

On the Way

A DEVOTIONAL GUIDE

RECOVERING FROM CHURCH
PAIN, LOSS, DISAPPOINTMENT,
OR BETRAYAL OF TRUST





*Finding your way after church pain, loss,
disappointment, or betrayal of trust*

Dear friends,

Our hearts grieve for you. Walking through experiences that hold deep disappointment within a faith community—whether a loss of trust involving a spiritual leader, an incident of church harm, abuse, or the doors of a church closing—is heartbreaking. Experiences that interrupt our faith journey touch us in core places and often leave us grappling with conflicted emotions. You may find that you have more questions than answers. What happened? Why can't I seem to move on? Where was God? How can I trust what I thought I knew of Him? How could He let this happen? How could I not have known?

When your world is rocked and your compass is spinning, God alone is your anchor and your true north. But the very nature of spiritual harm is that it works to interrupt your healing. This is tender territory, and we are praying for you. As you read, please pause when needed, and be gentle with yourself.

Your circumstances, history, and story will inform your experience, and we believe God will be faithful to lead you to places of healing and a new hope. We encourage you to be curious and have grace for yourself in the journey as you lean into His Word, His heart, and His voice for yourself, listening for the truth that will set you free.

God sees you, and He is with you. He will never leave you or abandon you. May He meet you and bless you as you seek Him.

—*The Way Home Team*

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

In the wake of heartbreak surrounding your community of faith, you may feel disillusioned, angry, or grieved as you survey the remnants of a community you once loved, now scattered.

In tender days when you feel shaken or alone, scripture promises that the Lord is CLOSE.

When our hearts are broken, He is there.

When our spirits are crushed, He is there.

When we feel abandoned or betrayed, He is there.

As you wrestle, lament, and grieve, processing all that has happened—and all that has been lost, know this foundational truth: YOU ARE NOT ALONE. Your God is near to you, holding your broken heart together. He will never leave you to face your heartbreak alone.

Read or pray the prayer below as you are able:

A Guiding Prayer: Lord, I don't even know where to begin. There is so much just wrong in this story, so many broken pieces, so much to grieve. Thank You for Your presence in my sadness and grief. Thank you for not staying distant in my pain. Please hold me together, Lord. I need You. Hold and heal my broken heart, Father. Amen.