And when the father of your children continues to distort, pressure, or manipulate, the weight can feel nearly impossible.

This devotional was created as a safe place for your heart. Over these 33 days, you will find Scripture, reflection, and gentle encouragement designed specifically for Christian single moms healing from narcissistic abuse. Every page speaks to the quiet battles you fight, the moments you doubt yourself, and the resilience you show without even noticing.

Here, you are not asked to be perfect. You are not expected to pretend. You are invited to breathe, rest, and let God steady you in ways no human relationship ever could. You are loved by a Father who does not manipulate, distort, or confuse. You are held by a God who shelters both you and your children with unwavering care.

You do not walk this road alone. God is with you in every weary morning, every custody exchange, every difficult message, every tear you wipe before your children see it, and every small victory you celebrate quietly. May these reflections remind you of the strength already within you—and the strength God continues to fill you with.

How to Use This Devotional

Each daily devotional includes:

- A short passage of KJV Scripture (plain text, no italics)
- A warm, trauma-aware reflection written for single moms healing from narcissistic abuse
- A prayer, meditation, or reflection question for your heart

There is no schedule you must keep. Read one day at a time, or linger longer when something resonates deeply. Let the pace be gentle—your heart has already endured enough urgency.

Move through this devotional slowly, prayerfully, and with kindness toward yourself. God is not rushing your healing. He is restoring what was taken, mending what was hurt, strengthening what was shaken, and guiding each next step for you and your children.

These 33 days are a sacred invitation: to breathe again, to hope again, and to trust again in the One who will never fail you.

Week 1 — Stabilizing the Heart After Emotional Turmoil

DAY 1 — Held When Everything Feels Unsteady

Scripture:

The eternal God is thy refuge, and underneath are the everlasting arms. — Deuteronomy 33:27

Reflection:

When life has been loud, chaotic, or unpredictable for too long, your heart learns to brace itself even when the moment is calm. That is what trauma does—it trains your body to expect the next disruption before it arrives. As a single mom recovering from a toxic marriage, you may feel that constant readiness inside you. God sees this. And He does not shame you for it.

Instead, He offers Himself as refuge—steady, unmoving, unhurrying. His arms do not tighten to control you; they hold you so you can breathe. His presence gives your heart something it may not have felt in years: a foundation that does not shift based on someone's mood or manipulation.

As you step into this first week of devotionals, let this truth settle slowly: you are no longer standing alone in unpredictability. You are held by Someone who will not change His tone tomorrow or punish you for needing rest. His stability is your starting point.

Reflection Question:

Where do you most need God's steadying arms to hold you today?

Week 2 — Releasing False Guilt and Rebuilding Self-Worth

DAY 8 — When Guilt Isn't Yours to Carry

Scripture:

For he knoweth our frame; he remembereth that we are dust. — Psalm 103:14

Reflection:

Some guilt settles on the heart not because you did something wrong, but because someone needed you to feel responsible for their behavior. Narcissistic manipulation often thrives on blame-shifting—turning their chaos into your “fault” and their choices into your “failure.” Over time, you may have learned to apologize for things you never caused, absorb emotions that weren’t yours, and question instincts that were actually healthy.

God understands the fragility that comes from living under false responsibility. He remembers your frame—not as weakness, but as humanity He deeply cherishes. He never designed you to carry the emotional weight of another adult’s choices. The guilt you’ve been holding may not be yours at all.

As you heal, God gently separates truth from distortion. He teaches your heart to recognize what belongs to you and what never did. In that clarity, the heaviness begins to loosen. You are allowed to stop carrying what was never yours.

Reflection Question:

What guilt have you carried that may not belong to you?

Week 3 — Boundaries, Wisdom, and Co-Parenting Clarity

DAY 15 — Hearing God Clearly in the Middle of Co-Parenting Confusion

Scripture:

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

Reflection:

When co-parenting with a narcissist, clarity often feels out of reach. Messages arrive with hidden motives. Simple decisions become complicated. Boundaries that should be respected are challenged or twisted. It's exhausting, and it can make you question your own discernment. God sees this fog. And He offers something profoundly different—a plain path.

God's voice is not tangled. He does not mix truth with pressure or blend care with control. His direction sounds steady, grounded, and simple. Sometimes the hardest part is trusting the clarity He gives when someone else is working hard to confuse you.

As you move into this week, ask God to highlight the difference between His guidance and the noise that tries to pull you back into chaos. He will make your steps plain—not perfect, but peaceful.

Reflection Question:

What area of co-parenting feels most confusing, and how might God be making the path clearer?

Week 4 — Grieving What Was Lost and Honoring What Survived

DAY 22 — When Grief Comes in Waves

Scripture:

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

Reflection:

Grief rarely arrives in a neat, linear way. It tends to come in waves—unexpected, uneven, sometimes pulling you under for a moment before releasing you again. As a single mom healing from a toxic marriage, you may experience grief over lost years, lost peace, the version of motherhood you hoped for, or the dreams that were quietly dismantled through manipulation and emotional upheaval.

God does not shame you for these waves. He draws near. Not to rush you forward or command resilience, but to sit with you in the honest ache of what was taken from you. His nearness is gentle, not demanding. He makes room for your sorrow and honors the depth of what you endured.

Grief is not a lack of faith. It is the heart acknowledging what God already sees. And in His presence, even a breaking heart is held tenderly.

Reflection Question:

What recent “wave” of grief surprised you, and how did God meet you there?

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

DAY 29 — A Future Not Defined by Your Past

Scripture:

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. — Jeremiah 29:11

Reflection:

There is a moment in healing when you begin to realize that your future does not have to look like your yesterday. For a long time, you lived in reaction—responding to chaos, bracing for conflict, trying to keep yourself and your children steady in an unstable environment. It can feel strange, even disorienting, to step into a tomorrow that's no longer shaped by someone else's harm.

God has thoughts toward you—peaceful thoughts, life-giving thoughts, hopeful thoughts. Your ex-partner's behavior does not get to determine where your life goes next. Their choices created pain, yes, but they do not get the final word on your story. God does.

The “expected end” God promises isn't wishful thinking; it's the steady unfolding of healing, clarity, and new identity. You are walking toward something better than what you left—something God Himself is preparing.

Reflection Question:

Where do you sense God inviting you to imagine a new future?

Closing Blessing

May the Lord surround you with peace that cannot be shaken, strengthen the parts of you that have carried too much for too long, and gently restore the places where fear once lived. May He protect your children, calm your spirit, and guide your future with wisdom and compassion. And may you feel His steady presence beside you—today, tomorrow, and in every new beginning ahead.

Also by the Author

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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.

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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
