



Devotional: Healing from Sexual Abuse and Shame

Scripture Reading

“Those who look to Him are radiant; their faces are never covered with shame.” – Psalm 34:5

Reflection

Sexual abuse leaves deep wounds, not only on the body but also on the heart and spirit. One of the heaviest burdens survivors carry is shame. Shame whispers lies: “You are unworthy. You are dirty. You are to blame.”

But the truth is this: you are not what happened to you. The guilt belongs to the abuser, not you. Shame is a chain forged by lies, but Jesus came to break those chains.

At the cross, Jesus not only carried our sins but also our shame (Hebrews 12:2). He endured public humiliation so that you would never have to hide again. Just as He restored dignity to the woman with the issue of blood (Mark 5:25–34) and lifted the woman caught in adultery (John 8:1–11), He speaks the same words over you: “Neither do I condemn you.”

Prayer

Lord Jesus, I come before You with the hidden wounds of abuse. You see the parts of me I’ve been too afraid to reveal. Lift the weight of shame from my heart. Remind me that I am Your beloved child, not defined by what was done to me. Clothe me with Your righteousness and restore my dignity. Let me walk in freedom, healing, and hope. In Your precious name, Amen.

Affirmations of Truth

- I am not what happened to me; I am who God says I am.
- I am pure and whole in Christ (2 Corinthians 5:17).
- I am loved with an everlasting love (Jeremiah 31:3).
- I am free from shame because Jesus bore it for me (Hebrews 12:2).
- I am worthy of love, safety, and dignity.

Closing Thought

Shame wants to silence and isolate, but God invites you into His light where healing flows. Each day you choose to trust Him, He will peel back layers of shame and replace them with peace, joy, and a renewed sense of worth.

Today, look to Him—and let His light make your face radiant, free from shame.