Faith and Healing: Overcoming Lyme Disease



A 7-day journey strengthening faith and hope as you navigate healing and health challenges with God's promises.





Table of contents

<u>Introduction</u>	3
<u>Day 1: Ogod's Protection and Presence</u>	5
Day 2: B God's Healing Power	11
<u>Day 3: ₩ Strength in Weakness</u>	17
<u>Day 4: W Peace Beyond Understanding</u>	23
Day 5: Perseverance in Faith	29
<u>Day 6: X Hope in God's Faithfulness</u>	35
Day 7: 💝 Strength Through Community	41







Introduction

Welcome to this 7-day Bible study plan focused on health, specifically on overcoming Lyme disease through faith. Lyme disease can present a difficult journey filled with physical symptoms and emotional challenges, yet God's Word offers us assurance, strength, and hope. *Faith is a powerful anchor* in the storms of illness, providing peace when circumstances feel overwhelming.

Throughout this study, we will explore key scriptures that remind us of God's healing power, His care for the suffering, and the spiritual tools we have in prayer, trust, and perseverance. Each day offers devotional insights to encourage your heart, reflective questions to deepen understanding, journaling prompts to track your journey, and prayers to invite God's presence and healing.

Healing is not just about the body but the whole person. God's desire is to restore you spiritually, emotionally, and physically. This plan is designed to build your faith step-by-step as you place your hope in *the ultimate physician*, *Jesus Christ*. May you find strength in God's promises even in challenging days, knowing He walks with you every step.

Let this devotional be a companion in prayer and meditation, as you anchor yourself in Scripture and experience God's sustaining grace. Remember, healing journeys often take time, but no matter what your physical outcome,







God's love and presence remain unchanging and sufficient. Let's begin this journey of faith, hope, and healing together.

















Day 1: ① God's Protection and Presence

Your Verse

Psalm 91:1 – "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

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."







Day 1: ① God's Protection and Presence

Devotional: Finding Refuge in God's Shelter

Starting your healing journey means finding refuge in God's protective presence. Psalm 91 invites us to dwell in God's shelter — a place of safety and rest, even amidst trials like Lyme disease. When symptoms overwhelm or treatment feels daunting, it's comforting to know that God is not distant but close to protect and strengthen.

Isaiah 41:10 reassures us not to fear because God is with us. His presence brings courage and peace where anxiety tries to take hold. In 2 Corinthians, Paul reminds us that God's grace is enough, especially when we feel weak or vulnerable due to illness. God's power shines most brightly in those moments.

As you face each day with Lyme disease, lean into these truths. *Invite God to be your refuge and strength*, resting in His shadow even when your body feels frail. Your healing starts with faith that God is near and ready to uphold you.







Day 1: **(** God's Protection and Presence

Reflect and Apply

ow have you experienced God's protection during difficult health allenges?
what ways might resting in God's presence bring peace when your
ody feels weak?
hat does God's 'sufficient grace' mean to you personally in this oment?







Day 1: **(** God's Protection and Presence

Journaling Prompts

1.	Write about a time you felt God's protection during illness.
2.	Describe what it means to you to 'dwell in the shelter of the Most High.'
3.	List some fears or worries you want to surrender to God today.







Day 1: ① God's Protection and Presence

Prayer for Today

Dear Heavenly Father, thank You for being my refuge and strength in the midst of health struggles. Help me to rest fully in your shelter, trusting that Your protection surrounds me even when I feel weak or afraid. Please fill me with courage and remind me daily that Your grace is sufficient for every challenge I face. Strengthen my faith as I navigate this journey, and let me feel Your sustaining presence now and always. In Jesus' name, amen.









Day 2: BGod's Healing Power









Your Verse

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

Supporting Scriptures

- James 5:14 "Is anyone among you sick? Let them call the elders to pray over them and anoint them with oil in the name of the Lord."
- Exodus 15:26 "I am the Lord, who heals you."







Devotional: Trusting God's Promise of Restoration

Healing is a divine promise rooted deeply in God's heart. Jeremiah 30:17 offers a hopeful declaration—God promises restoration and healing. This verse speaks directly to those battling chronic illness like Lyme disease, a reminder that God's desire is to bring wholeness.

James encourages us to seek communal prayer in times of sickness, emphasizing the power of faith-filled intercession. The act of praying over the sick signifies faith in God's healing authority. God's identity as the healer is also powerfully stated in Exodus 15:26, reinforcing that healing is not merely physical but spiritual and holistic.

While healing may not always be instant or complete by our human standards, God's power is always active. Trusting Him means resting in His timing and methods, confident He cares deeply for your pain and well-being. Pray boldly and seek support, knowing the Lord is able to heal and restore.







Reflect and Apply

1.	How does Jeremiah 30:17 encourage you in your healing journey?
2.	What role do prayer and community play in your experience with illness?
	How can you surrender control over the timing and manner of your healing to God?
•	







Journaling Prompts

1.	Write a prayer asking God for restoration and healing.
2.	Describe your feelings about receiving prayer from others during times of illness.
3.	Reflect on how God's promise to heal changes your perspective on Lyme disease.







Prayer for Today

Lord God of healing, thank You for Your promise to restore and heal my wounds. Help me to trust in Your power and timing as I face the challenges of Lyme disease. Strengthen my faith to seek prayer and support from others, and remind me that You are the great healer who cares deeply about my whole being. Allow Your peace to fill my heart while I wait on Your restoration. In Jesus' name, amen.

















Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Devotional: God's Power Perfected in Weakness

Illness often makes us feel helpless, but Scripture reveals a divine paradox: in our weakness, God's power shines most brilliantly. Paul's words in 2 Corinthians remind us that God's grace does not just cover our frailty — it makes His strength perfect in those very moments of vulnerability.

When Lyme disease saps your energy and causes frustration, lean into Philippians 4:13, knowing you can endure and overcome through Christ's strength. Isaiah encourages us that God renews the weary, providing fresh power exactly when we feel drained.

This does not mean suffering is easy or without daily struggle, but it reassures that you are never alone and never powerless. God's presence transforms weakness into a platform for His glory and your spiritual growth.

Embrace your weakness and invite God's sustaining strength to carry you through, reminding yourself that His grace is not just a temporary fix but an eternal source of vitality.







Reflect and Apply

	What does it mean for God's power to be 'made perfect' in your weakness?
	How can you rely more on Christ's strength when physical exhaustion hits?
	In what ways might your struggles be opportunities for God's grace to be displayed?







Journaling Prompts

1.	Write about a time God gave you strength during illness.
2.	List areas where you feel weak and want to invite God's grace.
	Reflect on how embracing weakness changes your perspective on suffering.







Prayer for Today

Gracious Father, in my weakness, I seek Your strength and grace. When Lyme disease leaves me tired and discouraged, remind me that Your power is made perfect in my frailty. Help me to trust and lean fully on You, finding renewed energy and hope each day. Thank You for never leaving me and for being my constant strength. In Jesus' name, amen. \bigwedge \diamondsuit \diamondsuit







Day 4: W Peace Beyond Understanding









Day 4: 🐯 Peace Beyond Understanding

Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

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, because they trust in you."







Day 4: 💙 Peace Beyond Understanding

Devotional: Experiencing God's Unfathomable Peace

Health struggles often bring anxiety, but God offers a peace that surpasses human logic. Philippians 4:7 promises a divine peace that protects our hearts and minds amid turmoil. This peace doesn't mean the pain disappears immediately but that God's presence calms fears and doubts.

Jesus gave His peace to His followers (John 14:27), a peace untouched by circumstances. Isaiah assures us that perfect peace comes as we trust Him completely and fix our minds on His goodness.

Living with Lyme disease means facing uncertainty and discomfort, but you can anchor yourself in this profound peace. It shields against despair and grounds you in God's loving control. Make space daily to welcome this peace through prayer, meditation on Scripture, and surrender of worries.







Day 4: Peace Beyond Understanding

Reflect and Apply

1.	How do you currently experience peace during your health challenges?
2.	What practical ways can you cultivate peace in your daily life?
2	
3.	How might trusting God's control ease your mental and emotional burden?







Day 4: Peace Beyond Understanding

Journaling Prompts

Describe what 'peace that transcends understanding' means to you.
Write down worries you want to surrender to God today.
Reflect on moments you felt God's peace during difficult times.







Day 4: 🐯 Peace Beyond Understanding

Prayer for Today

Prince of Peace, I invite Your calming presence into my heart and mind today. Help me to experience the peace that goes beyond my understanding, guarding me from fear and anxiety. Teach me to trust You more deeply, anchoring my soul in Your steadfast love. Thank You for the comfort only You can provide. In Jesus' name, amen. 😂 🎔 🙏 🗼

















Your Verse

James 1:12 - "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."

Supporting Scriptures

- Romans 5:3-4 "Suffering produces perseverance; perseverance, character; and character, hope."
- Hebrews 12:1 "Let us run with perseverance the race marked out for us."







Devotional: Enduring Trials with Steadfast Faith

The journey through Lyme disease can be a marathon, requiring endurance and faith. James encourages believers to persevere through trials, promising a crown of life for those who do. This perseverance is not passive but an active trust in God amidst struggles.

Romans teaches that suffering refines our character and builds hope. It transforms us spiritually as we hold on to God's promises. Hebrews likens faith to running a race, urging us to persevere and stay focused on our heavenly goal.

Perseverance might look like daily commitment to treatment, spiritual disciplines, and trusting God's plan even on hard days. It also means leaning on community and drawing strength from God's Word. Your faith journey through illness is deeply valuable and purposeful, shaping you into the person God desires.

Keep your eyes on the ultimate reward and let hope fuel your steps forward.







Reflect and Apply

What does perseverance mean to you in the context of Lyme disease?
How has suffering shaped your character or hope so far?
What spiritual practices help you 'run the race' with endurance?







Journaling Prompts

1.	Write about a challenge you have persevered through in illness.
2.	List encouragements or scriptures that strengthen your faith.
3.	Reflect on what 'the crown of life' means to your journey.







Prayer for Today

















Day 6: 🗱 Hope in God's Faithfulness

Your Verse

Lamentations 3:22-23 - "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

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Psalm 36:5 "Your love, Lord, reaches to the heavens, your faithfulness to the skies."







Day 6: 🗱 Hope in God's Faithfulness

Devotional: Renewed Hope through God's Compassion

Hope is a vital lifeline when battling persistent illness like Lyme disease.

Lamentations reminds us of God's unfailing compassion and faithfulness, refreshing us each day. No matter how difficult yesterday was, God's mercies renew, bringing hope that sustains.

Romans encourages believers to be filled with joy and peace through hope in God, an encouragement to focus on the One who never fails. Psalm 36 celebrates God's limitless love and faithfulness, reminding us His promises are eternal.

When hope feels faint due to ongoing symptoms or setbacks, center your heart on God's consistent love and faithfulness. This lasting hope prevents despair and fuels forward progress. Trust that each new morning brings fresh compassion and a renewed opportunity for healing or peace.

God's faithfulness ensures you are deeply loved and never forgotten in your struggles.







Day 6: 🎇 Hope in God's Faithfulness

Reflect and Apply

1.	How does remembering God's daily mercy influence your hope today?
2.	In what ways does God's faithfulness encourage you amid illness?
3.	How can you cultivate joy and peace through hope in God?







Day 6: 🎇 Hope in God's Faithfulness

Journaling Prompts

1.	Write about a moment where hope helped you overcome despair.
2.	List ways you've experienced God's faithfulness during your illness.
3.	Reflect on what "new mercies every morning" means in your life.







Day 6: 🗱 Hope in God's Faithfulness

Prayer for Today

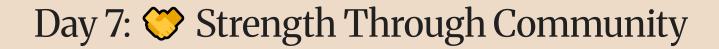
Faithful God, thank You for Your unending love and compassion that renews every morning. When my hope feels weak, remind me of Your great faithfulness and fill me with joy and peace as I trust in You. Strengthen my heart to lean on Your promises and to believe in Your healing power. Amen.



















Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."







Devotional: Healing Through Shared Burdens and Support

Healing from Lyme disease is not meant to be walked alone. God calls believers to bear one another's burdens, providing mutual support and encouragement. Galatians reminds us that sharing struggles is part of fulfilling Christ's law of love.

Ecclesiastes emphasizes the strength found in companionship — when one is weak, another helps lift them up. Hebrews encourages us to motivate one another toward love and good works, creating community that fosters spiritual and emotional growth.

In your health journey, seek and accept support from friends, family, and faith groups. Sharing your story and receiving prayer can bring comfort and renewed strength. Likewise, offering encouragement to others deepens your own faith walk.

Remember, God designed us for connection. Lean into community as part of your healing path, knowing others are a gift from God for your restoration.







Reflect and Apply

	Who in your life can you lean on or encourage during your healing journey?
2.	How has community positively impacted your faith or health?
3.	What steps can you take to foster deeper connections amid illness?







Journaling Prompts

Write about a time someone's support helped you through a challenge.
List people or groups who encourage your faith and healing.
Reflect on how you can be a source of encouragement to others.







Prayer for Today

Lord, thank You for the gift of community. Help me to carry burdens alongside others and accept support when I need it. Strengthen the bonds of love and encouragement in my life, so I may be uplifted and also uplift those around me. Teach me to be open to fellowship and find healing in connection. In Jesus' name, amen. \heartsuit \clubsuit







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:
Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.