



Faith and Health: Strength for Those with Essential Tremor



Explore God's peace, strength, and healing power
through Scripture to support those living with
essential tremor.

Table of contents

<u>Introduction</u>	3
<u>Day 1: 🛡️ Finding Strength in God</u>	4
<u>Day 2: 🌿 Peace That Calms the Soul</u>	10
<u>Day 3: 💪 Renewing Strength Every Morning</u>	16
<u>Day 4: 🎯 God's Healing Touch</u>	22
<u>Day 5: 🕊️ Resting in God's Peace</u>	28
<u>Day 6: ✨ Hope Beyond the Tremors</u>	34
<u>Day 7: ❤️ Strength in Community</u>	40



Introduction

Welcome to this 7-day journey focused on health, specifically supporting those living with essential tremor. Navigating daily challenges related to this condition can be physically and emotionally demanding. Through Scripture, we seek encouragement and hope, reminding ourselves that God is our refuge and strength. This study will help you find spiritual assurance and practical peace, strengthening your faith as you face tremors and uncertainties.

Essential tremor affects the body's movement, but it does not have to define your spirit. The Bible offers comfort to those in physical weakness and anxiety, revealing God's unchanging presence and love. Each day, we will explore Scripture passages that highlight God's power to heal, provide peace, and sustain you through trials. We'll also reflect on how faith can bring calm to mind and body, uplifting you in moments when tremors may bring discouragement.

Remember, you are not alone on this path. Whether you experience trembling hands or uncertain steps, God's promises remind us that He holds every moment. Embracing His peace can be a balm for both body and soul. May this study uplift your spirit, encourage your heart, and deepen your trust in God's care, as you journey toward greater health and hope.





Day 1: Finding Strength in God



Day 1:  Finding Strength in God

Your Verse

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

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:  Finding Strength in God

Devotional: God's Strength in Our Weakness

Physical challenges like essential tremor can make us feel weak and vulnerable. Yet, God reminds us that our true strength comes from Him, not our own abilities. *Psalm 46:1* declares that He is a refuge and strength, always present in trouble. When your hands tremble or your body feels unsteady, remember that God's strength is greater than any physical limitation.

Isaiah's words reassure us not to fear because God is with us. Fear and uncertainty often accompany health struggles, but God's constant presence brings courage. Paul's experience shows us that in our weaknesses, God's power shines brightest. Embracing God's grace allows us to lean on Him daily and find peace despite difficulties.

Today, invite God to be your stronghold. Trust that His power will sustain you as you cope with essential tremor, and let His steady love anchor your soul.



Day 1:  Finding Strength in God

Reflect and Apply

1. How does knowing God is your refuge change your perspective on physical weakness?

2. In what ways can you rely more on God's strength today instead of your own?

3. What fears about your health can you surrender to God's care right now?



Day 1:  Finding Strength in God

Journaling Prompts

1. Write about a time when God gave you strength through a difficult moment.

2. List specific ways you can remind yourself of God's presence when tremors arise.

3. Journal your feelings about your physical limitations and invite God into those emotions.



Day 1: 🛡️ Finding Strength in God

Prayer for Today

Lord, thank You for being my refuge and strength. When my body feels weak and uncertain, help me to lean on You fully. Replace my fear with Your peace and remind me daily that Your grace is sufficient. Strengthen me in my moments of trembling and carry me with Your loving presence. *Guide me toward hope and courage, holding me close as I face each day.* Amen. 🙏💪





Day 2: 🌿 Peace That Calms the Soul



Day 2: 🌿 Peace That Calms the Soul

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. I do not give to you as the world gives.*
- *Psalms 94:19 – When anxiety was great within me, your consolation brought me joy.*



Day 2: 🌿 Peace That Calms the Soul

Devotional: Embracing God's Peace Over Anxiety

Anxiety often accompanies essential tremor, as the unpredictability can cause worry about daily activities. Paul encourages us in Philippians 4:6-7 not to be anxious but to bring everything to God in prayer, paired with thanksgiving. This practice invites God's peace, which transcends all understanding, to guard our hearts and minds.

Jesus promises a peace unlike the world's, one that sustains even in hardship. When tremors trigger anxiety or frustration, we can remember to exchange those burdens with God through honest conversation.

The psalmist's experience shows that in moments of great anxiety, God's comfort restores joy. Let this truth encourage you to seek God's presence when turbulence rises within. His peace can calm your trembling hands and restless heart.



Day 2: 🌿 Peace That Calms the Soul

Reflect and Apply

1. What anxieties about essential tremor do you struggle to release to God?

2. How can prayer and thanksgiving help transform your worries into peace?

3. What steps can you take to remember God's peace throughout your day?



Day 2: 🌿 Peace That Calms the Soul

Journaling Prompts

1. Describe a recent moment when anxiety felt overwhelming and how God comforted you.

2. Write a prayer asking God to replace your anxiety with His peace.

3. List things you are thankful for today as a way to shift focus away from worry.



Day 2: 🌿 Peace That Calms the Soul

Prayer for Today

Father, I bring my anxieties to You, especially those caused by my health challenges. Help me to trust You with all my concerns and receive Your peace that calms my heart and mind. Thank You for Your constant presence and comfort. Teach me to practice gratitude even on difficult days, and fill me with a deep, lasting peace beyond my understanding. Amen. 🌸 🙏 🕊️ ❤️





Day 3: 💪 Renewing Strength Every Morning



Day 3: 🍌 Renewing Strength Every Morning

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

- *Isaiah 40:29 – He gives strength to the weary and increases the power of the weak.*
- *Psalms 73:26 – My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*



Day 3: 🍌 Renewing Strength Every Morning

Devotional: God's Faithfulness Brings Daily Strength

Each new day brings uncertainties for those managing essential tremor. However, God's mercies are new every morning (Lamentations 3:22-23). His compassion never runs dry, and His faithfulness remains constant. This means fresh strength is available daily, no matter what yesterday held.

Isaiah reminds us that God provides strength to the weary and power to the weak. Whether your body feels tired or your spirit weary, God invites you to receive His empowering grace each morning.

The psalmist acknowledges physical and emotional weakness but places absolute trust in God as lifelong strength. When tremors limit your abilities, let God's faithfulness be your source of courage and endurance day by day.



Day 3:  Renewing Strength Every Morning

Reflect and Apply

1. How can you remind yourself daily that God's mercies are new each morning?

2. In what ways do physical struggles reveal your need for God's strength?

3. How might trusting God's faithfulness change your approach to health challenges?



Day 3:  Renewing Strength Every Morning

Journaling Prompts

1. Write about what it means to you that God’s compassion is new every morning.

2. List moments when you felt God’s strength during a difficult day.

3. Reflect on how faith has helped you face physical or emotional weakness.



Day 3: 🍌 Renewing Strength Every Morning

Prayer for Today

Lord, thank You for Your faithfulness and mercies that never fail. Each new day, renew my strength and help me lean on Your steadfast love. When I feel weary or weak, remind me that You are my heart's true strength. Guide me to trust You fully through all health struggles. Amen. 🙌🌅❤️🙏





Day 4: God's Healing Touch



Day 4:  God's Healing Touch

Your Verse

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

Supporting Scriptures

- *James 5:14-15 – 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.*



Day 4:  God's Healing Touch

Devotional: Trusting God as Our Healer

Hope for healing often feels distant with a chronic condition like essential tremor. Yet, God's Word offers assurance that He is a healer who desires restoration. Jeremiah 30:17 promises that God will restore health and heal wounds, reminding us that His healing power is available today.

In James, prayer for the sick is highlighted as a means God uses to bring restoration. This emphasizes the importance of community and faith when seeking physical healing or peace amid illness.

Exodus reassures us that God Himself declares He heals. While healing can manifest in different ways—physical, emotional, spiritual—God's loving care encompasses them all. Trusting God's healing touch can bring hope even when symptoms persist.



Reflect and Apply

1. What does God's promise to restore health mean to you amid ongoing symptoms?

2. How can prayer and community support encourage your healing journey?

3. In what ways might God be healing you beyond physical symptoms?



Journaling Prompts

1. Write a prayer asking God to restore and heal according to His will.

2. Reflect on any moments of healing or comfort you have experienced.

3. Describe how faith influences your understanding of healing.



Day 4: 🎯 God's Healing Touch

Prayer for Today

Heavenly Father, I surrender my health and healing journey to You. I believe You are the God who heals and restores. Please touch my body and soul with Your healing power. Strengthen my faith when the road feels long and uncertain. Use community and prayer as tools to uplift and restore me. Amen.





Day 5: 🕊️ Resting in God's Peace



Day 5: 🕊 Resting in God's Peace

Your Verse

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

Supporting Scriptures

- *Psalm 23:2-3 – He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.*
- *Hebrews 4:9-10 – There remains a Sabbath rest for the people of God; for anyone who enters God's rest also rests from their own work.*



Day 5: 🕊 Resting in God's Peace

Devotional: Accepting God's Rest for the Weary

Living with essential tremor can be exhausting physically and emotionally. Jesus extends an invitation to all who are weary to come to Him for rest. This rest is not just physical, but a deep soul-refreshing peace.

The psalmist paints a beautiful picture of God leading us to calm places where our soul is restored and our burdens lifted. This imagery speaks to the healing power of divine rest amidst life's storms.

Hebrews further reveals that God's restful gift is ongoing—a Sabbath rest for His people. In trusting Jesus, we stop striving under our own steam and enter His peace. Choose today to embrace God's rest, allowing it to refresh your spirit as you cope with essential tremor.



Day 5: 🕊 Resting in God's Peace

Reflect and Apply

1. How do you currently find rest in times of physical exhaustion or stress?

2. What barriers prevent you from fully resting in God's peace?

3. How can you cultivate moments of spiritual rest despite daily challenges?



Day 5: 🕊 Resting in God's Peace

Journaling Prompts

1. Describe a time when you felt truly rested in God's presence.

2. List practical ways you can invite God's rest into your daily routine.

3. Journal your thoughts and feelings about surrendering your burdens to Jesus.



Day 5: 🕊 Resting in God's Peace

Prayer for Today

Jesus, I come to You weary and burdened. Help me to lay down my struggles and accept the rest You freely offer. Quiet my mind and refresh my soul in Your loving presence. Teach me to trust You more fully and find peace amidst my health challenges. Amen. 🕊 🙏 ❤️ 🌿





Day 6: ✨ Hope Beyond the Tremors



Day 6: ✨ Hope Beyond the Tremors

Your Verse

Romans 15:13 – May the God of hope fill you with all joy and peace as you trust in him.

Supporting Scriptures

- *Psalm 42:11 – Why, my soul, are you downcast? Put your hope in God, for I will yet praise him, my Savior and my God.*
- *Jeremiah 29:11 – For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you.*



Day 6: ✨ Hope Beyond the Tremors

Devotional: Anchoring Hope in God's Good Plans

Essential tremor can sometimes cloud our outlook with uncertainty or discouragement. Yet, Scripture calls us to hope grounded in God's promises. Romans 15:13 offers a beautiful prayer that God fills us with joy and peace as we place our trust in Him.

The psalmist wrestles with deep discouragement but chooses to renew hope by focusing on God's faithfulness. This reminds us that even when symptoms challenge us, we can praise the Savior who cares deeply.

Jeremiah offers a reassuring promise of God's good plans for our lives—plans that include hope and a prosperous future. Let this truth empower you to look beyond the tremors, trusting God's hand is at work for your good.



Reflect and Apply

1. What areas of your health or life do you struggle to hope for?

2. How can trusting God shape your outlook despite ongoing challenges?

3. In what ways can praise fuel your hope each day?



Journaling Prompts

1. Write about a time when hope in God helped you through difficulty.

2. List scriptures that encourage hope and make a plan to memorize one.

3. Reflect on God's promises for your future and how they impact your faith.



Day 6: 🌟 Hope Beyond the Tremors

Prayer for Today

God of hope, fill me with joy and peace as I trust You. Strengthen my heart to hold onto hope even when challenges arise. Help me to praise You in every circumstance and believe in Your good plans for my life. May my trust in You inspire confidence and courage. Amen. 🌟 🙏 🌈 ❤️





Day 7: Strength in Community



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.*



Day 7: 💛 Strength in Community

Devotional: Building Support Through Christian Community

Living with essential tremor can feel isolating, but God designed us for connection and mutual support. Galatians 6:2 reminds us to carry one another's burdens, reflecting Christ's love in practical ways. Sharing your struggles with trusted friends or church family creates a network of strength.

Ecclesiastes highlights the power of companionship to help us rise when we stumble. Our community offers encouragement, prayer, and assistance, crucial for health journeys.

Hebrews urges believers to motivate and spur each other toward love and good works. Surrounding yourself with empathetic, faith-filled people can uplift your spirit, renew hope, and bring practical help.

Seek opportunities to build connection as you navigate essential tremor, knowing you do not walk this path alone.



Reflect and Apply

1. Who in your life can you turn to for support through your health struggles?

2. How can you also be a source of strength for others facing challenges?

3. What steps can you take to deepen your fellowship with faith community?



Journaling Prompts

1. List people who have supported you during difficult times and how they've helped.

2. Write about ways you can strengthen your connection with church or support groups.

3. Reflect on how sharing burdens benefits both you and others spiritually.



Day 7: 💛 Strength in Community

Prayer for Today

Lord, thank You for the gift of community and friends to support me. Help me to share my burdens openly and also to encourage others in love. Surround me with faithful believers who uplift and strengthen my walk. Teach me to carry others' burdens with compassion and grace. Amen. 😊 🙏 ❤️ 👥





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.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **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 [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://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.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.