



Faith for Hormonal Storms



Find peace in the emotional waves of hormonal changes. This 7-day Bible study helps women anchor their faith during PMS, menopause, and mood storms.



Table of contents

<u>Introduction</u>	3
<u>Day 1: God Understands Your Storm</u>	4
<u>Day 2: Anchoring Your Emotions in God's Truth</u>	9
<u>Day 3: When You're Not Yourself</u>	14
<u>Day 4: Dealing with Guilt and Shame During Emotional Days</u>	19
<u>Day 5: Supporting Your Body and Spirit Together</u>	25
<u>Day 6: Trusting God Through Hormonal Transitions</u>	30
<u>Day 7: Finding Peace in the New You</u>	36



Introduction

Hormonal shifts are real—and so are their effects. From PMS and perimenopause to postpartum changes and full menopause, hormonal storms can feel like emotional whirlwinds and physical upheaval. Anxiety, mood swings, irritability, exhaustion, brain fog, sadness—these symptoms are often dismissed or misunderstood.

But God sees you. He understands your every tear, every wave of emotion, every moment of “I don’t feel like myself.” And He doesn’t shame you for it. In fact, the Bible is full of women who navigated overwhelming emotions and uncertain transitions—yet encountered God’s presence, healing, and peace in the storm.

This 7-day Bible study guide is designed to help women anchor their minds and hearts in Christ during hormonal challenges. Whether you’re navigating monthly cycles, postpartum depression, fertility struggles, or menopause, this study offers scriptural truth, comforting devotionals, and journal prompts to help you meet Jesus in the midst of the waves.

Let’s walk this journey together—anchored in grace, grounded in truth, and strengthened by faith.





Day 1: God Understands Your Storm



Day 1: God Understands Your Storm

Your Verse

“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.” — Psalm 56:8 (NLT)

Supporting Scriptures

- **Hebrews 4:15–16 (NIV)**

*“For we do not have a high priest who is unable to empathize with our weaknesses,
but we have one who has been tempted in every way, just as we are—yet he did not sin.*

Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

- **Isaiah 40:29 (NIV)**

“He gives strength to the weary and increases the power of the weak.”

- **Matthew 11:28 (NIV)**

“Come to me, all you who are weary and burdened, and I will give you rest.”



Day 1: God Understands Your Storm

Devotional: ✨ Devotional

You might feel misunderstood—by doctors, family, coworkers, or even your own reflection in the mirror. But you are **never misunderstood by God**.

Psalm 56:8 gives us a beautiful image of divine tenderness: God collects your tears in a bottle. He keeps record of your pain. He knows your hormones, your cycles, your exhaustion, and the ache in your chest when you can't explain why you're crying.

Hebrews 4 reminds us that Jesus, our High Priest, **empathizes with our weaknesses**. He doesn't dismiss what you're feeling. He invites you into His throne room not with condemnation—but with **grace**.

Isaiah 40:29 affirms that when you feel drained, foggy, or fragile, **God gives strength to the weary**. There's no shame in your struggle—just an invitation to draw near.

And in Matthew 11, Jesus personally says: *Come to Me*. Not when you feel strong. Not when you've "got it together." But when you are **burdened and weary**. He promises rest—not just for your body, but for your soul.

Hormonal storms are real. But so is God's steady, unchanging presence. He's not asking you to fake joy or push through. He's asking you to come close, just as you are.



Journaling Prompts

1. In what ways have you felt misunderstood or dismissed during hormonal changes?

2. How does knowing God collects your tears bring comfort?

3. Write a prayer asking Jesus to meet you today with mercy and strength.



Day 1: God Understands Your Storm

Prayer for Today





Day 2: Anchoring Your Emotions in God's Truth



Day 2: Anchoring Your Emotions in God's Truth

Your Verse

“The heart is deceitful above all things and beyond cure. Who can understand it?” — Jeremiah 17:9 (NIV)

Supporting Scriptures

- **2 Corinthians 10:5 (NIV)**

*“We demolish arguments and every pretension that sets itself up against the knowledge of God,
and we take captive every thought to make it obedient to Christ.”*

- **Romans 12:2 (NIV)**

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”*

- **Psalms 119:105 (NIV)**

“Your word is a lamp for my feet, a light on my path.”



Day 2: Anchoring Your Emotions in God's Truth

Devotional: Devotional

When hormones fluctuate, it can feel like your emotions are in the driver's seat—gripping the wheel tightly and swerving without warning. One moment you're okay, and the next, you're weeping or irritated without understanding why.

In those moments, it's easy to doubt yourself—and even easier to believe lies that aren't from God: *"I'm crazy. I'm broken. I'm too much. I'm not enough."*

But Jeremiah 17:9 reminds us that the heart, with its complex mix of feelings and instincts, can be **deceitful**. That's not to shame us—it's a gentle nudge to root our identity not in our feelings but in **God's unchanging truth**.

Your emotions are valid—but they are not **ultimate truth**. Feelings are like weather—real and powerful, but also **temporary and subject to change**. God's Word, however, is **eternal, stable, and trustworthy**. That's why anchoring your thoughts in Scripture is essential, especially when emotions rise and fall unpredictably.

Romans 12 tells us our minds can be renewed—transformed—by engaging daily with God's truth. And Psalm 119 promises that His Word can light our way when the emotional fog feels thick.

So when you feel overwhelmed, take your emotions and compare them to the truth in Scripture. Let God's Word be the anchor that holds when your hormones try to rock the boat.



Day 2: Anchoring Your Emotions in God's Truth

Journaling Prompts

1. What lies do you find yourself believing when you feel overwhelmed emotionally?

2. Write down three truths from Scripture that you can repeat to yourself during emotional storms.

3. Ask God to help you filter emotions through His truth rather than fear, shame, or despair.



Day 2: Anchoring Your Emotions in God's Truth

Prayer for Today





Day 3: When You're Not Yourself



Day 3: When You're Not Yourself

Your Verse

“Be still, and know that I am God.”

— *Psalm 46:10 (NIV)*

Supporting Scriptures

- ***Isaiah 26:3 (NIV)***

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

- ***Lamentations 3:22–23 (NIV)***

*“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.”*

- ***2 Corinthians 4:16 (NIV)***

*“Therefore we do not lose heart. Though outwardly we are wasting away,
yet inwardly we are being renewed day by day.”*



Day 3: When You're Not Yourself

Devotional: Devotional

Some days, you just don't feel like *you*. You may look in the mirror and not recognize your mood, your patience level, or even the way you're reacting to simple things. Hormonal shifts can cloud your normal disposition and hijack your peace.

If that's you today, take a breath and let these words sink in: **God doesn't love a "better" version of you. He loves you right now.**

Psalms 46:10 reminds us to **be still**—not just physically, but mentally. When everything inside you feels chaotic, the best thing you can do is to pause and remember who God is. Not who you are in the moment, but who He is **always**: steady, faithful, unchanging.

Isaiah 26 tells us that peace comes from a steadfast mind—one that trusts in God. Not in the stability of your hormones or the "normal" way you're used to feeling. Trust is the bridge to peace.

And Lamentations assures us of God's **daily renewal**. That means no matter how rocky today feels, **tomorrow brings new mercy**. God never runs out of grace for your rough days.

Even if you're struggling to show up with your usual energy, personality, or clarity, the real you is still there—anchored in Christ. You are **being renewed day by day**. Don't give up.



Day 3: When You're Not Yourself

Journaling Prompts

1. How do you feel today? Are there areas where you feel unlike yourself?

2. What would it look like to “be still” in your current season?

3. Write a short prayer thanking God for loving you, even when you feel off balance.



Day 3: When You're Not Yourself

Prayer for Today





Day 4: Dealing with Guilt and Shame During Emotional Days



Day 4: Dealing with Guilt and Shame During Emotional Days

Your Verse

“Therefore, there is now no condemnation for those who are in Christ Jesus.”— Romans 8:1 (NIV)

Supporting Scriptures

- **1 John 1:9 (NIV)**

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

- **Psalms 103:10–12 (NIV)**

“He does not treat us as our sins deserve or repay us according to our iniquities.

For as high as the heavens are above the earth, so great is his love for those who fear him;

as far as the east is from the west, so far has he removed our transgressions from us.”

- **Hebrews 8:12 (NIV)**

“For I will forgive their wickedness and will remember their sins no more.”



Day 4: Dealing with Guilt and Shame During Emotional Days

Devotional: Devotional

Have you ever had a day where your emotions got the best of you—and you said or did things you immediately regretted? Maybe you snapped at a loved one, withdrew in silence, or lashed out from a place of inner chaos. And now the guilt weighs heavy.

Guilt is a natural response when we recognize our wrongs. But **shame**—the belief that we are unworthy or unlovable—is not from God. Shame whispers, *“You’re too much...you’ll never change...God’s disappointed in you.”*

But Scripture silences that voice with truth: **“There is now no condemnation for those who are in Christ Jesus.”** (Romans 8:1)

Yes, you may stumble. Yes, you may act out of character in a moment of emotional fatigue. But **God isn’t waiting to punish you**—He’s waiting to **restore you**. He knows your frame. He remembers you are dust (Psalm 103:14).

1 John 1:9 assures us that confession leads to cleansing—not punishment. And Psalm 103 promises that God removes our transgressions “as far as the east is from the west.”

God’s forgiveness isn’t reluctant. It’s **complete, compassionate, and continual**.

So if today you’re battling guilt from something said, done, or neglected in your hormonal storm, run to the One who already knew it would happen—



and already made a way back for you.



Day 4: Dealing with Guilt and Shame During Emotional Days

Journaling Prompts

1. Write honestly about anything you feel guilty or ashamed of this week.

2. Confess those feelings to God in prayer, and write out Romans 8:1 as a reminder.

3. Reflect: What does it mean to you that God removes your sin as far as the east is from the west?



Day 4: Dealing with Guilt and Shame During Emotional Days

Prayer for Today





Day 5: Supporting Your Body and Spirit Together



Your Verse

“So whether you eat or drink or whatever you do, do it all for the glory of God.”
— 1 Corinthians 10:31 (NIV)

Supporting Scriptures

- **1 Kings 19:5–8 (NIV)**

“Then he lay down under the bush and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’ He looked around, and there by his head was some bread baked over hot coals, and a jar of water... strengthened by that food, he traveled forty days and forty nights.”

- **1 Timothy 4:8 (NIV)**

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

- **Proverbs 3:7–8 (NIV)**

“Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.”



Day 5: Supporting Your Body and Spirit Together

Devotional: Devotional

In the middle of a hormonal storm, we often view our body as the enemy: it feels unpredictable, uncomfortable, and out of sync. But Scripture reminds us that our body is not a burden—it's a **temple**, created with care and deserving of both **honor and compassion**.

In 1 Kings 19, Elijah, a powerful prophet, was so emotionally overwhelmed that he wanted to die. What did God do? He sent an angel to make him a **warm meal** and let him **rest**. God didn't scold Elijah—He nourished him. Sometimes, what your spirit needs most is a nap, a nutritious meal, some sunshine, or movement.

When we feel moody, bloated, tired, or anxious due to hormonal changes, it's not just a spiritual battle—it's a **physical one** too. And that means it's okay to support your body **intentionally**.

Drinking water, getting outside in the morning light, reducing inflammatory foods, moving your body gently through walks or stretching—these are **sacred practices** when done with an attitude of stewardship.

1 Corinthians 10:31 urges us to glorify God in **everything**, even in how we care for ourselves.

You don't have to choose between spiritual strength and physical wisdom. You can walk both paths. And when you do, you honor the One who created you—body, mind, and soul.



Day 5: Supporting Your Body and Spirit Together

Journaling Prompts

1. How have you been treating your body during this season? With compassion or criticism?

2. What small, life-giving habits could you begin to support your physical health this week?

3. Write a prayer asking God to help you steward your body with grace and balance.



Day 5: Supporting Your Body and Spirit Together

Prayer for Today





Day 6: Trusting God Through Hormonal Transitions



Day 6: Trusting God Through Hormonal Transitions

Your Verse

“Jesus Christ is the same yesterday and today and forever.”— Hebrews 13:8 (NIV)

Supporting Scriptures

- ***Ecclesiastes 3:1 (NIV)***
“There is a time for everything, and a season for every activity under the heavens.”
- ***Malachi 3:6 (NIV)***
“I the Lord do not change. So you, the descendants of Jacob, are not destroyed.”
- ***Psalms 102:25–27 (NIV)***
“In the beginning you laid the foundations of the earth... they will perish, but you remain... you remain the same, and your years will never end.”



Day 6: Trusting God Through Hormonal Transitions

Devotional: Devotional

Hormonal shifts bring with them a deep sense of change—sometimes abrupt, sometimes gradual. Whether it’s the onset of menstruation, the rollercoaster of postpartum recovery, or the unpredictability of perimenopause and menopause, **your body is transitioning**.

But your spirit might struggle with that.

Who am I becoming?

Why don’t I feel like myself anymore?

Will I ever feel “normal” again?

Change—especially inside your own body—can feel like betrayal. Yet in the midst of hormonal transitions, Scripture offers a comforting truth: **God doesn’t change, even when you do**.

Hebrews 13:8 tells us that Jesus is the **same yesterday, today, and forever**.

When your moods shift like the tide, when your energy rises and falls, when your identity feels blurred—Jesus remains constant.

Ecclesiastes 3 reminds us that **seasons come and go**, each one with purpose.

You’re not broken—you’re simply in a new season. And in this one, God is still your Rock.

Malachi 3:6 reinforces that even in our fragility, we are **not destroyed**—because God’s unchanging nature is our anchor.



Psalm 102 poetically reassures us that though everything around us (and inside us) may feel like it's shifting, God remains steady. He outlasts every wave, every symptom, and every storm.

When you place your trust in His character instead of your current condition, you'll find peace—even in transition.



Journaling Prompts

1. What hormonal transitions are you currently walking through or anticipating?

2. How has change impacted your identity or faith?

3. Write a prayer thanking God for being unchanging in a season where so much feels uncertain.



Day 6: Trusting God Through Hormonal Transitions

Prayer for Today





Day 7: Finding Peace in the New You



Day 7: Finding Peace in the New You

Your Verse

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.” — Isaiah 26:3 (NIV)

Supporting Scriptures

- **2 Corinthians 5:17 (NIV)**
“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”
- **Philippians 4:6–7 (NIV)**
“Do not be anxious about anything, but in every situation... present your requests to God. And the peace of God... will guard your hearts and your minds...”
- **Psalms 46:10 (NIV)**
“Be still, and know that I am God.”



Day 7: Finding Peace in the New You

Devotional: ✨ Devotional

The version of you that existed ten years ago isn't the same as the one reading this devotional. And that's not a bad thing.

Hormonal changes often mark new stages of womanhood—maturing, stretching, transitioning. But they can also introduce feelings of loss: *I miss the energy I used to have... I don't recognize myself emotionally... I feel like I've changed too much.*

And yet, even as our bodies shift and emotions ebb and flow, **God is forming something new within us.**

Isaiah 26:3 promises perfect peace to those whose minds are steadfast—not because we are perfect, but because we trust in a perfect God. Your peace is not tied to your hormones. It's tied to your trust.

2 Corinthians 5:17 reminds us that being in Christ makes us a new creation. This is a beautiful invitation: you are not defined by your past patterns or present struggles—you are **being made new daily.**

Philippians 4 offers a practical path to this peace: bring your anxiety to God. Let Him guard your mind.

And Psalm 46? It offers one of the simplest, most profound truths: **be still, and know.** Be still in your body. Be still in your thoughts. Be still in your shifting identity. And know that He is still God—still good, still sovereign, still for you.



Peace is possible—even in the storm—because God is in the process of making all things new, including you.



Journaling Prompts

1. What do you grieve or fear about the “old you” fading?

2. In what ways has God been shaping a “new you” through this season?

3. Write a prayer of surrender, asking God to help you trust Him with who you’re becoming.



Day 7: Finding Peace in the New You

Prayer for Today





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