

Moving On After a Breakup Leaning on God for Strength, Support & Comfort

Breakups can leave emotional wounds, confusion, disappointment, and loneliness. This worksheet is designed to help you process your emotions, reconnect with God, and move forward with healing, peace, and renewed hope. Use these pages slowly and honestly. God cares deeply about your broken heart and promises to stay near to you.

Key Scripture

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

1. Acknowledging the Hurt

Healing begins when you stop pretending you are okay and honestly bring your pain before God.

What emotions have you been carrying since the breakup?

What hurts the most right now?

What thoughts keep replaying in your mind?

What do you need from God in this season?

2. Releasing What You Cannot Control

You do not have to carry the weight of fixing everything. God can hold what you cannot.

What are you struggling to let go of?

Are you blaming yourself for things outside your control?

What fears do you have about moving forward?

Write a prayer surrendering the relationship to God.

3. Rebuilding Your Identity

Your worth is not determined by who stayed or who left. Your identity is rooted in God.

What qualities make you valuable outside of relationships?

What gifts and strengths has God placed inside of you?

What healthy habits can help you rebuild emotionally and spiritually?

What would healing look like for you?

4. Trusting God Again

Even when life changes unexpectedly, God remains faithful, loving, and present.

Have you felt disappointed with God during this breakup? Why?

What would it look like to trust Him one day at a time?

Which Bible verse gives you comfort right now?

What are you praying for in this next season of life?

Heart Healing Affirmations

- God is near to me even in heartbreak.
- I am worthy of love, peace, and healing.
- My future is not ruined because this relationship ended.
- God can restore what pain tried to steal.
- I do not have to rush my healing process.
- I can trust God even when I do not understand everything.

Bible Verses for Comfort & Strength

Scripture	Verse
Isaiah 41:10	Do not fear, for I am with you... I will strengthen you and help you.
Matthew 11:28	Come to me, all you who are weary and burdened, and I will give you rest.
Romans 8:28	God works all things together for the good of those who love Him.

Psalm 147:3	He heals the brokenhearted and binds up their wounds.
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Closing Prayer

God, I bring You my hurt, confusion, disappointment, and sadness. Help me heal in Your presence and remind me that my future is still full of hope. Teach me to trust You again, strengthen my heart daily, and give me peace that surpasses understanding. Help me move forward with wisdom, healing, and faith. Amen.

Created to encourage healing, hope, and restoration through God's love.