Finding Peace: A Bible Study on Mental Health and Panic



Explore how Scripture offers hope and strength for those facing panic disorder and mental health challenges through a 5-day study.





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Introduction

Mental health struggles, including panic disorder, can feel overwhelming and isolating. In our fast-paced and often uncertain world, anxiety can grip our hearts unexpectedly, making everyday life challenging. Yet, the Bible offers profound reassurance, hope, and practical comfort for those dealing with panic and fear. Over this five-day study, we will dive into God's Word to find His peace amidst our storms.

Rather than ignoring or stigmatizing mental health, Scripture invites us to bring our worries fully to God, trusting His unchanging love and power.

Understanding that even King David, Paul, and other faithful followers wrestled with fear and distress encourages us that we are not alone. God's promises offer a firm foundation when panic threatens to shake us.

This study is designed specifically for those who may experience panic disorder or heightened anxiety, providing spiritual tools to face these moments with courage and faith. Each day will guide you through a special passage, reflect ideas that resonate with your experiences, and offer prayer and journaling prompts to deepen your growth.

Remember, seeking medical and professional support alongside spiritual care is vital. God often works through various means to bring healing, and your journey is valued. May these verses and reflections bring renewed hope and the peace that surpasses understanding throughout your mental health walk.









Day 1: W God's Peace in Anxiety









Day 1: SGOd's Peace in Anxiety

Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: SGOd's Peace in Anxiety

Devotional: Experience God's Peace Beyond Fear

When panic spikes, it often feels as if fear controls every fiber of our being. But Paul reminds us in Philippians that God's peace surpasses all understanding—it is a supernatural tranquility that stands guard over our hearts and minds. Our first step is to bring our anxieties to God in prayer, opening up even our most intense worries to Him.

Pain and fear don't have to be hidden or fought alone. Instead, they're invitations to surrender to a God who cares deeply about your inner emotional state. Jesus promises a peace unlike what the world offers—deep, secure, and lasting.

As you face panic, try to intentionally turn to prayer, acknowledging your fears and asking God to replace turmoil with His calming presence. The battle is not yours alone; God walks beside you, steadying you with His perfect peace.







Day 1: 😂 God's Peace in Anxiety

Reflect and Apply

	What does it look like for you to 'present your requests to God' during moments of panic?
2.	How can focusing on God's peace help guard your heart and mind?
3.	In what ways do you currently resist or embrace God's promise of peace?







Day 1: 😂 God's Peace in Anxiety

Journaling Prompts

	Write about a recent time anxiety overwhelmed you and how you can invite God's peace in.
2.	List three specific worries you want to surrender to God today.
3.	Describe what 'peace' feels like when you have experienced it before.







Day 1: W God's Peace in Anxiety

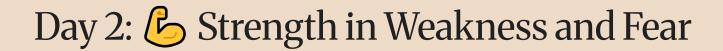
Prayer for Today

Father God, I come to You today weighed down by anxiety and fear. Help me release my panic into Your hands through prayer. Fill me with the peace that only You can give, guarding my heart and mind through Christ Jesus. When I feel overwhelmed, remind me that I am not alone. Strengthen my faith to trust Your calming presence. Thank You for Your unfailing love and care. *In Jesus' name, Amen.* 😂 🙏 👀

















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

- Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Devotional: Finding Strength When You Feel Weak

Panic can make us feel weak and powerless. Yet, God's Word flips this perspective: His power is made perfect in our weakness. When we acknowledge our limits and vulnerabilities, we create space for Christ's strength to fill us.

This is not just spiritual jargon but a life-transforming reality. Paul's honesty about his own struggles encourages us to be transparent about our struggles, like panic attacks or anxiety episodes. Seeking God and admitting our fears invites Him to work fully in our lives.

Today, rather than fighting to appear strong, consider how you might lean into God's grace. Allow His power to rest on your weary soul, increasing your inner strength to meet each fearful moment with courage.







Reflect and Apply

1.	How do you typically respond to feelings of weakness or fear?
	What does 'God's power made perfect in weakness' mean for your panic experiences?
	How can you allow God's grace to be enough in your moments of greatest need?







Journaling Prompts

1.	Write about a time you felt weak but experienced unexpected strength.
2.	Identify areas where you try to hide fear or weakness and consider how to be honest with God.
3.	Pray and journal about opening up to God's grace in your panic moments







Prayer for Today

Lord Jesus, when I am overwhelmed by panic and feel weak, remind me that Your grace is enough for me. Help me to trust that Your power works best when I admit my weaknesses. Strengthen my spirit and renew my hope. Teach me to rest in Your love and not in my own strength. Thank You for never leaving me alone in my fears. *Amen.*

















Day 3: K Hope Beyond the Moment

Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Supporting Scriptures

- Psalm 42:11 "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God..."
- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."







Day 3: 🎇 Hope Beyond the Moment

Devotional: Anchoring Your Soul in Hope

Panic disorder can make hope feel distant or impossible. However, Scripture encourages us to fix our eyes on God, the source of true hope. As we place trust in Him, He fills us not just with quiet peace but overflowing hope through the Holy Spirit.

This hope carries us beyond our current struggles, reminding us that they are not the full story. Like the Psalmist who wrestled with a downcast soul, we can echo the call to put hope in God again and again.

Today, embrace a hopeful outlook powered by faith, rather than relying solely on your feelings. Know God's plans for your life are good, even when panic tells you otherwise. Let hope anchor your soul firmly in Him.







Day 3: 🗱 Hope Beyond the Moment

Reflect and Apply

1.	What hope do you currently hold onto when panic grips you?
2.	How might trusting God's plans help you face anxious moments differently?
3.	In what ways can the Holy Spirit help you overflow with hope today?







Day 3: 🗱 Hope Beyond the Moment

Journaling Prompts

1.	Write a letter to yourself reminding you of God's hope and plans.
2.	List moments when you experienced God's peace despite anxiety.
3.	Describe what it feels like to anchor your soul in hope instead of fear.







Day 3: 🎇 Hope Beyond the Moment

Prayer for Today

God of Hope, fill me with joy and peace today as I continue to trust in You. Help me to overflow with hope by Your Spirit's power, even when panic threatens to steal my calm. Remind me of Your good plans and a future full of promise. Sustain me in my weakness and hold me firm. *In Jesus' name, Amen.* 🎇 🙏 😂 👽

















Your Verse

Psalm 56:3 - "When I am afraid, I put my trust in you."

Supporting Scriptures

- Isaiah 43:1-2 "Do not fear, for I have redeemed you... When you pass through the waters, I will be with you."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Devotional: Trusting God to Defeat Fear

Fear is an instinctive response, but it doesn't have to control our lives. The psalmist models the faithful response: admitting fear but choosing to trust God instead. This choice is a daily decision to rely on God's presence and care.

Panic attacks may feel sudden and intense, but God's promises assure us that He redeems, protects, and remains close. Trusting God when fear strikes reclaims power from panic's grip.

Bring your fears to God each time they arise. Cast your anxieties on Him with confidence that He cares deeply and will sustain you through turbulent moments. Your faith is a shield and weapon against fear's attacks.







Reflect and Apply

1.	How do you respond to fear when it arises unexpectedly?
	What does it practically mean for you to 'put your trust' in God during panic?
3.	How can casting your anxieties on God change your experience of fear?







Journaling Prompts

Recall a panic moment and write how turning your trust to God helped or could help.
List ways you can remind yourself to 'cast your anxiety' on God daily.
Pray and journal about surrendering your fears to God's loving care.







Prayer for Today

Lord, when fear overwhelms me, help me to choose trust over panic. Teach me to cast all my anxieties on You because I know You care deeply for me. Walk beside me in every fearful moment. Strengthen my faith to overcome daily fears through Your presence. Thank You for being my refuge and shield. *In Jesus' name, Amen.* ① 🉏 🍑 🖫

















Your Verse

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

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Exodus 33:14 "My presence will go with you, and I will give you rest."







Devotional: Embracing God's Rest in Anxiety

Panic disorder often leaves us feeling mentally and physically exhausted. Jesus tenderly invites us to come to Him for rest—rest that refreshes our weary souls beyond our own efforts.

Being still and recognizing God's presence is a powerful antidote to frantic anxiety. It doesn't mean problems disappear immediately, but in God's presence, we find restoration and peace that renews us for the next step.

Today, practice intentionally slowing down and inviting God's presence into your anxious moments. Experience His rest as a refuge, a balm for your mind and spirit. Trust that He walks with you, giving strength to persevere.







Reflect and Apply

1.	What does resting in God's presence look like amid panic or overwhelm?
2.	How can you create space to be still and know God daily?
3.	In what ways does God's rest renew your mental and emotional health?







Journaling Prompts

1.	Write about a time when you experienced God's refreshing rest.
2.	Describe practical ways to pause and invite God's presence during anxiety.
3.	Pray and journal your desires to find deeper rest in Jesus.







Prayer for Today

Jesus, I come to You weary and burdened by anxiety and panic. Help me to find rest in Your loving presence. Teach me to be still, to know You are God, and to trust that Your presence goes with me. Renew my spirit and calm my mind. Thank You for being my refuge and source of strength. *Amen.*







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