

TRAUMA

A 30 Day Foster Care Devotional

A Resource Provided By:



www.fosterhopefamily.com

Introduction to the 30-Day Devotional for Foster Parents: Healing Through Scripture and TBRI

Welcome to this 30-day devotional, created to support foster parents in your sacred calling to care for children from hard places. Rooted in God's heart for the vulnerable (Psalm 68:5-6), this journey blends Scripture with Trust-Based Relational Intervention (TBRI) and trauma-informed care to offer spiritual encouragement and practical wisdom. Each day provides a Bible verse, a reflection weaving TBRI's Empowering, Connecting, and Correcting Principles, and a prayer to guide you in fostering healing and hope.

How to Use This Devotional

Set aside a quiet moment each day to engage with the devotional. Read the Scripture aloud, letting its truth settle in your heart. Reflect on the message, considering how TBRI and trauma-informed insights apply to your fostering journey. Conclude with the prayer, personalizing it as needed. Journal your thoughts or discuss with a partner or community to deepen the experience. Use this time to seek God's strength, trusting Him to work through you to bring restoration to your foster child.

Day 1: God's Heart for the Vulnerable

Scripture: Psalm 68:5-6 – “A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families...”

Reflection: God's heart beats with unwavering compassion for the vulnerable, especially children in foster care who have often experienced profound loss and isolation. This divine care is vividly illustrated in Psalm 68, where God actively places the lonely into families, reminding us that fostering is not just a human endeavor but a participation in His redemptive work. TBRI's Connecting Principle underscores that true healing begins with deep, relational bonds—much like how God draws us into His family through love and acceptance. As a foster parent, you embody this by offering a stable, nurturing home where a child can begin to feel seen and valued. Trauma-informed care complements this by urging us to honor each child's unique story, recognizing that past adversities shape their worldview and behaviors. It starts with empathy: understanding that a child's hesitancy to trust stems from survival instincts honed in hardship, not defiance. By integrating these approaches, you reflect God's fatherly protection, creating an environment where vulnerability is met with grace, and loneliness gives way to belonging. This journey may challenge you, but remember, every act of connection mirrors God's promise to never abandon the fatherless, fostering hope and restoration one relationship at a time.

Prayer: Lord, thank You for Your heart for the fatherless. Help me reflect Your love as I care for the children in my home, building trust and connection. Amen.

Thoughts:

Day 2: Creating Safety

Scripture: Psalm 91:4 – “He will cover you with his feathers, and under his wings you will find refuge...”

Reflection: In a world that can feel chaotic and unpredictable, especially for children who have endured trauma, creating safety is foundational to healing—and it’s beautifully echoed in God’s promise of refuge under His wings in Psalm 91. TBRI’s Empowering Principle prioritizes establishing a secure physical and emotional environment, from predictable routines to sensory supports that help regulate a child’s nervous system. Trauma-informed care deepens this by acknowledging that many foster children arrive with heightened vigilance, their bodies wired to expect danger due to past experiences of neglect or abuse. As a foster parent, your role is to counteract this through consistent, calm presence: perhaps by maintaining a quiet space for decompression or using soft lighting and comforting textures to signal safety. This mirrors God’s protective embrace, where fear dissipates in the shadow of unwavering care. It’s not about perfection but persistence—small, daily acts like greeting your child with a warm smile or honoring their boundaries can rebuild their sense of security. In doing so, you become a tangible expression of divine refuge, helping them transition from survival mode to a place where they can thrive, knowing they are shielded by both your love and God’s.

Prayer: Father, help me create a safe space where my foster child feels secure. Let my home be a refuge under Your wings. Amen.

Thoughts:

Day 3: The Power of Presence

Scripture: Matthew 28:20 – “...And surely I am with you always, to the very end of the age.”

Reflection: Jesus’ assurance in Matthew 28 that He is always with us offers profound comfort, particularly in the context of foster care where children may have felt profoundly abandoned. TBRI’s Connecting Principle highlights the transformative power of being fully present—eye contact, attentive listening, and shared activities that convey, “You matter to me.” For children impacted by trauma, isolation can be a deep wound; trauma-informed care teaches that such experiences often lead to emotional walls, making simple presence a bridge to reconnection. As a foster parent, commit to showing up in the mundane moments: sitting quietly during a meltdown, joining in a game without distraction, or simply holding space for their stories. This consistent availability echoes Christ’s eternal companionship, slowly eroding distrust and fostering attachment. It requires intentionality—setting aside your phone or agenda to focus solely on the child—but the reward is a growing bond that heals old hurts. By embodying this presence, you not only build trust but also point them toward the One who never leaves, turning moments of loneliness into opportunities for divine encounter and lasting security.

Prayer: Jesus, thank You for Your constant presence. Help me be fully present for my foster child, showing them they are seen and valued. Amen.

Thoughts:

Day 4: Healing Through Compassion

Scripture: Colossians 3:12 – “...Clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Reflection: The call in Colossians to clothe ourselves in compassion speaks directly to the heart of foster parenting, where behaviors born of trauma can test our resolve. Trauma-informed care shifts our lens from judgment to understanding, recognizing that a child's outbursts or withdrawal often stem from unmet needs or past pain rather than willful misbehavior. TBRI builds on this by encouraging responses rooted in kindness and gentleness, such as using calm voices and offering choices to empower the child. Imagine a scenario where a foster child lashes out during a transition; instead of reacting harshly, a compassionate approach might involve acknowledging their fear and gently redirecting, mirroring God's patient mercy toward us. This not only de-escalates the moment but promotes long-term healing by rewiring neural pathways toward trust. As you practice humility—admitting your own limitations—and patience in the face of setbacks, you reflect the divine wardrobe of virtues that God extends to all. Ultimately, this compassionate stance fosters an environment where wounds can mend, and your foster child begins to internalize that they are worthy of kindness, just as God sees them.

Prayer: Lord, clothe me with compassion and patience. Help me see my foster child's behaviors through Your eyes and respond with kindness. Amen.

Thoughts:

Day 5: Trusting God's Plan

Scripture: Jeremiah 29:11 – “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you...”

Reflection: Foster parenting often unfolds amid uncertainty—court dates, behavioral regressions, or emotional ups and downs—yet Jeremiah’s promise reminds us that God’s plans are rooted in hope and prosperity, even when the path is unclear. TBRI acknowledges that healing from trauma is nonlinear, requiring time for new patterns to form, whether through empowering routines or corrective guidance. Trauma-informed care reinforces this by emphasizing resilience: children from hard places have inherent strengths, but progress demands patience as trust rebuilds. As a foster parent, lean into this by documenting small milestones, like a child sharing a feeling openly, and releasing the need for quick fixes. Trusting God’s timing means surrendering control, allowing His sovereignty to weave through your efforts. Perhaps in moments of doubt, recall how God orchestrated your own story; extend that faith to your foster child, believing He envisions wholeness for them. This perspective not only sustains you but models hope, transforming potential discouragement into a testimony of divine faithfulness that encourages both you and the child on this shared journey.

Prayer: God, help me trust Your plan for my foster child’s life. Guide me to support their healing with patience and faith. Amen.

Thoughts:

Day 6: Meeting Physical Needs

Scripture: Matthew 25:35 – “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink...”

Reflection: Jesus’ words in Matthew 25 highlight the sacredness of meeting basic needs, a principle that resonates deeply with foster children whose early deprivations may have left lasting impacts on their development. TBRI’s Empowering Principle focuses on addressing physiological requirements—like balanced nutrition, hydration, and sensory regulation—to create a foundation for emotional and behavioral stability. Trauma-informed care explains why this is crucial: chronic stress from neglect can alter brain chemistry, making even simple tasks overwhelming, so providing consistent meals or hydration reminders helps restore equilibrium. As a foster parent, integrate this practically by offering nutrient-rich snacks during high-stress times or creating a hydration station to encourage self-care. This care echoes Christ’s holistic ministry, tending to the body as a gateway to healing the spirit. Beyond the physical, it communicates worth: “You deserve to be nourished.” By prioritizing these needs, you not only support brain recovery but also reflect God’s provision, fostering an environment where trust blooms and the child can focus on growth rather than survival.

Prayer: Lord, show me how to meet my foster child’s physical needs. Let my care reflect Your provision and love. Amen.

Thoughts:

Day 7: The Gift of Connection

Scripture: 1 John 4:19 – “We love because he first loved us.”

Reflection: The profound truth in 1 John that our capacity to love stems from God’s initiating love forms the bedrock of meaningful relationships, especially in foster care where attachment wounds run deep. TBRI’s Connecting Principle leverages this by promoting activities that build secure bonds, such as eye contact exercises or shared rituals that affirm, “I delight in you.” Trauma-informed care adds insight into why connection is vital: early relational betrayals can lead to avoidance or hypervigilance, but consistent, unconditional love rewires these patterns toward security. As a foster parent, embrace this gift by initiating affection without expectation—perhaps through a daily hug or a note of encouragement—mirroring how God pursued us first. This approach not only heals the child’s heart but strengthens yours, reminding you that love is a divine flow, not a finite resource. In moments of resistance, remember God’s persistence with us; your steadfast connection can dismantle barriers, paving the way for a child to experience belonging and, ultimately, glimpse the Father’s love through your actions.

Prayer: Father, thank You for loving me first. Help me love my foster child with Your selfless love, building trust and connection. Amen.

Thoughts:

Day 8: Responding, Not Reacting

Scripture: Proverbs 15:1 – “A gentle answer turns away wrath, but a harsh word stirs up anger.”

Reflection: Proverbs’ wisdom on gentle responses offers timeless guidance for navigating the intense moments in foster parenting, where trauma-triggered behaviors can evoke strong reactions. TBRI’s Correcting Principle equips you with proactive tools, like scripting calm redirections or using “time-ins” to stay connected during discipline, rather than punitive measures that escalate fear. Trauma-informed care underscores the importance of this shift: children’s “misbehavior” often signals dysregulation from past threats, so responding with empathy prevents re-traumatization and models healthy conflict resolution. Picture a tantrum over bedtime; instead of raising your voice, a gentle acknowledgment like, “I see you’re upset—let’s breathe together,” diffuses tension and teaches self-soothing. This mirrors God’s gracious dealings with our own failings, turning potential conflicts into teaching opportunities. By cultivating self-awareness—perhaps through pausing to pray—you foster peace in your home, helping your foster child learn that safety persists even in disagreement, and grace abounds in every interaction.

Prayer: Lord, grant me wisdom to respond gently to challenging behaviors. Help me reflect Your peace and grace. Amen.

Thoughts:

Day 9: God's Strength in Weakness

Scripture: 2 Corinthians 12:9 – "...My grace is sufficient for you, for my power is made perfect in weakness."

Reflection: Paul's revelation in 2 Corinthians that God's power shines brightest in our vulnerabilities is a lifeline for foster parents facing exhaustion or doubt. TBRI encourages relying on external supports, like respite care or training, to sustain your efforts, aligning with the reality that no one parents in isolation. Trauma-informed care emphasizes self-compassion: acknowledging your limits prevents burnout, allowing you to model healthy boundaries for your child. When overwhelm strikes—perhaps after a sleepless night or emotional setback—lean into God's grace as your sufficiency, seeking renewal through prayer, community, or rest. This weakness becomes a canvas for divine strength, where your humility invites God's empowerment to flow into your parenting. For your foster child, witnessing this reliance teaches resilience; they see that strength isn't about invincibility but surrender. Ultimately, embracing weakness transforms challenges into testimonies, where God's perfect power equips you to pour out love from a place of abundance, not depletion.

Prayer: God, Your grace is enough. Strengthen me in my weakness to care for my foster child with Your power. Amen.

Thoughts:

Day 10: Understanding Trauma's Impact

Scripture: Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Reflection: The comforting proximity of God to the brokenhearted in Psalm 34 assures us that no pain escapes His notice, a truth essential for foster parents supporting children scarred by trauma. TBRI explains that such experiences reshape the brain, turning survival responses like fight-or-flight into default modes that manifest as defiance or withdrawal. Trauma-informed care invites a compassionate inquiry: What unmet need or past hurt drives this behavior? By educating yourself—perhaps through resources on adverse childhood experiences—you can respond with empathy rather than frustration, using strategies like co-regulation to calm escalated states. Trust in God's nearness guides this process; He who saves the crushed in spirit works through your understanding to facilitate healing. For instance, a child's hoarding of food might stem from scarcity fears—meet it with reassurance, not correction, reflecting divine tenderness. This approach not only aids recovery but draws you closer to God's heart, transforming your home into a sanctuary where brokenness meets salvation.

Prayer: Lord, You are close to the brokenhearted. Help me understand my foster child's trauma and respond with Your love. Amen.

Thoughts:

Day 11: Building Trust

Scripture: Proverbs 3:5-6 – “Trust in the Lord with all your heart and lean not on your own understanding...”

Reflection: Proverbs’ exhortation to trust God over our limited insights is crucial in foster care, where building trust with a child demands surrendering our timelines and methods to divine wisdom. TBRI prioritizes consistent, predictable care—such as following through on promises or maintaining routines—to gradually erode barriers erected by betrayal. Trauma-informed care reveals why trust is fragile: repeated disruptions in early attachments can lead to relational skepticism, making every interaction a potential rebuilding block. As a foster parent, lean on God by incorporating loving actions like shared decision-making or affirming words, acknowledging that progress may be incremental. When confusion arises—why the resistance despite your efforts?—submit it to Him, allowing His guidance to illuminate paths forward. This reliance not only fosters trust between you and the child but models faith, showing them that true security comes from a trustworthy God. Over time, these efforts create a foundation where vulnerability flourishes, and hearts align in mutual reliance.

Prayer: Lord, help me build trust with my foster child through consistent love. Guide me with Your wisdom. Amen.

Thoughts:

Day 12: The Power of Play

Scripture: Psalm 16:11 – “You make known to me the path of life; you will fill me with joy in your presence...”

Reflection: The joy promised in God’s presence in Psalm 16 invites us to embrace play as a pathway to life and healing, countering the seriousness trauma often imposes on children. TBRI’s Connecting Principle harnesses playful engagement—think silly games or laughter-filled activities—to lower defenses and strengthen bonds, releasing feel-good chemicals that combat fear. Trauma-informed care views play as therapeutic: it allows children to process experiences safely, rebuilding neural connections disrupted by stress. As a foster parent, incorporate this by setting aside time for unstructured fun, like building forts or dancing, observing how it shifts the atmosphere from tension to delight. This reflects God’s joyful nature, who delights in His children and uses joy to restore wholeness. Even if play feels awkward at first, persist; it communicates acceptance and reduces power imbalances. Through these moments, you not only foster connection but point to the eternal joy in God’s presence, turning play into a sacred tool for emotional and spiritual renewal.

Prayer: Father, fill our home with joy. Show me how to use play to connect with my foster child and foster healing. Amen.

Thoughts:

Day 13: Patience in the Process

Scripture: Galatians 6:9 – “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Reflection: Galatians’ encouragement against weariness resonates with the marathon of foster parenting, where healing unfolds gradually amid setbacks. TBRI’s Correcting Principle advocates patient teaching of new skills, using repetition and positive reinforcement to replace maladaptive behaviors with healthy ones. Trauma-informed care reminds us that recovery isn’t linear—trauma’s effects on development mean breakthroughs may follow regressions, requiring sustained empathy. As a foster parent, cultivate patience by focusing on long-term growth, perhaps journaling God’s faithfulness in small changes like improved eye contact. When fatigue hits, recall the harvest promise: your persistent good—gentle corrections or affirming efforts—plants seeds that God waters. This perspective shifts discouragement to hope, modeling perseverance for your child. Trusting God’s proper time frees you from pressure, allowing His rhythm to guide the process toward abundant fruit in both your lives.

Prayer: Lord, give me endurance to keep doing good. Help me trust Your timing in my foster child’s healing. Amen.

Thoughts:

Day 14: Listening with Love

Scripture: James 1:19 – “...Everyone should be quick to listen, slow to speak and slow to become angry.”

Reflection: James’ counsel to prioritize listening captures the essence of empathetic engagement, vital for foster children whose voices have often been silenced by trauma. TBRI’s Connecting Principle promotes active listening—paraphrasing feelings or maintaining open body language—to validate experiences and deepen attachment. Trauma-informed care highlights how unheard pain can manifest as anger or silence; by listening first, you create safety for expression, uncovering underlying needs. As a foster parent, practice this in daily interactions: during storytime, resist interrupting to offer space for their narrative, reflecting God’s attentive ear. Slowing speech and anger prevents escalation, fostering trust where vulnerability can emerge. This loving posture not only heals relational wounds but draws you into God’s wisdom, transforming conversations into bridges of understanding and love.

Prayer: Lord, make me quick to listen and slow to react. Help me hear my foster child’s heart with Your love. Amen.

Thoughts:

Day 15: God's Healing Power

Scripture: Isaiah 61:1 – "...He has sent me to bind up the brokenhearted, to proclaim freedom for the captives..."

Reflection: Isaiah's prophecy of binding the brokenhearted proclaims God's mission of liberation, a beacon for foster parents partnering in trauma recovery. TBRI provides practical tools—like sensory integration or relational repair—to support this, but ultimate healing flows from divine power. Trauma-informed care views healing holistically, addressing emotional captivity through safety and empowerment, yet acknowledges human limits. As a foster parent, trust God to work through your consistency: a comforting hug or patient presence becomes His instrument for mending hearts. When progress stalls, proclaim freedom in prayer, believing He redeems captivity. This faith-infused approach sustains you, turning your care into a conduit for God's restorative grace, where brokenness yields to wholeness.

Prayer: Jesus, You bind up the brokenhearted. Use my care to bring Your healing to my foster child. Amen.

Thoughts:

Day 16: Empowering Through Routine

Scripture: 1 Corinthians 14:33 – “For God is not a God of disorder but of peace...”

Reflection: The assurance that God embodies peace over disorder in 1 Corinthians inspires structured environments that calm chaotic minds, especially for trauma-impacted children. TBRI’s Empowering Principle uses routines—predictable schedules for meals, bedtime, or transitions—to reduce anxiety and promote self-regulation. Trauma-informed care explains the science: unpredictability in early life heightens stress responses, but consistency rewires the brain toward security. As a foster parent, implement this with visual charts or gentle reminders, creating a home that mirrors divine order. This peace fosters growth, allowing focus on relationships rather than survival. By aligning routines with God’s peaceful nature, you cultivate calm, reflecting His stability in every structured moment.

Prayer: Lord, help me create routines that bring peace to my foster child. Let my home reflect Your order and calm. Amen.

Thoughts:

Day 17: Forgiving the Past

Scripture: Ephesians 4:32 – “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Reflection: Ephesians’ call to forgiveness, modeled on Christ’s, addresses the relational strains in foster care where past hurts—yours or the child’s—can linger. TBRI encourages understanding behaviors as trauma echoes, promoting compassion over resentment to repair bonds. Trauma-informed care fosters this by urging exploration of root causes, allowing forgiveness to break cycles of pain. As a foster parent, extend grace in challenging moments, like after a lie rooted in fear, using it as a teaching opportunity. This mirrors God’s boundless forgiveness, healing both parties and pointing the child to redemptive love. Through persistent kindness, forgiveness becomes a pathway to mutual restoration.

Prayer: Father, help me forgive as You forgive. Let my compassion point my foster child to Your grace. Amen.

Thoughts:

Day 18: Advocating with Love

Scripture: Isaiah 1:17 – “Learn to do right; seek justice. Defend the oppressed...”

Reflection: Isaiah’s mandate to defend the oppressed calls foster parents to advocacy, blending justice with love for vulnerable children. TBRI equips you to identify needs—like therapy or educational supports—through informed understanding. Trauma-informed care emphasizes collaboration with systems to ensure safety and empowerment. As a foster parent, advocate lovingly at meetings or with professionals, reflecting God’s defense of the weak. This action communicates value to your child, fostering security. Trusting God’s guidance, your efforts become love in motion, seeking wholeness amid systemic challenges.

Prayer: Lord, give me wisdom to advocate for my foster child’s needs. Help me defend them with Your love. Amen.

Thoughts:

Day 19: Resting in God

Scripture: Matthew 11:28 – “Come to me, all you who are weary and burdened, and I will give you rest.”

Reflection: Jesus’ invitation to the weary in Matthew 11 is a balm for foster parents carrying heavy loads of emotional labor. Trauma-informed care stresses self-care—boundaries, therapy, or breaks—to maintain capacity for others. TBRI supports this by recognizing caregiver sustainability as key to child healing. When burdens mount, seek God’s rest through solitude, prayer, or support networks. This renewal equips you to parent from abundance, modeling healthy rhythms for your child. Embracing rest reflects trust in God’s provision, transforming fatigue into refreshed service.

Prayer: Jesus, I’m weary. Grant me Your rest so I can continue caring for my foster child with love. Amen.

Thoughts:

Day 20: Celebrating Small Victories

Scripture: Zechariah 4:10 – “Who dares despise the day of small things...”

Reflection: Zechariah’s admonition against despising small beginnings celebrates incremental progress in foster care’s slow journey. TBRI encourages noting victories—like a shared smile or self-soothed moment—to reinforce positive change. Trauma-informed care affirms that trauma recovery is gradual, with small steps building resilience. As a foster parent, mark these with affirmations or rituals, trusting God’s work in the details. This mindset combats discouragement, fostering hope and motivating continued effort. Rejoicing in the small reflects faith in divine orchestration, turning everyday moments into milestones of healing.

Prayer: Lord, help me see and celebrate the small victories in my foster child’s journey. Thank You for Your work in their heart. Amen.

Thoughts:

Day 21: Modeling God's Love

Scripture: 1 Corinthians 13:4-5 – “Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”

Reflection: The attributes of love in 1 Corinthians 13 provide a blueprint for foster parenting, where modeling divine love shapes a child's understanding of relationships. TBRI's Connecting Principle embodies this through patient, kind interactions that build secure attachments. Trauma-informed care calls for demonstrating healthy dynamics to overwrite harmful patterns. As a foster parent, live this out in humility—apologizing for mistakes or offering grace in failures—showing love's endurance. Your example helps the child internalize worthiness, reflecting God's unconditional affection. Over time, this modeling transforms hearts, fostering reciprocal love.

Prayer: Father, let my love be patient and kind. Help me model Your love to my foster child every day. Amen.

Thoughts:

Day 22: Addressing Fear

Scripture: 2 Timothy 1:7 – “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

Reflection: Paul’s words in 2 Timothy affirm that God’s Spirit empowers over fear, a key insight for children trapped in trauma-induced timidity. TBRI’s Correcting Principle disarms fear through strategies like empowerment choices and loving boundaries. Trauma-informed care identifies fear as a survival remnant, addressable through safety-building. As a foster parent, guide with God’s love—perhaps co-regulating breaths during anxiety—replacing timidity with confidence. This Spirit-led approach fosters self-discipline, reflecting divine power in daily life.

Prayer: Lord, replace fear with Your love in my foster child’s heart. Guide me to help them feel safe and empowered. Amen.

Thoughts:

Day 23: Community Support

Scripture: Galatians 6:2 – “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Reflection: Galatians 6:2 calls foster parents to embrace community support, reflecting Christ’s love through shared burdens to sustain the demanding journey of fostering. Trauma-informed care highlights the value of peer networks, where foster parents exchange wisdom, encouragement, and practical strategies to navigate challenges. TBRI emphasizes the role of support systems in enhancing parenting efficacy, enabling caregivers to remain resilient and compassionate. As a foster parent, engaging with your church, support groups, or fellow foster parents for respite, advice, or emotional support fulfills the mutual care Galatians envisions. Community support provides a safe space to share vulnerabilities, gain insights from others’ experiences, and find strength to continue loving your foster child well. This interconnectedness not only lightens your load but also models healthy vulnerability for your child, fostering a sense of belonging and reinforcing your capacity to love with Christ-like compassion.

Prayer: Lord, thank You for my community. Help me seek and offer support as we care for children in need. Amen.

Thoughts:

Day 24: Hope in Healing

Scripture: Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him...”

Reflection: Romans 15:13 offers a powerful blessing of hope, joy, and peace, anchoring foster parents in the belief that healing is possible for children who have experienced trauma. This divine hope fuels the journey of restoration, reminding parents that God’s love is a catalyst for mending broken hearts. Trust-Based Relational Intervention (TBRI) and trauma-informed care harness hope as a healing tool, using strategies like tracking small milestones and framing interactions with positivity to nurture a child’s resilience. As a foster parent, trusting in God’s promise fills your home with an atmosphere of optimism, creating a safe space for healing. By offering affirmations and celebrating incremental progress, you reflect God’s restorative hope, countering despair and guiding your foster child toward emotional and spiritual wholeness. This hope, grounded in faith, transforms challenges into opportunities for lasting healing.

Prayer: God of hope, fill our home with joy and peace. Let my foster child see Your hope through my care. Amen.

Thoughts:

Day 25: Teaching Self-Regulation

Scripture: Proverbs 16:32 – “Better a patient person than a warrior, one with self-control than one who takes a city.”

Reflection: Proverbs 16:32 celebrates the strength of self-control, a vital skill often disrupted by trauma but one that foster parents can nurture with intentionality. Trauma can make emotional regulation challenging for children, leading to outbursts or withdrawal, yet through patient guidance, foster parents can help rebuild this capacity. TBRI's Correcting Principle offers practical tools like modeling calm behavior and teaching techniques such as deep breathing or sensory breaks to foster self-regulation. Trauma-informed care emphasizes consistent, empathetic support to guide children toward emotional stability, recognizing their efforts as steps toward healing. As a foster parent, demonstrating calm in stressful moments reflects God's peace and provides a powerful example for your child. By creating a safe environment and modeling self-control, you empower your foster child toward independence and resilience, trusting God's strength to guide you both.

Prayer: Lord, help me teach my foster child self-control with patience. Guide them to Your strength and peace. Amen.

Thoughts:

Day 26: God's Faithfulness

Scripture: Lamentations 3:22-23 – “Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning...”

Reflection: Lamentations 3:22-23 offers foster parents a powerful reminder of God’s unwavering love and daily renewed mercies, providing strength to endure the trials of fostering children with trauma. The promise that God’s compassions never fail serves as an anchor when faced with challenging behaviors or emotional setbacks. Trust-Based Relational Intervention (TBRI) aligns with this by treating each day as a fresh opportunity for connection and correction, fostering trust through consistent, empathetic care. Trauma-informed care similarly emphasizes resilience, encouraging foster parents to offer children new beginnings to heal and grow. As a foster parent, you are called to mirror God’s compassion by approaching each morning with renewed patience and love, trusting His faithfulness to sustain both you and your foster child. This daily reset allows you to let go of yesterday’s struggles and embrace God’s grace, creating a nurturing environment where healing can flourish.

Prayer: Lord, thank You for Your new mercies each day. Help me extend Your compassion to my foster child. Amen.

Thoughts:

Day 27: Seeing Through God's Eyes

Scripture: 1 Samuel 16:7 – "...The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

Reflection: Samuel's lesson teaches us to look beyond outward appearances to the heart, a lesson that profoundly applies to foster parenting. Children in foster care may display challenging behaviors that tempt surface-level judgments, but trauma-informed care encourages looking deeper to understand the inner wounds driving those actions. Trust-Based Relational Intervention (TBRI) equips foster parents to discern a child's true needs, offering targeted support through empathy and connection rather than reacting to behaviors alone. As a foster parent, praying for God's vision allows you to see your child as He does—worthy, loved, and in need of healing. This heart-focused approach fosters true understanding, enabling you to respond with wisdom and patience. By aligning with God's perspective, you create a nurturing environment where a child can feel safe and valued, paving the way for trust and restoration.

Prayer: Lord, help me see my foster child's heart as You do. Guide me to respond with Your love and wisdom. Amen.

Thoughts:

Day 28: Persevering in Love

Scripture: 1 Corinthians 16:14 – “Do everything in love.”

Reflection: The call of 1 Corinthians 16:14 to “do everything in love” challenges foster parents to persevere through the emotional highs and lows of caring for children with trauma. Trust-Based Relational Intervention (TBRI) and trauma-informed care require consistent compassion, using empathy and patience to respond to challenging behaviors. As a foster parent, you draw from God’s unending love to turn difficulties into opportunities for healing. By choosing love through affirming words and calm responses, you create a safe space for trust and restoration, reflecting God’s steadfast love. This perseverance also means trusting that even small acts of love plant seeds for a child’s future, even when immediate results are not visible.

Prayer: Father, help me do everything in love, even when it’s challenging. Let my perseverance reflect Your unending love. Amen.

Thoughts:

Day 29: Restoring Dignity

Scripture: Psalm 139:14 – “I praise you because I am fearfully and wonderfully made...”

Reflection: Psalm 139:14 affirms that every child is fearfully and wonderfully made, countering trauma’s erosion of dignity. TBRI’s Connecting Principle uses affirmations and attuned care to restore worth, while trauma-informed practices empower a child’s voice and value. As a foster parent, consistently affirm your child’s masterpiece status through love and encouragement, planting seeds of self-worth. By reflecting God’s love and using trauma-informed tools, you help restore their God-given dignity.

Prayer: Lord, help me affirm my foster child’s worth. Let them know they are fearfully and wonderfully made by You. Amen.

Thoughts:

Day 30: Walking in Faith

Scripture: Hebrews 11:1 – “Now faith is confidence in what we hope for and assurance about what we do not see.”

Reflection: Hebrews defines faith as confidence in hope and assurance in the unseen, guiding foster parents through the uncertainties of caring for children with trauma. Foster parenting is a challenging yet loving journey, using tools like Trust-Based Relational Intervention (TBRI) and trauma-informed care to build trust and safety while addressing behaviors rooted in past pain. Faith in God’s promises sustains parents when progress is slow, mirroring Abraham’s trust in the unknown. By integrating TBRI’s empathy with prayer and community support, foster parents celebrate small victories and rely on God as the ultimate healer, leading both parent and child toward hope and restoration.

Prayer: Lord, strengthen my faith as I care for my foster child. Lead us both toward Your hope and healing. Amen.

Thoughts:

Conclusion

As you complete this 30-day journey, reflect on the sacred privilege of fostering—mirroring God’s heart for the vulnerable and joining His work of healing broken hearts (Isaiah 61:1). Through Scripture, TBRI principles, and trauma-informed care, you’ve explored ways to create safety, build trust, and persevere in love, even amidst challenges. These reflections and prayers have been a guide to anchor you in God’s promises, equipping you to nurture hope and restoration in your foster child’s life. Carry forward the truth that your steadfast care, rooted in faith, reflects Christ’s unwavering love. May you continue this calling with courage, leaning on God’s strength and the support of your community, trusting that every step sows seeds of healing for eternity.

Notes

- TBRI Integration: Each devotion incorporates TBRI's Empowering (addressing physical needs), Connecting (building attachment), or Correcting (managing behavior) Principles, as these are evidence-based strategies for supporting children with trauma histories.
- Trauma-Informed Care: Reflections emphasize understanding trauma's impact, creating safety, and fostering healing, aligning with trauma-informed principles.
- Scripture: Verses were chosen to reflect God's heart for the vulnerable, His healing power, and practical guidance for foster parents.
- Practical Application: Each day offers actionable insights for foster parents, such as creating routines, responding gently, or advocating for needs.

This 30-day devotional was created based on the following sources and frameworks, which informed the integration of Scripture, Trust-Based Relational Intervention (TBRI), and trauma-informed care principles:

1. The Holy Bible:

- All Scripture references are drawn from the Bible, using the New International Version (NIV) for consistency and accessibility. Specific verses were selected to align with themes of God's care for the vulnerable, healing, compassion, and guidance for foster parents.

2. Trust-Based Relational Intervention (TBRI):

- Developed by the Karyn Purvis Institute of Child Development at Texas Christian University, TBRI is an evidence-based, trauma-informed approach for working with children who have experienced adversity. The devotional incorporates TBRI's core principles: Empowering (addressing physical and environmental needs), Connecting (building trust and attachment), and Correcting (managing behaviors proactively). Key concepts were drawn from:

■ Purvis, K. B., Cross, D. R., & Sunshine, W. L. (2007). *The Connected Child: Bring Hope and Healing to Your Adoptive Family*. McGraw-Hill Education.

■ Resources from the Karyn Purvis Institute of Child Development: <https://child.tcu.edu/>

3. Trauma-Informed Care Principles:

- The devotional integrates trauma-informed care principles, such as creating safety, understanding trauma's impact on behavior, fostering connection, and promoting healing. These principles are informed by:

- Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. <https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

- General trauma-informed care frameworks from organizations like the National Child Traumatic Stress Network (NCTSN): <https://www.nctsn.org/>

4. Foster Parenting Context:

- Insights into the needs of foster parents and children in foster care were informed by general knowledge of foster care dynamics, emphasizing the emotional, spiritual, and practical challenges. No specific foster care resource was directly quoted, but the content reflects common themes from foster care advocacy and support resources.

Note: No direct quotes or proprietary content from TBRI or other sources were used; rather, the devotional synthesizes key concepts into original reflections tailored for foster parents. If you need specific resources for TBRI training or trauma-informed care, I can provide recommendations or further details!