# Embracing Health: Strength for Teens with Asthma



Discover God's encouragement and strength in managing asthma with faith over 7 days focused on health, hope, and resilience.





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#### Introduction

Welcome to this 7-day Bible study plan focused on health and encouragement, especially designed for teenagers living with asthma.

Managing asthma as a teen can be challenging, but your faith can be a source of great strength. Throughout this journey, we will explore Scripture that uplifts, encourages, and empowers you to approach your health with hope and confidence.

It's important to remember that God cares deeply about every aspect of our lives, including our physical health. He is present in moments when you feel breathless or worried, ready to provide peace and healing in ways beyond understanding. This plan will invite you to reflect on God's promises and find inspiration through His Word to face health challenges with courage and faith.

Each day includes a key scripture to meditate on, supporting verses to deepen understanding, and devotional content tailored to your experiences. You will also find reflective questions to help you connect personally with God's message and journaling prompts to express your journey. Finally, each day concludes with a prayer to encourage you to lean on God's strength.

Remember, your health journey is unique, and your faith journey is uniquely yours as well. God is walking alongside you every step of the way, guiding and supporting you as you breathe in His peace and breathe out any fears. Let's start this empowering journey together!

















#### Your Verse

Psalm 46:1 NIV - "God is our refuge and strength, an ever-present help in trouble."

#### **Supporting Scriptures**

- Isaiah 40:31 "But those who hope in the LORD will renew their strength."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







#### Devotional: Finding Strength in God's Refuge

Living with asthma can sometimes make you feel weak or vulnerable. But the Bible reminds us that God is our refuge — a safe place where we can find strength in any trouble. When your breathing feels hard or fear tries to take over, remember that God is close at hand, ready to comfort and support you.

Isaiah 40:31 reminds us that hoping in the LORD renews our strength. This doesn't mean that asthma will disappear, but that God's power can help you rise above your challenges day by day. The apostle Paul knew about weakness too, which is why he welcomed God's strength to complete him in 2 Corinthians 12:9.

When you feel limited by asthma, lean into God's grace. He offers more than you might think—energy, courage, and peace to keep moving forward. Take a moment right now to invite God into your struggles and ask Him for His strength to sustain you.







### Reflect and Apply

	How have you experienced God's strength during difficult moments with your asthma?
2.	What does it mean to you to have God as your refuge?
	In what ways can you remind yourself of God's presence when feeling weak?







### **Journaling Prompts**

	Write about a time when God helped you through a difficult health challenge.
2.	List things that remind you God is your strength daily.
3.	Describe what it means to hope in God for renewed strength.







#### Prayer for Today

**Dear God,** thank You for being my refuge and strength. When I feel weak or overwhelmed with my asthma, help me to remember that You are always near to help me. *Renew my strength and fill me with Your peace* each day, so I can face challenges bravely. Thank You for Your grace that is always sufficient for me. Amen.  $\bigwedge$ 















#### Your Verse

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

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."







#### Devotional: Finding Peace When Breath is Hard

Asthma attacks can leave you feeling afraid or overwhelmed. The Bible encourages us that God is especially close to those in pain, brokenhearted, or feeling crushed. You are never alone in your struggles—even in the most difficult moments of breathlessness, God is with you.

Jesus invites anyone who is weary and burdened to come to Him for rest. This invitation is a powerful reminder that you can bring your fears, frustrations, and worries to God freely. Prayer becomes a lifeline—turning anxiety into peace when you hand all your concerns over to Him.

As you live with asthma, practice leaning on God with every breath. When you feel anxious about an asthma episode or managing your health, pause to pray. Thank Him, share your worries, and trust that He will provide calm and comfort. This is God's promise to those who seek Him.







### Reflect and Apply

1.	How do you usually respond when you feel anxious about your asthma?
	What does Jesus' invitation to come to Him mean in relation to your health challenges?
3.	How can prayer help you find peace in difficult moments?







### **Journaling Prompts**

1.	Write a prayer sharing your fears and hopes about asthma.
2.	Describe a peaceful moment when you felt God's presence.
3.	List ways you can remember to turn to God when anxious.







#### Prayer for Today

**Lord Jesus,** thank You that You are close to me when I am brokenhearted or scared. *Help me to bring my anxiety and burdens to You* and to trust You with every breath I take. Please calm my fears and give me rest in Your loving arms. Amen. 

Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 56:3 "When I am afraid, I put my trust in you."
- Joshua 1:9 "Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."







#### Devotional: Replacing Fear with God's Spirit

Fear can sometimes feel like a heavy weight when living with asthma. Fear of attacks, fear of feeling different, or fear of what the future holds. But God gives us a spirit filled with power, love, and self-discipline—not fear.

Timothy's encouragement reminds us that God's Spirit strengthens us in ways beyond our own abilities. When you feel scared, you can choose to put your trust in God, as David declared in Psalm 56:3. Remember Joshua's bold words that God is with you wherever you go—this gives courage that no asthma limitation can take away.

Allow God's Spirit to fill your heart with power to face tough moments and love that reminds you of your value. Self-discipline can help you care well for your body through medicines and self-care, showing respect for the life God gave you.







### Reflect and Apply

1.	What are some fears you have related to asthma?
2.	How does understanding God's spirit give you courage?
	In what ways can you practice self-discipline as a way to honor God with your health?







### **Journaling Prompts**

1.	Write about a fear you want to give to God.
2.	List characteristics of God's Spirit that help you face asthma.
3.	Describe a time when you showed love and discipline caring for your health.







#### Prayer for Today

**Father God,** thank You for the Spirit You have given me—a Spirit of power, love, and self-discipline. *Help me to remember that fear doesn't come from You, and to trust You in every situation.* Give me courage to face my asthma with strength and love. Amen. ♥ ♥ ⚠ ₺









# Day 4: 😂 God's Healing and Care









Day 4: 🖏 God's Healing and Care

#### Your Verse

Jeremiah 30:17 NIV – "I will restore you to health and heal your wounds," declares the LORD.

#### **Supporting Scriptures**

- Psalm 103:2-3 "Praise the LORD, my soul, and forget not all his benefits —who forgives all your sins and heals all your diseases."
- James 5:14 "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord."







Day 4: 🛱 God's Healing and Care

#### Devotional: Trusting God's Restoration and Healing

One of the most comforting promises in the Bible is God's commitment to heal and restore. Though asthma may not be completely cured, God offers healing in many ways—including emotional, spiritual, and physical restoration.

God's care is complete, forgiving sins and healing diseases. This means He understands your pain and works to bring wholeness despite struggles. The early church practiced prayer and support for the sick, showing us how community and faith go hand in healing.

This healing may show up as improved health, peace in your heart, or strength to keep going. Trust that God is actively working to restore and care for you. Invite Him to heal the parts of you that feel wounded or weary.







Day 4: 🐯 God's Healing and Care

### Reflect and Apply

1.	How have you seen God's healing in your life so far?
2.	What does restoration mean to you in the context of asthma?
	Who can you reach out to in your community when you need support and prayer?







Day 4: 😂 God's Healing and Care

### **Journaling Prompts**

1.	Write about what healing looks like for you.
2.	Describe any times you felt God's restoration.
	List people who support you and how they encourage your health journey.







Day 4: 😂 God's Healing and Care

#### Prayer for Today

**Lord,** thank You that You are a God who heals and restores. *I ask for Your healing touch on my body, mind, and spirit.* Help me to trust Your timing and Your ways, even when healing looks different than I expect. Surround me with loving people who encourage me. Amen. 

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#### Your Verse

2 Corinthians 1:3-4 NIV - "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles."

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- John 14:27 "Peace I leave with you; my peace I give you."







#### Devotional: Embracing God's Comfort During Asthma

**Living with asthma can bring moments of struggle, worry, or sadness.** The Bible portrays God as the ultimate source of comfort—compassionate and attentive to your needs.

Paul highlights that God comforts us in all our troubles so that we can comfort others. This shows how receiving God's compassion empowers us to encourage others in their challenges too.

God also promises peace—not just any peace, but the peace of Jesus that calms your heart even in storms. Reach out to Him when you feel brokenhearted from the pains asthma can cause. Let Him bind your wounds and fill you with hope.







### Reflect and Apply

1.	What kinds of struggles related to asthma have you experienced recently?
2.	How does God's comfort change your experience of these struggles?
3.	How might you share God's comfort with friends or family who face their own hardships?







### **Journaling Prompts**

1.	Write about a time God comforted you.
2.	List ways you can accept God's peace when anxious.
3.	Describe how you might comfort someone else using God's love.







#### Prayer for Today

**Dear God,** thank You for being a God of compassion and comfort. *When I struggle with my asthma or feelings of sadness, please wrap me in Your peace and healing.* Help me to feel Your closeness and share Your comfort with others. Amen.















#### Your Verse

Romans 5:3-4 NIV - "We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

#### **Supporting Scriptures**

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- 1 Peter 5:10 "After you have suffered a little while, the God of all grace...will himself restore you and make you strong."







#### Devotional: Hope Grows Through Perseverance

**Asthma and other health challenges can feel like ongoing trials.** Yet Scripture encourages us to view suffering as a path to perseverance, character, and hope.

The struggle you face builds resilience and strength of character—qualities that shape you into a person full of hope, even during tough times. James speaks of blessings for those who persevere, promising God's reward and restoration.

Every time you manage an asthma episode or follow your treatment faithfully, you're building spiritual resilience. God's grace comforts and strengthens you to keep moving forward with hope. Remember that your story of endurance is powerful and meaningful.







### Reflect and Apply

1.	How has dealing with asthma helped you develop perseverance?
2.	What character qualities are growing through your health challenges?
3.	How does hope influence your attitude toward the future?







#### **Journaling Prompts**

1.	Write about a moment when you showed resilience.
2.	List the positive ways you have grown through asthma.
3.	Describe how hope motivates you to keep going.







#### Prayer for Today

God of grace, thank You for using my challenges to grow my perseverance and hope. Help me to keep trusting You, even when life is hard. Strengthen me each day and fill me with Your peace and encouragement. Amen. 💪 😩

















#### Your Verse

Lamentations 3:22–23 NIV – "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

#### **Supporting Scriptures**

- Psalm 118:24 "This is the day the LORD has made; let us rejoice and be glad in it."
- Deuteronomy 31:6 "Be strong and courageous. Do not be afraid...for the LORD your God goes with you; he will never leave you nor forsake you."







#### Devotional: Rejoicing in God's Unfailing Love

As you conclude this 7-day journey, it's time to celebrate God's faithfulness in your life. Despite challenges with asthma, God's love never fails and His mercies are new every morning.

This truth invites joy and gratitude each day. No matter how difficult yesterday was, God is with you today, ready to carry you through with His strength and courage. Psalm 118 encourages us to rejoice in every day God gives us—a powerful reminder that life is a precious gift filled with hope.

Take time to celebrate your progress and God's constant presence. Be strong and courageous knowing that God will never leave you. Your journey is unique but never alone—God faithfully walks beside you.







### Reflect and Apply

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### **Journaling Prompts**

1.	Write about God's faithfulness in your life.
2.	List daily blessings you want to thank God for.
3.	Describe ways you will trust God going forward.







#### Prayer for Today

Faithful God, thank You for Your never-ending love and mercy. Your compassion renews me every day, and I rejoice because You are always with me. Help me to be strong and courageous, knowing You will never leave me. Thank You for walking with me in every step of my health journey. Amen. 🌈













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