Faith and Strength: A 21-Day Bible Study on Health and Hope



Explore God's promises for health, strength, and hope through Scripture tailored for living with lung cancer.





Table of contents

Introduction	4
<u>Day 1: S Finding Peace Amidst Trials</u>	5
Day 2: B Healing and Restoration	11
<u>Day 3: Ogod's Strength in Weakness</u>	17
Day 4: 1 Hope That Endures	23
Day 5: * Restoring the Soul	29
Day 6: A Prayer as Healing	35
Day 7: 6 Endurance and Strength	41
Day 8: God's Faithfulness Each Day	47
<u>Day 9: ■ Comfort in Suffering</u>	53
Day 10: Od's Unfailing Love	59
<u>Day 11: ₹3 New Mercies Daily</u>	65
Day 12: Strength for Today	71
Day 13: God's Presence in Pain	77
<u>Day 14: ₩ Hope Beyond the Horizon</u>	83
Day 15: Surrendering Control	89
Day 16: Nourishing Body and Soul	95











Introduction

Welcome to this 21-day Bible study on Health, specially designed for those living with lung cancer or supporting loved ones on this journey. Facing a serious illness can bring a flood of emotions—fear, uncertainty, and sometimes doubt. Yet, Scripture offers profound comfort, strength, and hope to sustain us through every challenge. Over the next three weeks, we will dive into God's promises to heal, restore, and uphold us with His unfailing love.

Each day provides a focused Scripture passage, supportive verses, devotional reflection, and practical journaling prompts to help you engage deeply with God's Word.

Our aim is not only to explore physical healing but also to embrace holistic well-being—spiritually, emotionally, and mentally. Throughout this study, you'll discover encouraging biblical truths that speak directly to the struggles and victories of living with lung cancer. You will be reminded that **God is your refuge and strength**, an ever-present help in trouble.

As you commit to this time of reflection, remember you are not alone. God walks closely with you, holding your hand through every breath and every moment. Let His Word be a balm to your soul and a foundation of hope that uplifts you daily. May this journey deepen your trust in Him, ignite peace in your heart, and inspire courage as you face each new day.

















Day 1: 🖏 Finding Peace Amidst Trials

Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."







Day 1: 🖏 Finding Peace Amidst Trials

Devotional: Embracing Divine Peace in Difficult Times

Illness often brings fears and uncertainties that shake our sense of peace. In the midst of lung cancer, it's natural to feel overwhelmed by what lies ahead. But Jesus offers a peace unlike anything the world can provide. This peace transcends circumstances and steadies our hearts even when the future is uncertain.

John 14:27 reminds us that God's peace is a gift freely given, not dependent on external situations. When anxiety creeps in, lean into prayer, presenting your worries to God with thanksgiving. He doesn't promise a life free of trouble but assures us that His presence calms the storms within.

Reflect on the strength God pledges in Isaiah 41:10. You are upheld; you are not abandoned. Allow His peace to fill your heart today and trust in His sustaining power.







Day 1: 🖏 Finding Peace Amidst Trials

Reflect and Apply

	What areas of your life feel most unsettled right now, and how can God's peace address those fears?
	How might viewing your illness through the lens of God's presence change your daily perspective?
	In what ways can you cultivate a habit of thanksgiving amid your struggles?







Day 1: 😂 Finding Peace Amidst Trials

Journaling Prompts

	Write about moments when you felt God's peace despite difficult circumstances.
2.	List prayers of gratitude you can remember, even small blessings.
3.	Describe how you would explain Jesus' peace to someone facing fear.







Day 1: 😂 Finding Peace Amidst Trials

Prayer for Today

Lord, I thank You for Your enduring peace that calms my anxious heart. Help me to release my fears into Your hands and embrace the tranquility You provide. Strengthen me to face each day with courage, knowing You uphold me with Your righteous right hand. Surround me with Your presence, and remind me daily that Your peace surpasses all understanding. *In Jesus' name, Amen.*

















Your Verse

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

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 53:5 "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."







Devotional: Trusting God's Promise to Heal and Restore

God's promise to restore and heal brings profound hope in the midst of physical suffering. Though lung cancer challenges our bodies, Scripture assures us that God's desire is for wholeness and restoration.

Jeremiah 30:17 offers a tender picture of God actively healing and restoring the broken parts of us. Healing may look different than what we expect—it might mean physical recovery, emotional peace, or spiritual renewal. Whatever form it takes, God is faithful.

As the Psalmist reminds us, God mends broken hearts and binds our wounds. Jesus' sacrifice, described in Isaiah 53:5, is the ultimate healing source, bringing peace through His suffering. Lean on this truth as you navigate your health journey.







Reflect and Apply

1.	What does healing mean to you personally—physical, emotional, spiritual, or all?
	How can knowing Jesus suffered for our healing deepen your faith amid illness?
3.	In what ways has God already shown restoration in your life?







Journaling Prompts

1.	Write about your hopes for healing and restoration during this time.
2.	Record any moments you felt God's healing touch, no matter how small.
3.	Describe how Jesus' sacrifice gives you strength for today.







Prayer for Today

Heavenly Father, thank You for Your promise to heal and restore. Even in the face of illness, I cling to Your Word that mends my brokenness and renews my soul. Help me see beyond physical limitations to the spiritual strength You provide. May Your healing touch bring peace and hope with each new day. *In Jesus' name, Amen.*

















Day 3: V God's Strength in Weakness

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 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







Day 3: V God's Strength in Weakness

Devotional: Finding God's Power in Your Weakest Moments

Periods of physical weakness can feel discouraging, but Scripture reframes weakness as a space for God's power. Paul's declaration in 2 Corinthians highlights that God's grace is enough and His power shines brightest when we acknowledge our limitations.

In illness, admitting weakness invites God's sustaining strength to take center stage. It's not a flaw but a spiritual opportunity to rest fully on God's power. Isaiah reassures that God will renew your strength even when you feel depleted.

As your body may weaken, God strengthens your heart and soul, becoming your unfailing source of endurance and hope. Trust in His unwavering presence today.







Day 3: ① God's Strength in Weakness

Reflect and Apply

	How have you experienced God's strength during times you felt weak or vulnerable?
2.	What hesitations do you have about relying fully on God during illness?
3.	How can you embrace 'weakness' as a pathway for God's grace today?







Day 3: ① God's Strength in Weakness

Journaling Prompts

	Write about a time when God's strength carried you through a tough situation.
2.	List ways you can remind yourself daily of God's sufficient grace.
3.	Describe feelings you find hard to give to God and why.







Day 3: **(**) God's Strength in Weakness

Prayer for Today

Lord, when I feel weak, remind me that Your grace is sufficient. Let Your power rest on me and carry me through every challenge. Renew my strength and fill me with confidence beyond my own abilities. Help me boast gladly in my weakness, knowing You are my everlasting source of strength. *In Jesus'* name, Amen.









Day 4: 1 Hope That Endures









Day 4: 1 Hope That Endures

Your Verse

Romans 5:3-4 - "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

Supporting Scriptures

- Psalm 31:24 "Be strong and take heart, all you who hope in the LORD."
- 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."







Day 4: 1 Hope That Endures

Devotional: Choosing Hope and Strength Through Hardship

Hope can sometimes feel fragile when facing long-term illness, yet Paul teaches that suffering ultimately produces lasting hope. Through perseverance and character built in hardship, our hope in God deepens and becomes steadfast.

Psalm 31 encourages us to take heart and be strong as we place our hope fully in the LORD. That hope is anchored in God's unfailing compassion and faithfulness, renewed each morning as Lamentations reminds us.

God's love sustains you through every moment, breathing powerful hope into your soul. Embrace hope as an active choice that strengthens you today and into the future.







Day 4: 🐧 Hope That Endures

Reflect and Apply

	In what ways has suffering developed perseverance and character in your life?
	How can you practically 'glory' in suffering by viewing it through God's purposes?
3.	What steps can you take to root your hope more deeply in God's faithfulness?







Day 4: 🐧 Hope That Endures

Journaling Prompts

	Describe how hope has helped you cope with lung cancer or other challenges.
2.	Write about a verse or story that encourages your hope in God.
3.	List ways to renew your hope each day, even when difficult.







Day 4: 🐧 Hope That Endures

Prayer for Today

Dear God, I thank You that through suffering You produce perseverance, character, and hope. Help me to embrace hope wholeheartedly and to rest in Your unfailing love and compassion. Renew my spirit each morning with the assurance of Your faithfulness. May my heart be strong and confident in You alone. *In Jesus' name, Amen.* \triangle \diamondsuit \triangle

















Your Verse

Psalm 23:3 - "He refreshes my soul. He guides me along the right paths for his name's sake."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Isaiah 40:31 "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."







Devotional: Finding Spiritual Rest and Renewal in God

Facing health challenges can drain both body and soul. God invites you to find restoration and refreshment in Him. Psalm 23 poignantly describes God's personal care—He refreshes your soul and directs your path.

Jesus offers rest to the weary, an invitation especially comforting during illness's exhausting seasons. Isaiah promises that placing your hope in God renews strength beyond physical ability, empowering you to persevere.

Take this moment to surrender weariness to God's loving care and embrace His guidance and renewal for your life today.







Reflect and Apply

1.	When have you felt refreshed in soul despite physical exhaustion?
2.	What practices help you experience God's guidance along difficult paths?
3.	How can Jesus' invitation to 'come and rest' impact your daily life?







Journaling Prompts

1.	Write about places or times where you experienced God's restoration.
2.	List steps you can take to receive God's rest during hard days.
3.	Reflect on God's guidance—how has He led you through challenges?







Prayer for Today

Lord, I come to You weary and burdened, longing for rest. Refresh my soul and renew my strength as I place my hope fully in You. Guide my steps and fill me with peace as I walk through this season. May Your presence be my constant source of renewal and comfort. *In Jesus' name, Amen.*









Day 6: A Prayer as Healing









Day 6: A Prayer as Healing

Your Verse

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."

Supporting Scriptures

- Mark 11:24 "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Day 6: 🙏 Prayer as Healing

Devotional: Embracing Prayer for Healing and Comfort

Prayer is a powerful avenue for experiencing God's healing and peace. James encourages believers to seek prayer and anointing when ill, affirming the faith community's role in standing with those who suffer.

Mark reminds us to pray with faith, trusting that God hears and answers aligned with His will. We can cast all our worries on God, knowing He deeply cares for us (1 Peter 5:7).

Whether you pray alone or with others, invite God into every part of your healing journey. Let prayer be a source of strength, comfort, and connection to God's transforming power.







Day 6: 🙏 Prayer as Healing

Reflect and Apply

1.	How has prayer impacted your experience with illness or hardship?
	What fears or doubts arise when you pray about healing, and how can you address them?
3.	Who can you invite to join with you in prayer for healing and support?







Day 6: 🙏 Prayer as Healing

Journaling Prompts

1.	Write a prayer expressing your deepest hopes and concerns today.
2.	List instances where prayer brought peace or healing in your life.
3.	Reflect on how being prayed for by others made you feel.







Day 6: A Prayer as Healing

Prayer for Today

God of healing, I come before You in faith, asking for Your touch and comfort. Surround me with Your peace and fill me with confidence that You hear every prayer. Thank You for caring for me deeply and for the community You provide to support me. Strengthen my faith as I rest in Your presence. *In Jesus'* name, Amen.

















Your Verse

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

Supporting Scriptures

- Nehemiah 8:10 "...do not grieve, for the joy of the LORD is your strength."
- Psalm 28:7 "The LORD is my strength and my shield; my heart trusts in him, and he helps me."







Devotional: Renewed Strength Through Trust and Joy

Living with lung cancer demands endurance beyond physical—emotional and spiritual strength are essential. Isaiah paints a hopeful image: God replenishes strength for the weary and weak, enabling us to rise above our fatigue.

Joy in the Lord serves as a powerful source of strength, even during grueling days (Nehemiah 8:10). Our trust in God acts as a shield, offering protection and renewal of heart.

Whatever your current strength level, cling to God's promise to empower and sustain you for the journey ahead.







Reflect and Apply

What drains your energy most, and how can you rely on God for renewal?
How can joy in the Lord be cultivated during challenging days?
In what ways does trusting God change your experience of weakness?







Journaling Prompts

1.	Write about times God renewed your strength unexpectedly.
2.	List things that bring you joy linked with your faith.
3.	Reflect on how trusting God shapes your response to illness.







Prayer for Today

Father, renew my strength when I feel weary and weak. Fill me with Your joy and help me trust fully in Your power and protection. Be my shield and the source of my endurance. I lean on You for every breath and step today. *In Jesus' name, Amen.*

















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

- Deuteronomy 7:9 "Know therefore that the LORD your God is God; he is the faithful God... maintaining his covenant of love to a thousand generations."
- Psalm 36:5 "Your love, LORD, reaches to the heavens, your faithfulness to the skies."







Devotional: Trusting God's Renewed Faithfulness Daily

During uncertainty, God's faithfulness stands as an anchor for the soul. This passage in Lamentations reminds us that God's mercy and love renew every morning, giving us fresh hope with each new day.

God's covenant promises are steadfast, spanning generations. His faithfulness is limitless and sure. Trusting in God's unwavering commitment brings comfort amidst fluctuating health or emotions.

Today, embrace the assurance that God is faithful to you personally. His compassion never fails, even when we feel our weakest.







Reflect and Apply

1.	How have you witnessed God's faithfulness in your life recently?
2.	What does it mean to you that God's compassion is 'new every morning'?
3.	How can reliance on God's faithfulness influence your outlook on illness?







Journaling Prompts

1.	Write about a recent experience where God showed His faithfulness.
2.	Reflect on ways you can remind yourself daily of God's mercies.
3.	Describe how God's covenant love affects your hope and trust.







Prayer for Today

Dear Lord, thank You for Your never-failing love and faithfulness. Each morning, remind me anew of Your compassion that sustains me. Help me to trust Your promises through every challenge I face. May Your steadfast love be my foundation and joy. *In Jesus' name, Amen.* \triangle \heartsuit \triangle









Day 9: **☒** Comfort in Suffering









Day 9: **■** Comfort in Suffering

Your Verse

2 Corinthians 1:3-4 - "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 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







Day 9: ■ Comfort in Suffering

Devotional: Receiving God's Tender Comfort Today

Illness often brings deep sorrow and loneliness. God identifies as the God of all comfort. Paul praises God who comforts us in every trouble so we can, in turn, comfort others.

Psalm 34 assures we are not alone in brokenness; God is near and ready to save. Jesus' words affirm that mourning is met with blessing—comfort is promised to those who grieve.

Allow yourself to receive God's tender comfort today. Let His presence soothe your heart and hold you tightly through pain.







Day 9: **☑** Comfort in Suffering

Reflect and Apply

1.	Where do you most sense God's comfort in your current struggles?
2.	How can experiencing God's comfort shape your response to pain?
3.	What does it mean to comfort others through your journey?







Day 9: **☑** Comfort in Suffering

Journaling Prompts

1.\	Write about the ways God has comforted you recently.
-	
	Reflect on the promise to comfort those who mourn and how it applies to you.
-	
	fournal about how you might share that comfort with others facing nardship.
-	







Day 9: **☑** Comfort in Suffering

Prayer for Today

Father of compassion, thank You for being close when I feel brokenhearted. Wrap me in Your loving comfort and ease my pain. Help me receive Your peace deeply today. Teach me to extend that comfort to others who suffer. *In Jesus' name, Amen.* ☒☒☒

















Your Verse

Romans 8:38–39 – "Neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- Psalm 136:26 "Give thanks to the God of heaven. His love endures forever."
- Ephesians 3:17–19 "And I pray [...] that you may have power... to grasp how wide and long and high and deep is the love of Christ."







Devotional: Anchored in God's Boundless Love

In facing life's greatest challenges, remember nothing can separate you from God's unbreakable love. Romans assures us that no circumstance—not even death—diminishes this love.

Psalm 136 echoes God's enduring love with gratitude, and Paul's prayer in Ephesians paints its vastness. God's love surrounds you like a fortress, steady and sure.

Rest today in the confidence that God's love is your constant companion and greatest treasure, lifting you in every moment.







Reflect and Apply

1.	How does knowing God's love cannot be taken away affect your fears?
2.	What are ways you experience God's love practically each day?
3.	How can embracing God's love transform your perspective on illness?







Journaling Prompts

1.	Write about times you felt deeply loved by God despite difficulties.
2.	List ways God's love shows itself in your life and community.
3.	Journal about how God's love changes your self-view and hope.







Prayer for Today

Lord, thank You for Your everlasting and unshakable love. Help me to grasp its vastness and remain anchored in it when I feel afraid or weak. Let Your love fill every part of me and overflow to those around me. *In Jesus' name, Amen.*









Day 11: New Mercies Daily









Day 11: ₹ New Mercies Daily

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

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- Isaiah 43:19 "See, I am doing a new thing! Now it springs up; do you not perceive it?"







Day 11: New Mercies Daily

Devotional: Embracing God's Fresh Mercies Each Morning

Every sunrise brings fresh mercy and hope from God. Even in ongoing illness, God's compassion is renewed each day, inviting you to step into His newness with trust.

The night may bring tears, but morning holds rejoicing and possibility. God is always at work doing a new thing in your life, even when invisible.

Today, receive God's new mercies and look expectantly for His blessings and renewed strength.







Day 11: New Mercies Daily

Reflect and Apply

1.	How can you make space to notice God's new mercies daily?
2.	What 'new things' might God be doing in your life now?
3.	How does hope for tomorrow encourage you in today's trials?







Day 11: ६३ New Mercies Daily

Journaling Prompts

1.	List mercies you have noticed today or recently.
2.	Write about a time when new beginnings brought unexpected blessings.
3.	Reflect on how God's faithfulness influences your outlook on healing.







Day 11: ₹ New Mercies Daily

Prayer for Today

Thank You, Lord, for Your mercies that are new every morning. Help me to walk in hope today, trusting You to do new things in my life. May I rejoice in Your faithfulness and feel Your presence anew. *In Jesus' name, Amen.* 💢 🐟









Day 12: 🗱 Strength for Today









Day 12: 🗱 Strength for Today

Your Verse

Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- 2 Corinthians 4:16 "Though outwardly we are wasting away, yet inwardly we are being renewed day by day."







Day 12: 🔅 Strength for Today

Devotional: Trusting God for Today's Strength

Facing a serious illness may tempt us to worry about the future. Jesus reminds us to focus on the present, trusting God for the strength needed today.

God is a refuge and source of strength in every moment of trouble. Even as our bodies weaken, God renews our inner selves continuously.

Focus your heart on God's help available now, surrendering tomorrow's worries into His hands.







Day 12: 🗱 Strength for Today

Reflect and Apply

1.	What worries about the future do you need to release to God?
2.	How can focusing on today help reduce anxiety?
3.	In what ways have you sensed God's help in present difficulties?







Day 12: 🗱 Strength for Today

Journaling Prompts

1.	Write about worries you face and how God can carry them.
2.	Reflect on moments God provided strength exactly when needed.
3.	List practical ways to stay grounded in today's moment.







Day 12: 🔅 Strength for Today

Prayer for Today

Lord, help me to let go of fears about tomorrow and focus on You today. Be my refuge and strength now, renewing my spirit as I face each challenge. Teach me to trust daily in Your faithful care. *In Jesus' name, Amen.*

















Your Verse

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

Supporting Scriptures

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."
- Hebrews 4:15–16 "For we do not have a high priest who is unable to empathize with our weaknesses... Let us then approach God's throne of grace with confidence."







Devotional: Experiencing God's Nearness in Suffering

God's empathy and closeness in our pain offer comfort beyond understanding. Psalm 34 acknowledges He is near when hearts are broken and spirits crushed.

Even as body and heart fail, God remains our strength and portion. Jesus understands every weakness and invites us to approach God boldly for grace and help.

Hold on to God's presence as your source of comfort and strength amid physical and emotional pain.







Reflect and Apply

1.	1. How do you experience God's presence during painful moments?	
2.	What does it mean to you that Jesus empathizes with your weaknesses?	
3.	How can approaching God boldly change your experience of suffering?	







Journaling Prompts

1.	Describe times you have felt God's comforting presence.
2.	Write about your feelings when you realize Jesus understands your pain.
3.	List ways to draw near to God when you feel weak or broken.







Prayer for Today

God of compassion, thank You for being close when I hurt. Help me trust Your understanding and grace, drawing near to You with confidence. Be my strength as my heart and body fail. Surround me with Your love and peace. *In Jesus' name, Amen.* 💮 🙏 💝

















Your Verse

Revelation 21:4 – "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain..."

Supporting Scriptures

- John 11:25 "I am the resurrection and the life. The one who believes in me will live, even though they die."
- Romans 8:24 "For in this hope we were saved."







Devotional: Living in the Promise of Eternal Hope

The promise of eternal life brings hope that transcends present suffering. God's vision of a future without pain renews the weary and strengthens faith.

Jesus declares Himself the resurrection and life, assuring believers of victory over death. This hope sustains us now, empowering us to face trials with courage and peace.

Fix your eyes on the eternal horizon where sorrow ends and joy fully begins.







Reflect and Apply

1.	How does the hope of eternal life influence how you face illness?
2.	What fears does this promise help to overcome?
3.	How can you share this hope with others facing hardship?







Journaling Prompts

Write about your feelings when you think of heaven and God's promises.
Describe how this hope has impacted your outlook on life and death.
List ways you can encourage others with hope in Jesus.







Prayer for Today

Jesus, thank You for the hope of eternal life that overcomes death. Help me to live each day in the light of Your promises, confident that You wipe away every tear. Strengthen my faith and fill me with peace. *In Your name, Amen.*



















Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Devotional: Learning to Trust and Let Go

Illness can bring a temptation to try to control every outcome, fueling anxiety. God invites you to surrender control and trust Him fully.

Proverbs encourages complete trust and submission to God's direction. Stillness before God brings awareness of His sovereign care. Isaiah promises perfect peace to those who stay focused on Him.

Practice surrendering your worries and plans to God today, inviting Him to guide your journey.







Reflect and Apply

1.	What areas of your life are hardest to surrender to God?
2.	How can stillness before God cultivate greater trust?
3.	What does 'making your paths straight' mean in your situation?







Journaling Prompts

1.	Write about what it feels like to release control to God.
2.	Reflect on moments when trusting God led to peace or clarity.
3.	List steps to develop a habit of daily surrender.







Prayer for Today

















Day 16: W Nourishing Body and Soul

Your Verse

1 Corinthians 6:19–20 – "...your body is a temple of the Holy Spirit... honor God with your body."

Supporting Scriptures

- Proverbs 4:20-22 "...guard your heart above all else..."
- Matthew 4:4 "Man shall not live on bread alone, but on every word that comes from the mouth of God."







Day 16: W Nourishing Body and Soul

Devotional: Honoring God Through Care for Your Body

Caring for your body is a spiritual act, recognizing it as God's dwelling. This is especially important when managing health challenges.

Paul reminds us that honoring God with our bodies requires mindful choices about nourishment, rest, and thought. Guard your heart and feed it daily with God's Word to sustain soul and body.

Commit today to caring holistically for yourself, inviting God's Spirit to guide your decisions.







Day 16: F Nourishing Body and Soul

Reflect and Apply

1.	How do you currently nourish your body and soul?
2.	What changes could better honor God's temple in your body?
3.	How can Scripture influence healthy decisions about your wellness?







Day 16: F Nourishing Body and Soul

Journaling Prompts

1.	Write about ways you already care for your body as God's temple.
2.	List spiritual practices that nourish your heart and mind.
3.	Reflect on challenges and opportunities for holistic wellness.







Day 16: W Nourishing Body and Soul

Prayer for Today

Holy Spirit, guide me to honor God with my body and soul. Help me to make healthy choices that nurture Your temple within me. Fill me with Your wisdom and strength to care well for all You have entrusted. *In Jesus' name, Amen.*

















Day 17: Wisdom in Decision Making

Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault..."

Supporting Scriptures

- Proverbs 2:6 "For the LORD gives wisdom; from his mouth come knowledge and understanding."
- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."







Day 17: Wisdom in Decision Making

Devotional: Seeking God's Guidance in Every Choice

Living with lung cancer requires many decisions, and God offers wisdom generously. James encourages believers to ask God confidently for guidance.

God is the source of true wisdom, knowledge, and understanding. His loving instruction ensures you don't walk alone in confusing or overwhelming moments.

Seek God's counsel today as you navigate options and choices, trusting He will direct your path.







Day 17: 🖓 Wisdom in Decision Making

Reflect and Apply

1.	What decisions are weighing on you most currently?
2.	How do you typically seek wisdom from God in stressful times?
3.	What steps can you take to better discern God's guidance daily?







Day 17: 🖓 Wisdom in Decision Making

Journaling Prompts

/.







Day 17: Wisdom in Decision Making

Prayer for Today

God, I ask for Your wisdom to guide all my decisions. Help me trust Your generous provision of knowledge and understanding. Teach me Your way and counsel me with Your loving gaze. *In Jesus' name, Amen.* ?









Day 18: // Joy in the Journey









Day 18: 🌈 Joy in the Journey

Your Verse

Nehemiah 8:10 - "...the joy of the LORD is your strength."

Supporting Scriptures

- Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence."
- Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"







Devotional: Choosing Joy as Strength Every Day

Joy is a powerful source of strength, even amid illness and trials. Nehemiah encourages us to find joy rooted in the Lord, which empowers us to endure.

God reveals the path of life that fills us with joy in His presence. Paul's exhortation to rejoice always underscores joy as a choice anchored in faith.

Invite God's joy into your heart today and let it uplift and energize your spirit.







Reflect and Apply

1.	What brings you joy even when facing health challenges?
2.	How does joy in the Lord differ from happiness based on circumstances?
3.	In what ways can you cultivate joy in daily life despite difficulties?







Journaling Prompts

1.	Write about moments when you chose joy over despair.
2.	List blessings that bring you joy no matter your situation.
3.	Reflect on how rejoicing impacts your emotional and spiritual health.







Prayer for Today

Lord, fill me with Your joy as my source of strength. Teach me to rejoice always, resting in Your presence and love. May joy uplift my spirit and sustain me in every season. *In Jesus' name, Amen.*

















Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Supporting Scriptures

- Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you."
- Psalm 27:1 "The LORD is my light and my salvation—whom shall I fear?"







Devotional: Living Boldly with God's Presence

Courage may feel scarce during illness, but God commands strength and courage rooted in His presence. Joshua was reassured that God goes with him wherever he travels—this promise is yours as well.

God's continual presence dispels fear and encourages boldness. We need not be discouraged because the Lord is our light and salvation.

Face today with courage, remembering God is right beside you at every step.







Reflect and Apply

1.	Where do you need courage most right now?
2.	How does God's presence help cast out fear?
3.	What practical steps can you take to be courageous each day?







Journaling Prompts

1.	Write about a time you felt God's courage in a difficult moment.
2.	List fears you want to surrender to God's strength.
	Reflect on how God being your light changes your feelings about adversity.







Prayer for Today

Lord, grant me strength and courage to face each day without fear. Remind me You are always with me and will never leave. Be my light and salvation as I trust in You. *In Jesus' name, Amen.*

















Your Verse

Psalm 103:13 – "As a father has compassion on his children, so the LORD has compassion on those who fear him."

Supporting Scriptures

- Isaiah 49:15 "Can a mother forget the baby at her breast and have no compassion on the child she has borne?"
- 2 Corinthians 1:3 "Praise be to the God and Father of compassion and the God of all comfort."







Devotional: Resting in God's Love and Compassion

God's compassion is tender and enduring, like that of a loving parent. Psalm 103 compares God's care for us to a father's compassion.

Isaiah uses the image of a mother's love to highlight God's unwillingness to forget or abandon. Paul honors God as the source of all comfort and compassion.

Rest in knowing your Heavenly Father's heart is full of mercy and gentle care for you always.







Reflect and Apply

	How do parental images of God's compassion deepen your understanding of His care?
2.	When have you felt comforted by God's compassion recently?
3.	How can you respond to God's compassion by showing it to others?







Journaling Prompts

Write about a moment you experienced God's compassionate care.
List ways you can extend compassion to yourself and others.
Reflect on how God's compassionate heart gives you peace.







Prayer for Today

Compassionate God, thank You for loving me like a parent loves a child. Help me rest in Your tender care and find comfort in Your compassion. Teach me to embrace Your love and share it with those around me. *In Jesus' name, Amen.*









Day 21: 🥕 Celebrating Strength and Hope









Day 21: 🥕 Celebrating Strength and Hope

Your Verse

Psalm 118:24 - "This is the day the LORD has made; let us rejoice and be glad in it."

Supporting Scriptures

- 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."
- Philippians 1:6 "He who began a good work in you will carry it on to completion."







Day 21: 🕭 Celebrating Strength and Hope

Devotional: Rejoicing in God's Faithfulness and Care

As you complete this 21-day journey, celebrate the strength and hope God has provided. Every new day is a gift from the Lord, an opportunity to rejoice despite trials.

Paul's words remind us that perseverance in faith is a victory worth celebrating. God who began His work in you will faithfully continue to sustain you.

Embrace today with joy and confidence in the ongoing journey God holds in His hands.







Day 21: 🏂 Celebrating Strength and Hope

Reflect and Apply

1.	How have you grown in strength and hope during this study?
2.	What encouragement will you carry forward into the future?
3.	How can you celebrate God's faithfulness regularly?







Day 21: 🏂 Celebrating Strength and Hope

Journaling Prompts

1.	Write a reflection on your spiritual journey over these 21 days.
2.	List ways God has sustained and encouraged you during illness.
3.	Plan how to maintain hope and trust in the days ahead.







Day 21: 🏂 Celebrating Strength and Hope

Prayer for Today

Thank You, Lord, for every day You have made and the strength You provide. I rejoice in Your faithfulness and commit to keeping My faith strong. Continue Your good work in me, and let hope overflow in my heart. *In Jesus' name, Amen.*







Where God's Word Meets Your Daily Life



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:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

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.