Finding Peace: A 21-Day Journey Through Scripture for Insomnia



Explore God's Word to find comfort and rest in times of insomnia. This plan offers hope, peace, and practical insights for mental health struggles.





Table of contents

<u>Introduction</u>	4
Day 1: A Embracing God's Peace	6
Day 2: * Trusting God Amid Worry	12
Day 3: Resting in God's Presence	18
<u>Day 4: Overcoming Fear in the Night</u>	24
Day 5: * Peace That Calms the Mind	30
<u>Day 6: ■ God's Invitation to Rest</u>	36
Day 7: 1 Praying Through the Night	42
Day 8: Surrendering Control	48
Day 9: Renewing Your Mind	54
Day 10: A Hope for a New Day	60
Day 11: Finding Calm in God's Care	66
<u>Day 12: </u>	72
Day 13: A Hope Beyond the Struggle	78
Day 14: W Healing for the Weary	84
Day 15: Embracing God's Comfort	90
Day 16: Strength for the Journey	96











Introduction

Welcome to your 21-day journey toward finding peace and rest amid the challenges of insomnia. Living with insomnia can feel isolating and exhausting, affecting every part of your life—from your emotional wellbeing to your daily functioning. But God's Word offers a profound comfort and guidance, reminding us that He is near to the brokenhearted and gives rest to the weary.

Throughout this study, we will explore passages that speak directly to anxiety, worry, rest, and God's sustaining grace, helping to renew your mind and calm your spirit. Each day invites you into Scripture with an encouraging devotional, reflection questions, journaling prompts, and a prayer focused on mental health and the specific challenges insomnia brings.

Insomnia often intensifies feelings of anxiety, worry, and fear. The Bible acknowledges the reality of our struggles while pointing us to peace that surpasses understanding (Philippians 4:7). As you meditate on these verses, allow God's promises to soothe your mind and open your heart to His healing presence.

In addition to practical insights, you will discover God's unfailing love and His desire for you to experience true rest. May you encounter His peace, revitalize your soul, and gain strength for each new day. Let this time be a sacred rhythm of restoration amid restless nights. **Remember, you are never alone**—







God is with you, both in your sleepless moments and in every waking hour.



















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."
- Psalm 4:8 "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."







Devotional: Receiving God's Gift of Peace Today

Insomnia often brings restless thoughts and anxiety, making peace feel unreachable. But Jesus offers a peace far beyond what the world can give. This divine peace is available to calm your heart and quiet your mind even in the darkest and most restless nights.

Today, try to rest in this truth: God's peace is a gift freely given to you, regardless of your circumstances. Present your worries to Him in prayer and trust that He watches over you. His presence is a refuge where anxiety loses its grip.

As you go through your day, consciously invite God's peace into moments of unrest, reminding yourself that He is greater than any fear or sleepless night. This is the foundation for hope and healing as you journey forward.







Reflect and Apply

1.	How does God's peace differ from the peace the world offers?
2.	What anxious thoughts or fears can you hand over to God right now?
3.	How can you remind yourself of God's presence during sleepless nights?







Journaling Prompts

means to you in the context of your insomnia.
es you want to give to God.
ou felt God's peace during a difficult moment.
ou felt God's peace during a difficult moment







Prayer for Today

Dear Lord, thank You for the precious gift of Your peace. When my mind races and sleep feels distant, help me to remember that You are with me, calming my heart and guarding my thoughts. Please surround me with Your peace that surpasses all understanding. Teach me to cast my worries on You and rest in Your loving care. Amen. 24















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

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Psalm 55:22 "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."







Devotional: Letting Go of Worry and Trusting God

Worry is a frequent companion to insomnia, stealing rest and peace. Jesus invites us to focus not on tomorrow's problems but on God's provision for today. Anxiety magnifies troubles that often have not yet come; He encourages us instead to live trusting day by day.

Remember that God is your constant companion, able to hold your cares and soothe your fears. When sleepless nights arise from spiraling dread about future events, lay those concerns down before Him. Your Heavenly Father knows your needs and faithfully sustains you through difficulties.

Practice trusting God throughout the day—the same trust that can calm your nights—as you surrender your worries and lean on His strength. In His presence, peace grows stronger than fear.







Reflect and Apply

1.	What worries tend to keep you awake at night?
2.	How can focusing on God today reduce anxiety about the future?
3.	What does trusting God look like during difficult or sleepless times?







Journaling Prompts

1.	List the worries you are ready to give to God today.
2.	Write about a time when trusting God helped you through a hard season.
3.	Consider ways to remind yourself to trust God when worry begins.







Prayer for Today

Father God, my heart often fills with worries that steal my rest. Help me to release these burdens into Your hands today. Teach me to live with trust, depending on Your faithfulness moment by moment. Calm my anxious mind and remind me You are in control. Thank You for sustaining me and never letting me go. Amen. \triangle

















Day 3: Ear Resting in God's Presence

Your Verse

Psalm 62:1-2 - "Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken."

Supporting Scriptures

- Exodus 33:14 "The Lord replied, 'My Presence will go with you, and I will give you rest.'"
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 3: Eagle Resting in God's Presence

Devotional: Discovering Soul Rest in God's Presence

Insomnia can leave us feeling drained physically and emotionally, but God invites us to find true rest in His presence. Unlike fleeting sleep, resting in God brings soul-level renewal and stability.

Psalm 62 reminds us that God is our rock and fortress, a refuge that does not shake even in our toughest moments. When sleeplessness comes, intentionally focus on God's nearness. Picture His presence surrounding you like a strong fortress that shelters and refreshes.

Resting in God is a spiritual discipline, a daily choice to seek Him and experience His loving care. This rest strengthens your foundation and brings inner peace amid restless nights.







Day 3: 🛌 Resting in God's Presence

Reflect and Apply

What does it mean for your soul to find rest in God?
How can you cultivate a sense of God's presence during sleepless nights?
In what ways has God been a fortress for you in other life challenges?







Day 3: 🛌 Resting in God's Presence

Journaling Prompts

1.	Describe what resting in God's presence feels like to you.
2.	List ways you can invite God's presence into your daily routine.
3.	Write about a time God was your refuge during hardship.







Day 3: Ear Resting in God's Presence

Prayer for Today

Lord Jesus, You invite me to come to You when I'm weary and burdened. Help me to find true rest in Your presence even on nights when sleep escapes me. Be my refuge and fortress, steadying my soul and calming my heart. Teach me to rely fully on You for renewal and strength. Amen. \triangleright















Your Verse

Psalm 34:4 - "I sought the Lord, and he answered me; he delivered me from all my fears."

Supporting Scriptures

- Isaiah 41:13 "For I am the Lord your God who takes hold of your right hand and says to you, 'Do not fear; I will help you."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Devotional: Finding Strength Against Nighttime Fear

Fear often accompanies insomnia, magnifying the darkness and loneliness. Yet God's Word assures us He delivers us from all fear. When alarmed by racing thoughts or shadows in the night, seek the Lord earnestly. He responds with peace and protection.

Isaiah 41 reminds us that God holds our hand and commands us not to fear because He will help us. This is an empowering promise especially when fear threatens to rob rest.

Invite God's Spirit to replace timidity with power, love, and self-discipline. Embracing His presence can quiet your fears and grant a renewed sense of courage to face the night.







Reflect and Apply

1.	What fears tend to arise during your sleepless nights?
2.	How can you actively seek God when fear creeps in?
3.	What does it mean that God's Spirit gives power, love, and self-discipline?







Journaling Prompts

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Prayer for Today

Heavenly Father, I confess my fears that surface when sleep won't come. Thank You for Your promise to deliver me from all fear. Hold my hand through the darkness and help me trust Your presence. Fill me with Your Spirit's power, love, and self-discipline to overcome fear. Give me courage and peace tonight. Amen. \mathcal{O}







Day 5: W Peace That Calms the Mind









Day 5: W Peace That Calms the Mind

Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Colossians 3:15 "Let the peace of Christ rule in your hearts."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 5: W Peace That Calms the Mind

Devotional: Guarding Your Mind with God's Peace

Restlessness in the mind is one of the greatest challenges of insomnia.

Philippians reminds us that the *peace of God transcends all understanding*, guarding our hearts and minds from turmoil.

This peace is not based on external circumstances but on abiding in Christ. It acts as a shield to protect your thoughts from anxiety and overthinking, enabling a deep calm even in sleeplessness.

Train your mind to focus on God's promises and His unchanging truth. Read Scripture, meditate on His Word, and ask the Holy Spirit to fill your heart with divine peace. This spiritual practice invites rest for both mind and soul.







Day 5: Peace That Calms the Mind

Reflect and Apply

1.	How do anxious thoughts affect your ability to rest?
2.	What does it mean for God's peace to guard your heart and mind?
	How can you intentionally focus your mind on Christ during restless moments?







Day 5: Peace That Calms the Mind

Journaling Prompts

1.	List verses or truths that bring you peace to meditate on.
2.	Describe how guarding your mind with peace could impact your nights.
3.	Reflect on ways you can practice mindfulness with God's presence.







Day 5: 😂 Peace That Calms the Mind

Prayer for Today

Lord Jesus, my mind often races, stealing my rest. Fill me with Your peace that surpasses every thought and worry. Guard my heart and mind from anxious fears and distracting thoughts. Help me fix my thoughts on You and experience Your calm presence through the night. Amen. **\mathbb{Y} \infty \mathbb{P}









Day 6: 🕰 God's Invitation to Rest









Your Verse

Matthew 11:28–30 – "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 127:2 "In vain you rise early and stay up late, toiling for food to eat for he grants sleep to those he loves."
- Jeremiah 31:25 "I will refresh the weary and satisfy the faint."







Devotional: Accepting Jesus' Invitation to True Rest

Jesus extends a loving invitation to come to Him when we are weary and burdened. This rest He offers is both physical and spiritual, addressing the exhaustion that often accompanies insomnia.

Consider that God values your need for sleep and refreshment. Psalm 127 reassures that sleep is a blessing granted by God—not merely a human effort. The Creator desires to satisfy and revive your faint spirit.

When you feel unable to rest, come humbly to Jesus. Lay your burdens at His feet and receive His gentle yoke. Trust that in Him you will find renewal that sustains more deeply than sleep alone.







Reflect and Apply

1.	How do you usually respond to Jesus' invitation to come to Him for rest?
2.	What burdens are you carrying that affect your sleep and peace?
3.	How can resting in Jesus go beyond physical sleep for you?







Journaling Prompts

1.	Write a letter to Jesus about your weariness and hope for rest.
2.	List burdens you want to surrender today.
3.	Describe what 'true rest' means in your personal context.







Prayer for Today

Jesus, I come to You weary and burdened. I long for the rest only You can give. Refresh my body, mind, and soul tonight. Teach me to trust Your gentle care and to receive Your peace. Help me surrender my load and find renewal in Your presence. Amen. 🕰 🙏 🧼















Your Verse

Psalm 119:148 – "My eyes stay open through the watches of the night, that I may meditate on your promises."

Supporting Scriptures

- Psalm 63:6 "On my bed I remember you; I think of you through the watches of the night."
- Daniel 6:10 "...he got down on his knees three times a day and prayed and gave thanks before his God."







Devotional: Using Prayer and Meditation to Soothe Nighttime Minds

Insomnia can be a difficult time to feel disconnected, but the night also offers a unique opportunity for prayer and meditation. Psalm 119 shares a powerful example of staying awake to focus on God's Word and promises.

Rather than fighting sleeplessness, invite God into those quiet hours. Use this time to meditate on Scripture, pray earnestly, or simply be present with Him.

Like Daniel, who faithfully devoted specific times to prayer, you can establish rhythms that bring comfort and deepen your relationship with God.

Nighttime prayer can transform restlessness into sacred moments of connection and peace.







Reflect and Apply

1.	How might prayer during sleepless nights change your perspective?
2.	What promises from Scripture bring you hope to meditate on?
3.	What practical steps can you take to make nighttime prayer a habit?







Journaling Prompts

1.	Write a prayer you can say during the night.
2.	List favorite Bible promises to memorize and meditate on.
3.	Describe how praying through the night affects your heart.







Prayer for Today

God, I lift my eyes to You in the quiet watches of the night. Fill me with the comfort of Your promises. Help me to turn restlessness into prayer, and anxiety into trust. Teach me to meditate on Your Word and find peace in Your presence. Amen. **1 1 1 1**









Day 8:

Surrendering Control









Day 8: A Surrendering Control

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."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Day 8: A Surrendering Control

Devotional: Learning to Surrender and Trust God Fully

Insomnia often fuels a desire to control every factor affecting sleep: routines, environments, thoughts. Yet Scripture calls us to surrender full trust to God rather than our own efforts or understanding.

Proverbs encourages us to trust God wholeheartedly and submit our ways to Him. This surrender is a profound exercise in faith, letting go of the restless striving that can escalate insomnia's grip.

Being still before God means pausing the struggle and inviting His peace to guide your steps. When you cast your anxieties on Him, you acknowledge His care and direction.







Day 8: <a> Surrendering Control

Reflect and Apply

What areas related to your insomnia do you find hardest to surrender?
How might trusting God change your approach to sleep challenges?
What does 'being still' look like in your struggle with insomnia?







Day 8: <a> Surrendering Control

Journaling Prompts

1.	Write about your struggle with control over your sleep.
2.	List ways you can practice surrendering to God daily.
3.	Reflect on how trusting God can bring peace amidst uncertainty.







Day 8: A Surrendering Control

Prayer for Today

Lord, I confess my attempts to control my circumstances and sleep. Teach me to trust You fully with my heart and mind. Help me to be still in Your presence and cast all my anxieties on You. Thank You for caring for me and guiding my path. Amen.









Day 9: P Renewing Your Mind









Day 9: Renewing Your Mind

Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- 2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God."
- Philippians 4:8 "...whatever is true, whatever is noble, whatever is right...think about such things."







Day 9: 🖓 Renewing Your Mind

Devotional: Transforming Your Thoughts Through God's Word

Insomnia is often fueled by negative or anxious thought patterns. Romans calls us to a transformation that begins in the mind—renewing it by God's truth instead of worldly worries.

This renewal involves intentionally focusing on thoughts that honor God: truth, goodness, righteousness. Replace turmoil with God's promises and refuse to entertain destructive mental arguments.

By practicing mindful meditation on Scripture, you can retrain your mind, breaking the chains of anxiety and opening space for peace and rest. Let God's Word shape your thoughts as a critical step toward healing from insomnia.







Day 9: 🖓 Renewing Your Mind

Reflect and Apply

1.	What negative thought patterns do you notice during sleeplessness?
2.	How can Scripture help renew your mind in these moments?
3.	What daily habits support the transformation Paul describes?







Day 9: 🖓 Renewing Your Mind

Journaling Prompts

1.	Identify common unhelpful thoughts you want to replace.
2.	Write down Scripture verses to memorize for mental renewal.
3.	Describe practical ways you can focus on godly thoughts daily.







Day 9: Renewing Your Mind

Prayer for Today

God, please renew my mind according to Your truth. Help me to reject fear, doubt, and worry, and instead meditate on what is pure and lovely. Transform my thinking so that my heart finds rest in You. Amen. \mathcal{GA}

















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 40:31 "...those who hope in the Lord will renew their strength."







Devotional: Embracing God's New Mercies Every Morning

Each new morning is a testament to God's unfailing compassion and faithfulness. Even when insomnia wears heavily at night, the dawn brings renewed hope and opportunity for strength.

Lamentations teaches us not to be consumed by hardship because God's mercies are fresh every day. This hope sustains you through difficult nights and reminds you that your story continues with God's grace.

As morning comes, embrace the joy and strength God provides. Hope anchors your soul beyond a single restless night, paving the way for enduring peace and healing.







Reflect and Apply

1.	How does remembering God's compassion renew your hope?
2.	In what ways can hope influence your nights and days?
3.	What does it mean for God's mercies to be new every morning?







Journaling Prompts

1.	Write about a time morning brought unexpected joy.
2.	List ways you can remind yourself of God's faithfulness daily.
3.	Describe hopeful thoughts that encourage you during sleepless nights.







Prayer for Today

Faithful God, thank You that Your mercy and compassion are new every morning. Help me to hold onto hope when nights are long and difficult. Renew my strength and refresh my soul with Your steadfast love each day. Amen.

















Your Verse

1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."

Supporting Scriptures

- Psalm 94:19 "When anxiety was great within me, your consolation brought me joy."
- Isaiah 43:2 "When you pass through the waters, I will be with you..."







Devotional: Casting Anxiety on a Caring God

Unchecked anxiety can spiral into the persistent wakefulness of insomnia. Yet Peter reminds us to cast all our anxieties on God because He cares deeply.

Imagine surrendering your worries like heavy stones into God's hands. His care is tender and personal, not distant or indifferent.

Much like water can overwhelm, life's troubles can feel flood-like. But God's presence is a steady reassurance through every storm. He consoles us and usurps anxiety with His joy.

Today, practice giving your anxieties to God and resting in His faithful care, trusting He is intimately involved in your wellbeing.







Reflect and Apply

1.	What anxieties feel strongest right now, and can you cast them onto God?
2.	How does knowing God cares affect your worries?
3.	What steps help you physically and spiritually surrender anxiety?







Journaling Prompts

1.	List the anxieties you feel comfortable to give to God today.
2.	Write about God's care as you've experienced it in your life.
3.	Describe how casting anxiety on God changes your feelings.







Prayer for Today

Lord, I bring my anxieties to You because You care for me so deeply. Help me release my worries and trust in Your tender love and protection. Calm my heart and grant me joy that surpasses fears. Thank You for being my refuge in every trial. Amen.









Day 12: W God's Unchanging Love









Your Verse

Romans 8:38–39 – "Nothing can separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- Psalm 136:1 "Give thanks to the Lord, for he is good. His love endures forever."
- Jeremiah 31:3 "I have loved you with an everlasting love; I have drawn you with unfailing kindness."







Devotional: Resting Secure in God's Eternal Love

In moments of insomnia, feelings of loneliness or rejection may intensify. Yet God's love remains constant and unshakable.

Paul's words to the Romans assure us that no circumstance, including sleeplessness or mental struggle, can separate us from God's love. His love surrounds you with eternal kindness and faithfulness.

Remembering God's steadfast love brings hope and security when rest is hard to find. Let this truth permeate your heart and guard you against despair.







Reflect and Apply

1.	How do feelings of loneliness affect your rest?
2.	What does it mean to you that nothing can separate you from God's love?
3.	How can reminding yourself of God's love impact your nights?







Journaling Prompts

1.	Write about when you most felt God's love during struggle.
2.	List ways God's love is evident in your life today.
3.	Describe how trusting God's love changes fears and isolation.







Prayer for Today

Father, Your love is endless and unchanging. Help me grasp that nothing can separate me from Your care, even during sleepless nights. Fill me with the assurance of Your kindness and faithfulness, and comfort my heart in Your everlasting love. Amen.

















Day 13: 6 Hope Beyond the Struggle

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 33:22 "May your unfailing love be with us, Lord, even as we put our hope in you."
- Hebrews 6:19 "We have this hope as an anchor for the soul, firm and secure."







Day 13: 🌈 Hope Beyond the Struggle

Devotional: Anchoring Your Soul in God's Hope

Sleep struggles can sometimes feel endless, yet Scripture encourages us to anchor our souls in hope. God is the ultimate source of joy and peace when we place our trust in Him.

Romans praises God as the God of hope who fills us completely as we rely on Him. This holistic hope sustains through mental battles and brings joy beyond what circumstances allow.

Let hope light your path amid insomnia's dark nights. Anchor your soul firmly in God's promises and rest assured that brighter days are coming through His faithfulness.







Day 13: 🌈 Hope Beyond the Struggle

Reflect and Apply

1.	What hopes sustain you during difficult nights?
2.	How can trusting God increase your peace and joy even amid insomnia?
3.	What does it mean for hope to be an anchor for your soul?







Day 13: 🌈 Hope Beyond the Struggle

Journaling Prompts

1.	Write about what hope means to you in your current season.
2.	List ways you can cultivate hope throughout your day.
3.	Reflect on how hope has carried you through previous challenges.







Day 13: 6 Hope Beyond the Struggle

Prayer for Today

God of hope, fill me with Your joy and peace as I trust in You. Anchor my soul firmly in Your promises and help me to hold fast when nights feel long. Renew my spirit and lead me toward the hope You provide. 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 57:18–19 "I have seen their ways, but I will heal them."







Day 14: Wealing for the Weary

Devotional: Trusting God to Heal Mind and Body

Insomnia often accompanies emotional and mental wounds needing God's healing touch. Jeremiah offers hope of restoration and healing—promises that God actively pursues.

He not only heals physical ailments but also mends broken hearts and wounded spirits. While your body recovers from restless nights, remember God's commitment to restore your whole self.

Pray for God's healing in areas impacted by insomnia—fear, anxiety, exhaustion. Allow Him to renew your strength and repair what is broken.







Reflect and Apply

1.	In what ways has insomnia affected your health and emotions?
2.	How can you invite God's healing in your struggle?
3.	What does restoration mean for your mind, body, and spirit?







Journaling Prompts

rite about wounds you desire God to heal.
st signs of God's healing in your life so far.
scribe how healing changes your outlook on insomnia.







Prayer for Today

Lord, You are the healer of both body and soul. I entrust my weariness and wounds to You for restoration. Renew my health and mend the places tiredness and anxiety have broken. Fill me with Your healing power and hope. Amen.















Your Verse

2 Corinthians 1:3-4 - "God of all comfort, who comforts us in all our troubles."

Supporting Scriptures

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."
- Isaiah 66:13 "As a mother comforts her child, so will I comfort you."







Devotional: Receiving God's Tender Comfort

Insomnia may feel like a dark valley, yet God promises to be with us as a source of unwavering comfort. Paul describes God as the God of all comfort, who meets us in every trouble.

His comfort nurtures and sustains us, much like a mother's tender care. When nights feel long, and emotions are raw, God's presence is a balm that surpasses all pain.

Allow yourself to accept God's comfort today. Let Him soothe your soul and calm your fears by simply resting in His faithful love.







Reflect and Apply

1.	How do you experience God's comfort during insomnia?
2.	What helps you accept His comfort when you feel overwhelmed?
3.	In what ways can God's comfort transform your nights?







Journaling Prompts

1.	Write about a time you felt deeply comforted by God.
2.	List comforting images or verses that help you feel peace.
3.	Describe how you will remind yourself of God's comfort today.







Prayer for Today

God of comfort, thank You for being near in my troubles and fears. Please comfort my restless heart and give me peace tonight. Hold me close as a mother holds her child, soothing every ache and worry. Teach me to lean fully on Your faithful love. Amen. 🖒 🔏









Day 16: Strength for the Journey









Day 16: 🖰 Strength for the Journey

Your Verse

Isaiah 40:29–31 – "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- Nehemiah 8:10 "The joy of the Lord is your strength."
- Psalm 73:26 "God is the strength of my heart and my portion forever."







Day 16: 🖰 Strength for the Journey

Devotional: Relying on God's Strength When Weary

Insomnia can leave you feeling weak and drained, but God promises lasting strength. Isaiah assures us that the Lord provides power to the weary and renews strength for the journey ahead.

Strength doesn't come only from physical rest but from the joy and power found in God. As Psalm 73 says, God is the strength of our hearts forever.

Turn to God for renewed energy each day. Allow His joy to fuel your spirit even when your body is tired. His strength sustains beyond what human effort can achieve.







Day 16: 💍 Strength for the Journey

Reflect and Apply

1.	Where do you feel weakest in your struggle with insomnia?
2.	How can God's strength manifest when your body is tired?
3.	What role does joy play in finding strength from God?







Day 16: 💍 Strength for the Journey

Journaling Prompts

1.	Write about moments you experienced supernatural strength.
2.	List ways you can seek God's joy to strengthen your heart.
3.	Describe how God's strength changes your perspective on exhaustion.







Day 16: 💍 Strength for the Journey

Prayer for Today

Lord, I feel weary and weak, but You promise to renew my strength. Fill me with Your joy and power to face each day with courage. Be my portion and my fortress always. Help me rely on You when my body is tired. Amen.

















Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- Psalm 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- Colossians 3:15 "Be thankful."







Devotional: Harnessing Gratitude for Peace and Joy

Gratitude is a powerful practice that transforms how we experience trials like insomnia. Paul instructs us to give thanks in all circumstances, trusting that God's will includes a thankful heart.

While sleepless nights make thanksgiving difficult, choosing to acknowledge God's goodness shifts focus from struggle to blessing. Gratitude fosters peace by reminding the heart of God's enduring love.

Deliberately seek things to be thankful for each day, even small ones. This practice strengthens faith and reorients your perspective toward hope and joy.







Reflect and Apply

1.	What is difficult about giving thanks during insomnia?
2.	How can gratitude change your emotional and mental state?
3.	What blessings can you recognize even in hard seasons?







Journaling Prompts

1.	List five things you are thankful for today.
2.	Write about a time gratitude helped you through hardship.
3.	Describe ways to cultivate daily thankfulness.
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Prayer for Today

Thank You, God, for Your goodness and never-ending love. Help me find reasons to give thanks even during difficult nights. Teach me to cultivate gratitude that brings peace and joy to my soul. Amen.









Day 18: 💋 Taking Refuge in God









Your Verse

Psalm 91:1-2 - "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

Supporting Scriptures

- Nahum 1:7 "The Lord is good, a refuge in times of trouble."
- Proverbs 18:10 "The name of the Lord is a fortified tower; the righteous run to it and are safe."







Devotional: Finding Safety and Rest in God's Shelter

God is described as a refuge, a shelter offering protection and rest amid life's storms. Psalm 91 invites those who dwell in God's presence to experience rest, even in uncertainty.

Dwelling in God's shelter is an intentional choice to seek Him as your safe place. When you feel vulnerable during sleeplessness, running to the Lord provides security and peace.

Commit today to take refuge in God daily, trusting His power to guard and restore you over time.







Reflect and Apply

1.	What does it mean to 'dwell' in God's shelter?
2.	How have you experienced God as a refuge in your life?
3.	How can trusting God as your fortress bring rest to restless nights?







Journaling Prompts

1.	Write about what 'refuge' feels like to you personally.
2.	List ways you can practice dwelling in God's presence daily.
3.	Describe the comfort of knowing God is your fortified tower.







Prayer for Today

Most High God, thank You that I can find rest and protection in Your shelter. Help me to dwell in Your presence each day and night. Be my refuge and fortress when I feel vulnerable. Grant me peace that restores and sustains. Amen.

















Your Verse

James 1:2-3 - "Consider it pure joy...whenever you face trials...because you know that the testing of your faith produces perseverance."

Supporting Scriptures

- Nehemiah 8:10 "The joy of the Lord is your strength."
- Psalm 16:11 "In Your presence there is fullness of joy."







Devotional: Embracing Joy Amidst Difficult Seasons

Struggles like insomnia test our faith but can also produce perseverance and deeper joy. James encourages us to consider trials as opportunities for growth.

Joy found in God's presence becomes a source of strength beyond circumstances. Rather than repressing difficulties, embrace them with faith, trusting God's refining work in your life.

By shifting perspective to joy, even in the darkness, you open your heart to spiritual resilience and hope.







Reflect and Apply

1.	How can you find joy during challenging times like insomnia?
2.	In what ways has perseverance deepened your faith before?
3.	What does it mean for joy to be your strength?







Journaling Prompts

1.	Write about a trial that produced positive growth in your life.
2.	List ways you can cultivate joy during sleepless nights.
3.	Describe how faith and joy interact in your healing.







Prayer for Today

Lord, help me to find pure joy even in trials. Strengthen my faith and produce perseverance through my struggles. Fill me with the joy of Your presence, making me resilient and hopeful. Amen. **2**







Day 20: W Living in God's Freedom









Day 20: "S Living in God's Freedom

Your Verse

John 8:36 - "So if the Son sets you free, you will be free indeed."

Supporting Scriptures

- Galatians 5:1 "It is for freedom that Christ has set us free."
- 2 Corinthians 3:17 "Where the Spirit of the Lord is, there is freedom."







Day 20: W Living in God's Freedom

Devotional: Experiencing Freedom Through Christ's Love

Insomnia can feel like a prison of restless nights and anxious thoughts. Yet Jesus promises true freedom for all who trust in Him.

This freedom is spiritual and mental—a release from captivity to fear, worry, and despair. As you surrender to Christ, His Spirit brings liberty that reshapes your mind and soul.

Embrace the freedom He offers today. Let go of chains holding you captive and walk in the peace and rest He provides.







Day 20: 😂 Living in God's Freedom

Reflect and Apply

1.	What areas of your life feel most restrictive due to insomnia?
2.	How does Jesus' freedom impact your mental health journey?
3.	What does living free in the Spirit look like day to day?







Day 20: 😂 Living in God's Freedom

Journaling Prompts

1.	Write about what freedom in Christ means to you personally.
2.	List habits or thoughts you want to release to God.
3.	Describe your vision for living with mental and spiritual freedom.







Day 20: 😂 Living in God's Freedom

Prayer for Today

Jesus, thank You for setting me free from fear and anxiety. Help me to live fully in Your freedom, releasing all chains that hinder my rest and peace. Fill me with the Spirit's liberty and guide me into abundant life. Amen. 🖏 🗸 🧳















Your Verse

Isaiah 32:17 – "The fruit of that righteousness will be peace; its effect will be quietness and confidence forever."

Supporting Scriptures

- Psalm 116:7 "Return to your rest, my soul."
- John 14:27 "My peace I give you."







Devotional: Living Restored in God's Peace Forever

You have journeyed through God's Word to discover peace, trust, healing, and freedom for your mental health struggles with insomnia. Isaiah's prophecy encourages us with the promise that righteousness produces lasting peace, quietness, and confidence.

Your relationship with God, centered on His truth and love, bears fruit in a new inner calm and security that transcends restless nights. Return to the rest your soul craves by continuing to abide in Christ.

As you close this study, embrace the peace God gives daily. Walk forward with confidence—restored, renewed, and sustained by His unfailing grace and presence.







Reflect and Apply

1.	What is your greatest takeaway from this 21-day journey?
2.	How has God's Word reshaped your view of insomnia and rest?
3.	What steps will you take to continue walking in God's peace?







Journaling Prompts

1.	Summarize your spiritual growth through this study.
2.	Write a commitment prayer to pursue peace and rest daily.
3.	List tools or habits that will help you maintain mental wellness.







Prayer for Today







Where God's Word Meets Your Daily Life



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