



# Finding Healing and Strength Amidst Pain



A 7-day Bible study encouraging those suffering from carpal tunnel pain, offering hope and spiritual healing through Scripture.

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## Introduction

Living with carpal tunnel pain can be both physically challenging and emotionally draining. It can impact your ability to do daily tasks and sometimes leave you feeling discouraged. However, the Bible offers a wellspring of hope and encouragement that reminds us God is intimately aware of our struggles and wants to bring healing, comfort, and strength to our lives. **Through Scripture, we discover that our bodies are temples of the Holy Spirit and that God cares deeply about our health**, not just physically but emotionally and spiritually as well.

During this 7-day journey, we'll explore God's promises of healing, rest, and strength. Each day will anchor you with a primary Scripture that speaks to the heart of enduring pain with faith and hope. You'll also find supporting verses to expand on these truths and a devotional that encourages you to lean into God's grace in the midst of discomfort. *This study is designed to uplift your spirit and remind you that you're not alone in your suffering; God walks alongside you, offering peace and restoration.*

Carpal tunnel pain is a physical reality, but so is the spiritual freedom and encouragement that God offers. As you engage with these Scriptures and reflections, may you feel God's healing touch, find renewed patience, and grow stronger day by day. Let this time be not just about managing pain but about deepening your faith and experiencing God's sustaining power **even when your body feels weak.**





## Day 1: 🙏 God Heals Our Bodies



Day 1: 🧡🧡 God Heals Our Bodies

## Your Verse

*Exodus 15:26 - "I am the Lord who heals you."*

## Supporting Scriptures

- *Psalm 103:2-3 - "...who forgives all your sins and heals all your diseases."*
- *Jeremiah 30:17 - "I will restore you to health and heal your wounds..."*



Day 1: 🤝 God Heals Our Bodies

## Devotional: God's Promise to Heal Our Physical Ailments

**Exodus 15:26** is a powerful reminder that God identifies Himself as our healer. When living with carpal tunnel pain, it's easy to feel isolated by the constant discomfort and difficulty performing simple actions. Yet, Scripture reassures us that healing is not only physical but also spiritual and emotional.

God's desire is to restore our health and bring us peace even amid ongoing pain. Healing does not always mean the immediate removal of symptoms but the restoration of wholeness — body, mind, and spirit. Trusting in God's healing power allows us to find hope when medical treatments feel discouraging.

As Psalm 103:2-3 reminds us, God forgives and heals. Forgiveness frees us from bitterness that pain can sometimes bring, while His healing presence offers comfort and strength to face each day. Jeremiah 30:17 encourages us that God actively works to restore, reminding us we do not have to endure suffering alone.

*Today, place your trust in the One who heals and holds you securely during your pain.*



Day 1: 🤍 God Heals Our Bodies

## Reflect and Apply

1. How does knowing God calls Himself our healer affect your view of your pain?

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2. In what ways can you lean on God's promise of restoration this week?

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3. What are some emotional or spiritual wounds you'd like God to heal along with your physical pain?

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Day 1: 🧡🧡 God Heals Our Bodies

## Journaling Prompts

1. Describe a moment when God's healing felt evident—even in small ways.

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2. Write about how your faith has helped you endure pain.

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3. List ways you can invite God's healing into both your body and mind.

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Day 1: 🤝 God Heals Our Bodies

## Prayer for Today

**Lord, thank You for being my Healer.** In moments when my carpal tunnel pain feels overwhelming, remind me that You are in control and that Your healing touch is available. Help me to trust You even when relief seems distant, and bless me with peace that far surpasses understanding. Restore not just my hands but my whole being, and fill me with hope today. *Amen.*





## Day 2: 🏛️ Restoring Strength Through God's Power



## Your Verse

*Isaiah 40:29 – "He gives strength to the weary and increases the power of the weak."*

## Supporting Scriptures

- *Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."*
- *2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."*



# Devotional: Finding God's Strength When You Feel Weak

**Living with chronic pain like carpal tunnel syndrome can drain your energy and spirit.** Genesis 40:29 assures us that God provides strength to those who feel weary. Physical limitations may leave you frustrated, but God's sustaining power is not limited by our bodies.

Psalm 46:1 encourages us that God is an ever-present refuge in times of trouble, including physical pain. When hands ache and daily tasks strain you, God offers rest and renewal.

Paul's words in 2 Corinthians 12:9 remind us God's grace meets us precisely where our weakness lies; His strength shines brightest through our frailty. You may not feel strong today, but as you trust in God, He will empower you to endure and even thrive amid challenges.

*Invite God's strength to replenish your soul as you navigate daily discomfort.*



## Reflect and Apply

1. Where do you currently feel weak, and how might God's strength meet you there?

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2. How does embracing God's grace change your perspective on pain and limitations?

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3. In what ways can resting in God's power help you endure physical challenges?

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## Journaling Prompts

1. Recall a time when God gave you unexpected strength during hardship.

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2. Write about what it means to you that God's power is made perfect in weakness.

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3. List practical ways to rely more on God's strength each day.

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Day 2: 🏹 Restoring Strength Through God's Power

## Prayer for Today

**Dear God, thank You for giving me strength when I feel weak.** Please renew my energy and comfort my spirit amid this ongoing carpal tunnel pain. Help me rest in Your presence and trust Your grace to sustain me through every challenge. May Your power work through my limitations, making me strong.

*Amen.* 💪 🙏 ❤️





## Day 3: Finding Peace and Comfort





## 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."*

## Supporting Scriptures

- *Philippians 4:7 – "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *Psalms 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 3:  Finding Peace and Comfort

# Devotional: Experiencing God's Peace in the Midst of Pain

**Carpal tunnel pain can create frustration, anxiety, and sometimes even despair.** However, Jesus offers us a peace unlike anything the world can give—a deep, abiding calm that sustains us even in difficult times.

John 14:27 reminds us that His peace is a gift that transcends circumstances. This peace guards our hearts and minds, protecting us from hopelessness.

Philippians 4:7 promises a peace that surpasses understanding, perfect for moments when no explanation for pain feels sufficient. Psalm 34:18 speaks tenderly of God's close presence to anyone feeling broken or crushed by their struggles. Your pain matters, and God's comfort is near.

*Invite God's peace to calm your heart and mind today, providing rest amid your physical discomfort.*



## Reflect and Apply

1. How can you welcome God's peace into your daily pain experience?

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2. What are some obstacles that keep you from fully resting in God's peace?

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3. In what ways have you experienced God's comfort during past hardships?

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Day 3: 🌿 Finding Peace and Comfort

## Journaling Prompts

1. Journal about what peace means to you in the context of your pain.

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2. Write a prayer asking God to fill you with His peace today.

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3. Reflect on how God's peace has helped you withstand difficult seasons.

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Day 3: 🌿 Finding Peace and Comfort

## Prayer for Today

**Jesus, thank You for giving me peace.** When my carpal tunnel pain feels overwhelming, help me to rest in the calm only You provide. Guard my heart and mind from anxiety and fear. Surround me with Your love and comfort, reminding me I am never alone. *Grant me peace that surpasses all understanding. Amen.* 🌿 🙏 🕊️





## Day 4: 💪 Strength in Weakness



Day 4:  Strength in Weakness

## Your Verse

*2 Corinthians 12:10 – "For when I am weak, then I am strong."*

## Supporting Scriptures

- *Psalm 73:26 – "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*
- *Isaiah 41:10 – "Do not fear, for I am with you; do not be dismayed... I will strengthen you and help you."*



Day 4:  Strength in Weakness

# Devotional: Discovering True Strength When Feeling Weak

Paul's declaration that "when I am weak, then I am strong" challenges our **human understanding of strength**. Chronic pain, such as carpal tunnel syndrome, often forces us to confront our physical limitations. Yet, through weakness, God reveals His power.

Psalm 73:26 acknowledges that our bodies may falter, but God remains our unfailing source of strength and comfort. Isaiah 41:10 assures us that God is with us, ready to strengthen and help us no matter the struggles we face.

Recognizing our own weakness opens the door for God's power to work in and through us. It reminds us to depend less on our own abilities and more on God's unending strength. This shift brings hope and resilience as we navigate health challenges.

*Embrace God's power in your moments of weakness, knowing He renews and upholds you.*





## Reflect and Apply

1. How do you typically respond to feelings of physical weakness?

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2. What does it look like for you to rely on God's strength, not your own?

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3. How can embracing weakness deepen your faith and trust in God?

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## Journaling Prompts

1. Write about a time when God showed strength through your weakness.

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2. Describe what makes it difficult or easy for you to depend on God.

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3. Plan practical ways to remember God's strength daily in your pain.

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Day 4: 💪 Strength in Weakness

## Prayer for Today

**Father, thank You for Your strength in my weakness.** When my hands ache and feel powerless, teach me to lean on You. Help me find courage in Your presence and trust You to carry me through. Strengthen my heart and renew my spirit each day. *In Jesus' name, Amen.* 💪 🙏 ❤️





## Day 5: 🍌 Rest and Renewal



Day 5: 🌙 Rest and Renewal

## Your Verse

*Matthew 11:28-29 – "Come to me, all you who are weary... and I will give you rest."*

## Supporting Scriptures

- *Psalm 23:2 – "He makes me lie down in green pastures, he leads me beside quiet waters."*
- *Hebrews 4:9-10 – "There remains, then, a Sabbath-rest for the people of God."*



Day 5: 🌙 Rest and Renewal

## Devotional: Embracing God's Rest for Body and Soul

Chronic pain often disrupts our ability to rest physically and mentally. **Jesus invites the weary and burdened to come to Him for true rest.** In Matthew 11:28–29, He offers rest that refreshes weary souls and quiets anxious hearts.

Psalms 23 paints a peaceful picture of rest—lying in green pastures and beside still waters. This imagery reminds us that God wants to nurture our whole being, not just heal symptoms.

Hebrews 4:9–10 encourages believers to find a Sabbath-rest in God's care, a spiritual and physical renewal that sustains us in difficult seasons. Rest is not just about stopping activity but about intentionally receiving God's peace and restoration.

*Today, invite Jesus to be your source of deep rest—body, mind, and soul—during pain.*



## Reflect and Apply

1. How does your current pain affect your ability to rest?

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2. What might it look like to accept Jesus' invitation to rest today?

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3. How can spiritual rest renew your strength amid physical challenges?

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# Journaling Prompts

1. Reflect on your current rest habits and how they impact your health.

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2. Write a prayer asking Jesus to grant you refreshing rest today.

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3. Create a list of restful activities that help you connect with God.

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Day 5: 🌙 Rest and Renewal

## Prayer for Today

**Jesus, I come to You weary and burdened.** Please grant me Your gentle rest and renewal amid my carpal tunnel pain. Help me to slow down and receive Your peace for my body and soul. Teach me to trust You with my healing and restoration. *Thank You for Your love and care. Amen.* 🌙 🙏 ❤️





## Day 6: 💖 God's Compassion in Our Pain



Day 6: ❤️ God's Compassion in Our Pain

## Your Verse

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

## Supporting Scriptures

- *Isaiah 49:15 – "I will never forget you."*
- *2 Corinthians 1:3-4 – "The God of all comfort... comforts us in all our troubles."*



Day 6: ❤️ God's Compassion in Our Pain

## Devotional: Embracing God's Tender Care During Suffering

Chronic pain like carpal tunnel syndrome can make us feel broken and overlooked. But **Psalm 147:3 assures that God heals the brokenhearted and lovingly binds our wounds.** His care is personal, tender, and ongoing.

Isaiah 49:15 reminds us that God never forgets us, even in our suffering. His compassion stands firm when we feel forgotten or alone.

2 Corinthians 1:3–4 describes God as the source of all comfort, who consoles us so we may also comfort others. Experiencing God's compassion not only heals us but equips us to extend grace to others facing pain or hardship.

*Allow God's compassionate heart to heal your spirit today as you rest in His loving embrace.*



## Reflect and Apply

1. How have you experienced God's comfort in your pain?

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2. What does it mean to you that God remembers and cares for you deeply?

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3. How might your experience of God's compassion encourage others?

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Day 6: ❤️ God's Compassion in Our Pain

## Journaling Prompts

1. Write about times you've felt God's compassion most intensely.

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2. Reflect on what it means to be comforted by the God of all comfort.

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3. List ways you can share God's comfort with others in pain.

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Day 6: 💖 God's Compassion in Our Pain

## Prayer for Today

**Lord, thank You for Your compassionate heart.** In moments when my pain feels unbearable, remind me that You are close and tenderly caring for my wounds. Heal my brokenness and fill me with Your comfort so I may also bring hope to others. *I trust in Your unfailing love. Amen.* 💖 🙏 🌿





## Day 7: ✨ Hope for the Future





Day 7: ✨ Hope for the Future

## Your Verse

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

## Supporting Scriptures

- *Jeremiah 29:11 – "For I know the plans I have for you... plans to give you hope and a future."*
- *Revelation 21:4 – "He will wipe every tear from their eyes... there will be no more pain."*



Day 7: ✨ Hope for the Future

## Devotional: Trusting God's Promises of Joy and Restoration

As this study concludes, **Romans 15:13 encourages us to let God fill us with hope, joy, and peace through trusting Him.** Chronic pain can make it hard to look forward, but God's promises anchor us in a bright future.

Jeremiah 29:11 reminds us that God has good plans for our lives, plans that include hope and restoration beyond current struggles.

Ultimately, Revelation 21:4 offers the eternal hope that one day God will wipe away all tears and end pain completely. This glorious promise sustains us as we endure present difficulties.

*Hold firmly to God's hope today and beyond, knowing He is working for your healing body and soul.*



Day 7: ✨ Hope for the Future

## Reflect and Apply

1. How does God's hope influence how you face your pain each day?

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2. What future promises of God encourage you the most?

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3. How can you share hope with others who suffer?

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Day 7: ✨ Hope for the Future

## Journaling Prompts

1. Write about what hope looks like amid your health journey.

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2. Reflect on the peace that trusting God brings you.

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3. List ways you can nurture hope daily and encourage others.

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Day 7: ✨ Hope for the Future

## Prayer for Today

**God of hope, fill me with joy and peace as I trust You today.** When carpal tunnel pain challenges my spirit, help me look to the future You have planned—a future full of healing and restoration. Strengthen my hope and use my experiences to encourage others. *Thank You for Your faithfulness and love.*

*Amen.* ✨ 🙏 🌟





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