Faith and Healing: Trusting God During Ulcerative Colitis Flares



A 7-day study to strengthen faith, find peace, and embrace God's power through ulcerative colitis flares.





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Introduction

Living with ulcerative colitis flares can be both physically draining and emotionally overwhelming. Chronic illness often challenges our faith as pain, uncertainty, and limitations test our trust in God. Yet, *God's Word offers hope, healing, and strength* during these difficult times. This study is designed to help you engage scripture, bolster your faith, and draw near to God amidst health struggles.

Over seven days, you will explore passages that remind you of God's sustaining power, peace that surpasses understanding, and His intimate knowledge of your suffering. You'll discover Biblical encouragement to persevere, pray with honesty, and embody hope even when healing feels distant. Each day guides reflection, journaling, and prayer — all focused on fostering a deeper dependence on God's grace and healing hand.

Remember, **faith doesn't mean absence of pain**, but trusting God's presence despite it. He walks with you in every flare-up, carrying your burdens, and offering comfort through His Spirit. May this Bible study empower you to lean on God, find rest in His promises, and embrace His peace in the midst of ulcerative colitis flares.

Let's begin this journey of healing, strength, and unwavering faith together.















Your Verse

2 Corinthians 12:9 - "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

Supporting Scriptures

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Devotional: Discover Strength Through God's Sufficient Grace

Illness often reveals our limitations. Ulcerative colitis flares can leave you physically weak and emotionally worn down, making it easy to feel defeated. Yet Paul's encouragement in 2 Corinthians 12:9 reminds us of a profound spiritual truth: God's grace is enough to sustain us in our weakest moments. In fact, God's power is most clearly displayed when we recognize our dependence on Him.

When your body is frail and the future uncertain, *lean into God's strength* rather than your own. Instead of lamenting your weakness, you can invite Christ's power to rest upon you daily. God's grace isn't just a temporary patch; it's a sustaining force that meets you exactly where you are.

This reality frees you from the pressure of having to be strong all the time. Instead, you can find peace in knowing God fights alongside you. As you navigate the unpredictability of your health, allow God's strength to empower your spirit and uplift your soul.







Reflect and Apply

1.	In what ways have you tried to rely on your own strength during a flare?
2.	How does knowing God's power is perfected in your weakness change your perspective?
3.	What moments have you experienced God's sustaining grace in difficult times?







Journaling Prompts

	Write about a recent time when you felt physically weak but spiritually strong.
	List ways you can intentionally invite God's strength into your daily struggles.
3.	Reflect on a Bible verse that encourages you when you feel weak.







Prayer for Today

Heavenly Father, I come before You feeling weak and weary from my illness. Thank You for Your promise that Your grace is sufficient and Your power is made perfect in my weakness. Help me to let go of the need to be strong on my own and to rely fully on You. Strengthen my spirit and renew my hope each day, especially on my hardest days. May I feel Your presence and power carrying me through every flare and health challenge. In Jesus' name, *Amen.*











Day 2: Best for the Weary Soul









Day 2: Best for the Weary Soul

Your Verse

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

Supporting Scriptures

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Hebrews 4:9–10 "There remains, then, a Sabbath–rest for the people of God; for anyone who enters God's rest also rests from their works."







Day 2: **B** Rest for the Weary Soul

Devotional: Embrace Jesus' Invitation to Rest and Peace

Living with chronic illness can be exhausting. The fatigue, pain, and unpredictability of ulcerative colitis make it hard to find peace. Jesus' invitation in Matthew 11:28 speaks directly to the burdened and weary, offering a rest that goes beyond physical relief.

True rest for your soul means releasing your worries, frustrations, and fears into God's hands. It's an intentional surrender that reconnects you to the peace only He provides. This divine rest is deeply restorative, renewing your spirit even when your body still aches.

In times when flare-ups seem relentless, it can be tempting to push through or isolate yourself in frustration. Instead, Jesus invites you to come to Him daily—to bring your burdens and find refuge under His wings. Let His presence be your sanctuary, where healing of the heart begins alongside healing of the body.







Day 2: **B** Rest for the Weary Soul

Reflect and Apply

1.	How often do you take time to rest your spirit, not just your body?
2.	What burdens are you holding onto that you can give to Jesus today?
3.	How can resting in God's presence change your experience during a flare?







Day 2: **B** Rest for the Weary Soul

Journaling Prompts

1.	Describe what 'rest' feels like for your soul and how you can seek it daily.
2.	Write a prayer releasing your burdens to Jesus and accepting His peace.
3.	List practical ways you can create moments of spiritual rest during flare-ups.







Day 2: Best for the Weary Soul

Prayer for Today

Lord Jesus, I am weary and burdened, and I take You up on Your invitation to come and find rest. Teach me to surrender my fears and pain to You, and to trust in Your perfect peace. Help me experience the rest that renews my soul even when my body is weak. Thank You for being my refuge and strength. Grant me comfort and rest today. In Your loving name, *Amen.* P







Day 3: Peace That Surpasses Understanding









Day 3: Peace That Surpasses 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. I do not give to you as the world gives."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 3: N Peace That Surpasses Understanding

Devotional: Receive God's Supernatural Peace in Anxiety

Suffering from ulcerative colitis flares often stirs fear and anxiety. The unpredictability of symptoms can leave your mind racing with worry about the future. Yet God's peace, as described in Philippians 4:7, is not based on circumstances but is a supernatural guard for your heart and mind.

This peace doesn't always align with what we expect or understand. It is *a divine tranquility* that calms the storms inside, enabling you to rest in God's presence despite pain or discomfort.

To experience this peace, Paul encourages prayer and thanksgiving. Bringing your anxieties honestly before God releases their hold on you and invites His peace to fill your heart. This kind of peace is a protective shield, helping you navigate flare-ups with confidence that God is still in control.







Day 3: 🛠 Peace That Surpasses Understanding

Reflect and Apply

1.	What anxieties about your illness do you need to bring to God today?
	How can prayer and thanksgiving open the door to God's peace in your life?
	In what ways have you experienced God's peace despite challenging circumstances?
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Day 3: N Peace That Surpasses Understanding

Journaling Prompts

Write about a time when God's peace calmed your fears, even if the situation didn't change.
Make a gratitude list to help shift your focus from worries to God's blessings.
Journal your current worries and surrender them to God in prayer on paper.







Day 3: N Peace That Surpasses Understanding

Prayer for Today

Dear God, anxiety often overwhelms me because of my health struggles, but I ask for Your peace that passes all understanding. Guard my heart and mind through Christ Jesus, and calm my restless thoughts. Help me to trust You fully, bringing every worry to You with thanksgiving. Surround me with Your peace today and always. In Jesus' name, *Amen.* 🛠 🙏 😂















Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the LORD.
- James 5:15 "And the prayer offered in faith will make the sick person well; the Lord will raise them up."







Devotional: Trust God's Tender Healing in Your Pain

Illness often brings pain—not only physical but emotional and spiritual. It is normal to feel brokenhearted over the limitations and discomfort ulcerative colitis creates. God's heart is deeply moved by your suffering, and Psalm 147:3 shows He actively participates in your healing.

God is not distant or indifferent; He binds your wounds tenderly—both visible and invisible. Healing may not always come instantly or in the way you hope, but His presence offers restoration and comfort throughout the process.

Faith-filled prayer is a powerful avenue to invite God's healing touch. Bringing your pain before Him with trust can result in strength and sometimes physical restoration. Remember, healing can be holistic—touching your mind, emotions, and spirit even if symptoms persist. Hold onto hope and keep seeking God's healing hand daily.







Reflect and Apply

1.	How do you currently view God's role in your healing?
2.	What emotions come up when you bring your pain before God in prayer?
	In what ways can you experience God's healing even if physical symptoms remain?







Journaling Prompts

1.	Describe the wounds you want God to bind and heal in your life.
2.	Write a prayer asking God for healing and peace in your suffering.
	Reflect on a past experience when God brought healing in an unexpected way.







Prayer for Today

Lord God, You see my brokenness and hear my cries. Thank You that You heal the brokenhearted and bind up my wounds. I trust in Your loving power to restore me physically and spiritually, even when healing feels slow. Help me to pray with faith, believing You are with me in this journey. Heal what only You can, and grant me peace today. In Jesus' name, *Amen.*









Day 5: Phope That Never Fails









Day 5: \(\rightarrow\) Hope That Never Fails

Your Verse

Romans 5:3-5 - "We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame..."

Supporting Scriptures

- Psalm 31:24 "Be strong and take heart, all you who hope in the LORD."
- Lamentations 3:24 "I say to myself, 'The LORD is my portion; therefore I will wait for him."







Day 5:

Hope That Never Fails

Devotional: Hold on to God's Unwavering Hope Always

Suffering with chronic illness often tries to erode your hope. The repeated flares, doctors' visits, and unexpected setbacks can make it tempting to give up. But the Apostle Paul declares a profound truth in Romans 5:3–5: suffering is not meaningless but a pathway to enduring hope.

Your struggles develop perseverance that refines your character and deepens your hope—a hope rooted not in circumstances but in God's faithful love. This hope doesn't disappoint because it is anchored in the eternal promises of God who never abandons His children.

Faith during difficult seasons means holding tightly to this hope, allowing it to transform your perspective. Rather than despairing over your illness, you can embrace hope that sustains you through every flare and trial. Your hope becomes a testimony of God's faithfulness and power to redeem even pain.







Day 5:

Hope That Never Fails

Reflect and Apply

1.	How has suffering shaped your perseverance and character?
2.	What helps you maintain hope during the hardest health moments?
	In what ways can you encourage others through the hope you have found?







Day 5:

Hope That Never Fails

Journaling Prompts

1.	Write about how your hope has been strengthened through illness.
2.	List God's promises that give you confidence and hope.
	Reflect on a situation in the past where hope carried you through difficulty.







Day 5: \(\rightarrow\) Hope That Never Fails

Prayer for Today

Faithful God, thank You that suffering has a purpose and hope never fails. When I am tempted to despair, remind me that perseverance and character are being formed through my trials. Strengthen my hope in You and help me to wait patiently for Your good plans. Let my hope be a light to others who suffer. I trust in Your steadfast love. In Jesus' name, *Amen.* ?

















Day 6: Od's Presence in Every Flare

Your Verse

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

Supporting Scriptures

- Deuteronomy 31:6 "The LORD himself goes before you and will be with you; he will never leave you nor forsake you."
- Hebrews 13:5 "Never will I leave you; never will I forsake you."







Day 6: Od's Presence in Every Flare

Devotional: Experience God's Nearness in Painful Times

Ulcerative colitis flares can leave you feeling isolated and crushed in spirit. It's easy to feel alone in the midst of pain and uncertainty. Yet God's Word assures us He is especially near when our hearts are broken.

Psalm 34:18 reminds us that God's presence is not distant but intimately close. He is not just observing your suffering from afar; He is present with compassion and salvation. In every flare, God walks beside you, offering comfort and unwavering support.

Knowing that God will never leave or forsake you (Deuteronomy 31:6; Hebrews 13:5) provides unshakeable security. When feelings of loneliness or discouragement arise, consciously remind yourself of His faithful presence. God is your steady companion through every challenge, strengthening your heart and lifting your spirit.







Day 6: 🌣 God's Presence in Every Flare

Reflect and Apply

1.	When have you felt God's closeness the most during illness?
	How does understanding God's promise to never leave impact your outlook?
3.	What practical ways can you remind yourself of God's presence daily?







Day 6: 🌣 God's Presence in Every Flare

Journaling Prompts

1.	Describe a moment when God's presence comforted you deeply.
2.	Journal about any feelings of loneliness and how God met you in them.
3.	Make a list of scriptures to meditate on when you feel isolated.







Day 6: 🎔 God's Presence in Every Flare

Prayer for Today

Dear Lord, thank You for being close to my broken heart and never leaving me. Even when I feel crushed in spirit, You are right here beside me. Help me to trust Your steady presence through every flare and trial. Remind me daily that I am not alone because You are with me always. Strengthen my soul with that truth. In Jesus' name, *Amen.* \heartsuit \bigwedge







Day 7: Renewed Hope and Joy in Healing









Day 7: Presented Hope and Joy in Healing

Your Verse

Jeremiah 31:25 - "I will refresh the weary and satisfy the faint."

Supporting Scriptures

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 30:11 "You turned my wailing into dancing; you removed my sackcloth and clothed me with joy."







Day 7: Presented Hope and Joy in Healing

Devotional: Embrace God's Refreshing Joy and Strength

The journey through ulcerative colitis is often marked by moments of weariness. Yet God promises a refreshing renewal for the weary and satisfaction for the faint (Jeremiah 31:25). This is a promise of hope and restoration—not just of physical health but of the spirit and soul.

Joy is a strength given by the Lord, even amid trials. It is a fruit of trusting God's faithfulness and seeing His hand at work in your life. Like turning mourning into dancing, God breathes new life and vitality into your heart despite ongoing challenges.

As you close this study, embrace this hope of renewal. Invite God to replenish your strength and fill you with His joy. Whether healing comes fully or gradually, God's love sustains you, and His joy can be your daily strength.







Day 7: 🌈 Renewed Hope and Joy in Healing

Reflect and Apply

1.	How have you experienced God refreshing you during tough times?
2.	What brings you joy even amidst illness?
3.	How can you continue drawing strength from God's joy going forward?







Day 7: 🌈 Renewed Hope and Joy in Healing

Journaling Prompts

1.	Write about a time when God turned your sorrow into joy.
2.	List things that bring you joy and how they connect to your faith.
3.	Journal a prayer inviting God to refresh and satisfy your soul today.







Day 7: Presented Hope and Joy in Healing

Prayer for Today







Where God's Word Meets Your Daily Life



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