Faith and Healing: A Journey of Strength for Pulmonary Fibrosis



Explore God's promises and find spiritual strength for health challenges, especially living with pulmonary fibrosis, through this 7-day Bible study plan.





Table of contents

| Introduction | 3 |
|---|----|
| Day 1: Frusting God in the Midst of Health Challenges | 4 |
| Day 2: O God's Peace That Surpasses Understanding | 10 |
| Day 3: X Hope in God's Healing Power | 16 |
| Day 4: & Strength Renewed in Weakness | 22 |
| Day 5: S Resting in God's Comfort | 28 |
| Day 6: W God's Unfailing Love Sustains Us | 34 |
| Day 7: C Living by Faith and Hope | 40 |







Introduction

Welcome to this 7-day journey of faith and healing. Living with pulmonary fibrosis can be overwhelming — the physical symptoms, the uncertainties, and the emotional toll weigh heavily. But, amidst these challenges, God offers hope, peace, and strength. *This study is designed to encourage you to lean on God's Word and promises as you navigate your health journey.* Through carefully chosen scriptures and reflections, you'll discover how faith can be a powerful anchor when facing pulmonary fibrosis or any health hardship.

Each day focuses on God's sustaining presence, His healing nature, and how He meets us in our fragility. You will explore themes of trust, perseverance, and divine comfort. These Bible passages remind us that our identity and hope are rooted not in our bodies but in God's unchanging love and purpose for us.

By engaging with this study, you will: find strength to face daily uncertainties, learn to surrender control to God's perfect care, and deepen your reliance on Him for emotional, spiritual, and physical healing. Remember, *God never leaves us in our suffering but walks closely alongside us.* May this time inspire your spirit and renew your hope as you place your health—and life—in God's hands.















Your Verse

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

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Finding Strength by Trusting God Amidst Weakness

Facing pulmonary fibrosis or any serious health condition can often lead to fear, loneliness, and discouragement. The weight of uncertainty about the future presses on your heart, making it difficult to find peace. Yet, God's Word reassures us that He draws near especially when our spirits are broken or crushed. **Psalm 34:18** declares this beautiful promise: *God is close to the brokenhearted*.

Trusting God in difficult times means acknowledging our weakness and welcoming His strength. When we admit our limitations and lean on Him, His grace sustains us beyond what we can imagine. **Isaiah 41:10** encourages us not to fear because God is with us — active and present. And as **2 Corinthians 12:9** reminds believers, His power shines brightest in our weaknesses.

Allow yourself to come before God honestly with your fears and frustrations. He understands and honors those who humbly seek Him. Recognize that trusting God doesn't mean having all the answers or feeling strong every moment; it means placing your hope in His unchanging presence and promises even when the path is uncertain.







Reflect and Apply

| 1. | How do you personally experience God's closeness in moments of brokenness? |
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| 2. | In what ways has fear affected your health journey, and how can God's promise help lessen it? |
| 3. | How can you embrace your weakness to allow God's power to work more fully? |
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Journaling Prompts

| | Write about a time when you felt God's presence during a health challenge. |
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| 2. | List ways you can remind yourself daily that God's grace is sufficient. |
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| | Describe your honest feelings about your current health and how you want God to meet you there. |
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Prayer for Today

Heavenly Father, thank You for being near when my heart is broken and my spirit feels crushed. Help me to trust in Your presence even when I am weak and afraid. Fill me with Your peace that surpasses understanding. Strengthen me by Your grace today and remind me that Your power is made perfect in my weakness. Walk with me through every breath and moment. I place my health and my fears in Your loving hands. *In Jesus' name, Amen.* \bigwedge \heartsuit \swarrow







Day 2: V God's Peace That Surpasses Understanding









Day 2: OGod's Peace That Surpasses Understanding

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Day 2: ① God's Peace That Surpasses Understanding

Devotional: Embracing God's Peace Amidst Anxiety

Anxiety often accompanies chronic illnesses like pulmonary fibrosis, as the unknowns about health and future outcomes create a heavy burden on the heart and mind. But the apostle Paul instructs us not to be anxious. Instead, we are urged to bring everything to God in prayer — our fears, our questions, and our needs — with a heart full of thanksgiving.

When we choose to exchange anxiety for prayer, God promises to guard our hearts and minds with His peace. This peace is not dependent on circumstances but is a supernatural calm that only God can give. Jesus said, "Peace I leave with you; my peace I give you" (John 14:27). It is a peace that steadies us when the storm rages on.

Isaiah 26:3 reiterates that perfect peace is found by fixing our thoughts on God. Intentionally turning our thoughts and prayers towards God renews our spirit and quiets the noise of fear and worry.

Today, make a deliberate choice to take your anxieties to God in prayer. Embrace His peace that surpasses all understanding and allows your heart to rest. Trust that He is listening and working even when answers seem delayed.







Day 2: OGod's Peace That Surpasses Understanding

Reflect and Apply

| 1. | What worries or fears are you tempted to carry alone? |
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| | How can thanksgiving transform the way you approach God with your needs? |
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| 3. | What practical steps can you take to fix your mind on God throughout the day? |
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Day 2: ① God's Peace That Surpasses Understanding

Journaling Prompts

| 1. | Journal about any anxieties you want to surrender to God today. |
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| | Write a prayer of thanksgiving, focusing on what God has already done in your life. |
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| 3. | List ways to create reminders that help you turn to God in times of worry. |
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Day 2: ① God's Peace That Surpasses Understanding

Prayer for Today

Lord, I lay down my anxieties before You. Help me to come with a thankful heart, trusting You hear my prayers and care deeply for me. Fill me with Your perfect peace that calms my mind and soothes my soul. Teach me to fix my thoughts on You and to rely on Your steadfast love. When fear creeps in, help me remember Your promises and rest in Your unfailing presence. *In Jesus'* name, Amen.

















Day 3: 🗱 Hope in God's Healing Power

Your Verse

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

Supporting Scriptures

- Exodus 15:26 "I am the LORD, who heals you."
- James 5:14 "Is anyone among you sick? Let them call the elders to pray over them."







Day 3: 🗱 Hope in God's Healing Power

Devotional: God's Promise of Restoration and Healing

Living with pulmonary fibrosis may mean facing limitations and ongoing symptoms. Yet, the Bible reassures us that God is the ultimate healer. **Jeremiah 30:17 promises restoration and healing.** This promise speaks not only physically but also emotionally and spiritually.

God's healing is complete and can come in ways we may not always expect – through peace, strength, medical treatment, or spiritual renewal. **Exodus 15:26**

James 5 encourages believers to seek prayer and community support, illustrating that healing often comes through faithful intercession and fellowship. You are not alone in your journey. Inviting others to pray with and for you aligns with God's heart to bring wholeness.

Hold onto the hope that healing belongs to God's plan. Trust Him to work powerfully, drawing near to you in every aspect of your health and your soul.







Day 3: 🎇 Hope in God's Healing Power

Reflect and Apply

| 1. | What kinds of healing do you believe God is offering you today? |
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| 2. | How do prayer and community support influence your hope for healing? |
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| | In what ways can you open your heart for God's healing, even if it looks different than expected? |
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Day 3: 🎇 Hope in God's Healing Power

Journaling Prompts

| 1. | Describe your personal hopes for healing and restoration. |
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| 2. | Write about a time you experienced healing in your life — physical or spiritual. |
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| 3. | Make a list of people or groups who can support you in prayer and faith. |
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Day 3: 💥 Hope in God's Healing Power

Prayer for Today

Gracious Father, You are the Healer of broken bodies and spirits. Thank You for Your promise to restore and heal my wounds. I confess my need for You and open my heart to receive Your healing in every form. Surround me with supporting community and fill me with hope even on difficult days. May Your presence be my comfort and strength. *In Jesus' healing name, Amen.*

















Your Verse

Isaiah 40:29–31 – "He gives strength to the weary and increases the power of the weak... those who hope in the LORD will renew their strength."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Nehemiah 8:10 "The joy of the LORD is your strength."







Devotional: God's Strength Lifts Us When We Are Weak

When pulmonary fibrosis leaves your body weary, God promises renewed strength. **Isaiah 40:29-31** is a powerful reminder: He strengthens the weary and empowers the weak. Hope in the Lord is the key to renewal.

Physical weakness can be discouraging, but God's strength transcends human limits. He is described as a refuge — a safe place to draw from when life feels overwhelming (**Psalm 46:1**).

Moreover, **Nehemiah 8:10** connects joy with strength. When we find our joy in God, even during suffering, He fortifies our spirit. This joy is not superficial happiness but deep contentment rooted in God's faithfulness.

Embrace the truth that your weakness is an invitation for God's unmatched strength. Let hope and joy in Him refresh your mind, body, and soul.







Reflect and Apply

| 1. | In what areas do you feel weary right now and need God's strength? |
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| 2. | How can you cultivate joy in the Lord despite physical challenges? |
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| 3. | What does hoping in God look like in your daily life? |
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Journaling Prompts

| 1. | Reflect on moments when God gave you strength in weakness. |
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| 2. | Write about ways to turn your focus to God when you feel weary. |
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| 3. | Note things that bring you joy rooted in God's presence. |
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Prayer for Today

Father God, thank You for being my strength when I am tired and weak. Renew my energy and spirit today as I hope in You. Help me to find joy in Your presence, even in difficult times. Be my refuge and help me trust Your power at work within me. Keep my eyes fixed on You as my source of unwavering strength. *In Jesus' name, Amen.* \$\mathcal{L}\$ \times \times

















Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- 2 Corinthians 1:3-4 "The God of all comfort, who comforts us in all our troubles."
- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."







Devotional: Receiving Rest and Comfort from Jesus

Physical illness often brings exhaustion—body, mind, and spirit. Jesus invites those weighed down by burdens to come to Him for rest. **Matthew 11:28** offers a gentle call to lay down your heavy load and find peace in Him.

This rest is not just sleep but deep soul-refreshing comfort. God's comfort is available in every challenge we face. The apostle Paul calls God the "God of all comfort," who supports us in every trouble (2 Corinthians 1:3-4).

As pulmonary fibrosis progresses, days can feel dark and scary. Yet, like the psalmist declares, even walking through dark valleys, we need not fear because God is with us (**Psalm 23:4**). We can rest confidently, trusting His presence never leaves.

Take today to pause and receive God's calming comfort. Let Him carry your burdens while you rest in His unfailing love.







Reflect and Apply

| 1. | What burdens are you carrying that you need to lay before Jesus? |
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| | How does knowing God comforts you in every trouble change your perspective? |
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| 3. | In what ways can you practice resting in God daily? |
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Journaling Prompts

| 1. | Write a prayer giving your burdens to Jesus and ask for rest. |
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| 2. | Recall a time God comforted you in a difficult situation. |
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| 3. | List activities or thoughts that help you feel peaceful and rested in God. |
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Prayer for Today

Jesus, You are my rest in the midst of weariness. Thank You for inviting me to bring my burdens and find relief. Please comfort me in times of pain, worry, and exhaustion. Help me to rest in Your presence fully, knowing You walk with me every step. Grant me peace and renewal of heart today. *In Your precious name, Amen.* **\mathbb{Y} \mathbb{P} \mathbb{L} \mathbb{P}

















Day 6: WG God's Unfailing Love Sustains Us

Your Verse

Lamentations 3:22–23 – "Because of the LORD's great love we are not consumed, for his compassions never fail."

Supporting Scriptures

- Romans 8:38–39 "Nothing... can separate us from the love of God."
- Psalm 136:26 "His love endures forever."







Day 6: W God's Unfailing Love Sustains Us

Devotional: Anchoring in God's Unfailing Love

When illness threatens to overwhelm, a sure hope anchors us: God's love never fails. **Lamentations 3:22–23** powerfully declares that His mercies and compassions renew every morning, ensuring we are not consumed by hardship.

This love is steadfast and unbreakable. The apostle Paul emphasizes in **Romans 8:38–39** that no circumstance can separate us from God's love. This truth reassures us of His unending commitment to care and sustain us.

Psalm 136 repeatedly proclaims God's enduring love—through every season, in every challenge. When pulmonary fibrosis advances and days feel uncertain, cling to the reality that God's love is your foundation, your security, and your hope.

Allow this truth to fill your heart with courage and peace today, knowing that you are deeply and eternally loved.







Day 6: WG God's Unfailing Love Sustains Us

Reflect and Apply

| | How does knowing God's love never fails encourage you in your health struggles? |
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| 2. | What fears or doubts about God's love can you surrender today? |
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| 3. | How can you remind yourself daily of God's steadfast love? |
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Day 6: W God's Unfailing Love Sustains Us

Journaling Prompts

| 1. | Write about what God's unfailing love means to you personally. |
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| 2. | List verses or promises that help you remember God's love. |
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| 3. | Reflect on moments when you felt especially aware of God's compassion. |
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Day 6: WG God's Unfailing Love Sustains Us

Prayer for Today

God of mercy, thank You that Your love never fails and Your compassions never end. In the midst of health trials, help me cling to Your unfailing love as my anchor and hope. Teach me to live confidently in Your care and to rest securely knowing nothing can separate me from Your love. Surround me with Your grace today and always. *In Jesus' name, Amen.*

















Your Verse

Hebrews 11:1 – "Faith is confidence in what we hope for and assurance about what we do not see."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- 2 Corinthians 5:7 "We walk by faith, not by sight."







Devotional: Stepping Forward with Faith and Hope

As we conclude this 7-day study, the call to **live by faith and hope** resonates powerfully. Hebrews 11:1 defines faith as confidence and assurance even in what we cannot see. This faith becomes our lifeline when living with pulmonary fibrosis or facing any health challenge.

Faith requires trusting God's promises and goodness despite symptoms, uncertainties, or setbacks. Paul's prayer in **Romans 15:13** beautifully emphasizes that God fills us with joy and peace as we trust Him—an essential foundation for resilience.

We also are reminded that our journey is one of walking by faith, not by sight (2 Corinthians 5:7). Even when physical health declines, spiritual confidence in God's care and eternal plans sustains our hearts.

May this study inspire you to anchor your life deeply in faith and hope, embracing each day with courage and trust in the God who never lets go.







Reflect and Apply

| 1. | What does faith look like for you amid health uncertainty? |
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| 2. | How can hope renew your perspective on your health journey? |
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| 3. | What are practical ways for you to walk by faith daily? |
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Journaling Prompts

| 1. | Write a declaration of faith expressing trust in God's promises. |
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| | |
| 2. | List ways you can nurture hope during difficult moments. |
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| | |
| 3. | Reflect on how living by faith changes your view of tomorrow. |
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Prayer for Today

Faithful God, thank You for the gift of faith that strengthens my heart when I cannot see the future clearly. Fill me with hope, joy, and peace as I trust You each day. Help me to walk by faith, not by sight, embracing Your plans with courage. May I hold fast to Your promises and live fully in Your love and grace. *In Jesus' name, Amen.* 🜈 🙏 😂 😋







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