

WHEN CHRISTIAN LOVE HURTS: Unlearning the Lies We Spiritualized About Suffering, Submission, and Staying

By Pastor Kim Bulgin

1. HER STORY:

When Suffering Isn't Sacred—It's Just Pain

Have you ever been taught that the more you suffer, the holier you are?
Have you ever stayed in a relationship because someone quoted Scripture to convince you that suffering was your calling?

You're not alone. For too long, women have been taught that spiritual strength means staying silent, enduring mistreatment, and calling it love. But that's not the gospel.
That's not Jesus.
That's not freedom.

This Bible study isn't about rebellion, it's about **reclamation**. Reclaiming your body, your boundaries, your voice, and your relationship with the Word. It's about unlearning spiritualized suffering and choosing sacred wholeness.

2. GEMS TO CARRY WITH YOU

✨ Not all suffering is redemptive. Some suffering is *religiously tolerated abuse.*
✨ Submission is not silence. Submission is not staying stuck.
✨ Grace does not require you to be anyone's emotional punching bag.
✨ You are not a savior. You are not a sacrifice. Jesus already handled that.
✨ Loyalty is not bondage. Faithfulness does not require self-erasure.

3. GOD'S RECEIPTS

(Because we love receipts.)

📖 **Hosea 1–3** – Hosea's story is metaphor, not marriage advice.
📖 **1 Peter 3:1–7** – Submission was never meant to cover up harm.
📖 **Luke 13:10–17** – Jesus prioritized a woman's healing over religious traditions.
📖 **John 4:1–26** – The woman at the well is seen, restored, and empowered.
📖 **Romans 5:3–5** – Suffering that produces hope is different from suffering that produces shame.
📖 **Galatians 5:1** – Freedom is your inheritance. Don't go back to bondage.

4. WORD STUDY HIGHLIGHT

"Yoke" (ζυγός – *zygos*)
📖 Galatians 5:1 – "*...do not let yourselves be burdened again by a yoke of slavery.*"

Greek Breakdown:
Zygos means a heavy, restrictive harness, a weight that joins two things together and limits freedom.

💡 *Revelation:*
You were never meant to be yoked to someone else's pain, pride, or poor behavior in the name of "covenant." Jesus invites you into **partnership**, not **prison**.

5. TIME TO GET REAL

Let's reflect together:

🔥 Where in your life have you been calling survival "faithfulness"?
🔥 Have you ever stayed because leaving felt unbiblical, even when staying was harmful?
🔥 What's one belief about Christian love or submission you now realize was a lie?
🔥 What would it feel like to walk in a love that nourishes you instead of depletes you?

6. SINCERELY TALK TO GOD

Prayer:

Lord, I release the need to spiritualize my suffering.
I lay down every false teaching that told me to stay quiet in pain.
I reclaim my voice, my dignity, and my right to be loved well.
Teach me how to discern real love from religious performance.

Remind me that my body, my heart, and my mind are sacred—and they matter to You.
In Jesus' name, amen.

7. JOURNALING PROMPT

📝 Write about a time you felt pressured to stay loyal to someone or something that was harming you.

- What did you believe about God in that moment?
- What would you tell yourself now, as the woman who is learning to choose **freedom over fear**?

8. SPEAK LIFE, QUEEN

✅ My loyalty does not require self-destruction.
✅ I am not a martyr for someone else's healing.
✅ Jesus is not asking me to die inside to prove I'm faithful.
✅ My freedom is sacred.
✅ I am allowed to walk away in peace and still walk with God.

9. ONE-DAY DEVO: *The Day Jesus Chose a Woman's Healing Over Religious Pressure*

📖 **Luke 13:12** – "Woman, you are set free from your infirmity."

Deeper Reflection:

🔥 What systems or structures have silenced your pain in the name of appearances?
🔥 How does Jesus' public healing of this woman challenge what the church has told women about staying silent?
🔥 What does it mean to be seen, called "daughter," and healed in front of everyone?

Scriptures to Meditate On:
📖 Luke 13:12–13
📖 Galatians 5:1
📖 Psalm 34:18 – "The Lord is close to the brokenhearted."

10. FINAL ENCOURAGEMENT

Sis, you are not too much.
You are not too broken.
You are not hard to love.

💥 You are worthy of a love that *doesn't require your silence.*
💥 You are worthy of a love that *doesn't cost you your sanity.*
💥 You are worthy of *safe, spirit-filled, sacred connection.*

This is your season to stop calling pain "purpose" and to start calling yourself **free**.

Join House of Women* and download the *full guide today!