Finding Peace: A Bible Study on Mental Health and Postpartum Anxiety



Explore God's comfort and strength through Scripture to navigate postpartum anxiety with hope, faith, and peace over five inspiring days.





Table of contents

<u>Introduction</u>	3
Day 1: S God's Peace in Anxiety	4
Day 2: B Restoring Your Weary Soul	10
Day 3: Q God's Strength in Your Weakness	16
Day 4: Hope Beyond the Storm	22
Day 5: Resting in God's Protection	28







Introduction

Welcome to this 5-day Bible study focusing on mental health, specifically postpartum anxiety. After welcoming a new life, many mothers face overwhelming emotions, fears, and anxieties. These feelings can be isolating and heavy, but Scripture reminds us that we are not alone and that God's peace surpasses all understanding. This study offers gentle encouragement through God's Word, highlighting His faithfulness, comfort, and strength during vulnerable times.

Postpartum anxiety can come with racing thoughts, fears, and feelings of inadequacy or worry about the baby's safety or health. This season can seem dark and heavy, but you are deeply loved by God, who understands human struggles and invites you to cast your cares on Him. Over the next five days, we will explore passages that speak directly about God's peace, His presence during anxiety, and His ability to restore your soul.

Each day will provide a key Scripture passage to meditate on, supporting verses to encourage your heart, a devotional to reflect on God's promises, and practical ways to journal and pray. May these moments be a source of renewal and help you anchor your heart in Jesus, your refuge and ever-present help.

Remember that mental health struggles do not define your worth or diminish God's love for you. He sees you, He cares for you, and He is walking with you every step of the way.









Day 1: W God's Peace in Anxiety









Day 1: W God'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

- Psalm 94:19 'When anxiety was great within me, your consolation brought me joy.'
- John 14:27 'Peace I leave with you; my peace I give you. I do not give to you as the world gives.'







Day 1: W God's Peace in Anxiety

Devotional: Surrender Anxiety and Embrace God's Peace

Anxiety is a powerful emotion that can feel overwhelming, especially after childbirth. Philippians 4:6-7 offers a beautiful invitation: instead of surrendering to worry, bring every concern to God with prayer, requests, and thanksgiving. This act of surrender opens the door for God's peace—a peace that defies human understanding—to protect and calm your heart and mind.

In the midst of postpartum anxiety, you might feel your thoughts spiraling or your heart racing, but Scripture encourages you to pause and turn to God. When we bring our fears honestly to Him, He doesn't rebuke or reject us. Instead, He meets us with grace and provides a supernatural peace that stabilizes us.

Remember the comforting words of Psalm 94:19, which highlight that God's consolation brings joy even in deep anxiety. And Jesus' promise in John 14:27 assures you that His peace is unlike anything the world offers—deep, lasting, and rooted in Him.

Today, reflect on what it means to bring your anxious thoughts to God in prayer and to receive His peace in return.







Day 1: 😂 God's Peace in Anxiety

Reflect and Apply

	What specific worries related to postpartum anxiety are weighing on your heart right now?
2.	How can you practically bring these anxieties to God in prayer today?
	What does God's peace, which surpasses understanding, look like or feel like in your own experience?







Day 1: 😂 God's Peace in Anxiety

Journaling Prompts

1.	Write down the anxieties you face and offer each one to God in prayer.
	List ways you can express thanksgiving today despite challenging emotions.
3.	Journal about what receiving God's peace means to you personally.







Day 1: 😂 God's Peace in Anxiety

Prayer for Today

Lord, in this season of anxiety and uncertainty, help me to bring all my worries and fears to You in prayer. Teach me to trust Your peace that guards my heart and mind. Calm the restless thoughts and remind me daily that You are near, faithful, and loving. I surrender my anxieties into Your hands. Thank You for Your lasting peace. *Amen.* 🔾 🙏 👽

















Day 2: B Restoring Your Weary Soul

Your Verse

Psalm 23:1-3 - 'The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.'

Supporting Scriptures

- Matthew 11:28 'Come to me, all you who are weary and burdened, and I will give you rest.'
- Isaiah 40:29 'He gives strength to the weary and increases the power of the weak.'







Day 2: B Restoring Your Weary Soul

Devotional: Allow God to Refresh Your Weary Soul

The postpartum season can leave you feeling exhausted and emotionally raw. Psalm 23 offers a tender picture of God as a shepherd who provides all we truly need. He leads us to places of rest and rejuvenation — 'green pastures' and 'quiet waters' — and most beautifully, He restores our weary souls.

When anxiety saps your energy and peace, know that Jesus invites you personally to come to Him and receive rest. The invitation in Matthew 11:28 is not just a gentle suggestion but a promise that the Savior will carry our burdens and give true rest to our souls.

Isaiah reminds us God strengthens the weary and empowers the weak, which is incredibly powerful when anxiety threatens to crush your spirit. Picture His strength flowing into your weakness today, restoring and renewing you for the journey ahead.

Take time now to meditate on the restorative power of God's presence and His promise to refresh your soul even amidst postpartum challenges.







Day 2: 🥬 Restoring Your Weary Soul

Reflect and Apply

1.	Where do you feel most weary or burdened right now?
2.	How can you intentionally come to Jesus to receive rest today?
3.	What does it look like for God to restore your soul in your current season?







Day 2: 🥬 Restoring Your Weary Soul

Journaling Prompts

	Describe areas of your life where you feel drained and need God's refreshment.
2.	Write a prayer inviting Jesus to carry your burdens and provide rest.
	Reflect on past times God has healed or refreshed your soul and thank Him.







Day 2: B Restoring Your Weary Soul

Prayer for Today

Father, You see my exhaustion and the weight I carry. Thank You for being my Shepherd who leads me gently to rest and refreshes my soul. Help me to accept Your invitation to come to You with my burdens. Strengthen me when I feel weak and anxious. Renew me with Your peace and grace today. *Amen.*









Day 3: Q God's Strength in Your Weakness









Day 3: OGod's Strength in Your Weakness

Your Verse

2 Corinthians 12:9 - '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 46:1 'God is our refuge and strength, an ever-present help in trouble.'
- Isaiah 41:10 'So do not fear, for I am with you; do not be dismayed, for I am your God.'







Day 3: OGod's Strength in Your Weakness

Devotional: Embrace Weakness to Experience God's Strength

Postpartum anxiety may reveal feelings of weakness and vulnerability. The apostle Paul's words in 2 Corinthians 12:9 offer a powerful reminder that God's grace is enough for you. In your weakest moments, His power is revealed most vividly.

It can be tempting to feel ashamed or discouraged because of anxiety, but God invites you to embrace your weakness and let His strength fill every space. He is your refuge and constant help (Psalm 46:1), never distant or indifferent to your struggles.

Isaiah 41:10 encourages you not to fear, even in the depth of anxiety and uncertainty, because God is with you, actively supporting and sustaining you. Let these truths be anchors when you feel overwhelmed — God's grace covers your weaknesses, and His power is at work in you both now and always.

Consider how God's strength has shown up in your life before and how you can rely on Him in moments of postpartum anxiety.







Day 3: 🖓 God's Strength in Your Weakness

Reflect and Apply

1.	What areas of postpartum anxiety make you feel weak or vulnerable?
2.	How can you practically lean on God's grace in these moments?
3.	What does it mean for God's power to be made perfect in your weakness?







Day 3: 🖓 God's Strength in Your Weakness

Journaling Prompts

1.	Write about a time when God's strength helped you through a difficult situation.
2.	List ways you can remind yourself of God's presence when anxiety strikes.
3.	Journal your feelings about vulnerability and how God meets you there.







Day 3: OGod's Strength in Your Weakness

Prayer for Today

Dear Lord, I confess my weaknesses and the weight of anxiety I carry. Thank You that Your grace is sufficient and that Your power is made perfect in my weakness. Help me to trust You when I feel vulnerable, knowing You are my refuge and stronghold. Fill me with courage and peace today. *Amen.* ? .









Day 4: W Hope Beyond the Storm









Day 4: 💮 Hope Beyond the Storm

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

- 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.'
- Jeremiah 29:11 'For I know the plans I have for you,' declares the Lord...
 'plans to give you hope and a future.'







Day 4: 💮 Hope Beyond the Storm

Devotional: Trust God to Fill You with Hope and Joy

When postpartum anxiety clouds your days, hope can sometimes feel distant or fragile. Romans 15:13 encourages you to place your trust in God, the source of all hope. He desires to fill you with joy and peace, enabling your hope to overflow through the power of the Holy Spirit.

Remember that God's love and compassion are tirelessly new each morning, as Lamentations 3:22–23 beautifully expresses. Even in your darkest moments, He is faithful, never forgetting you or your struggles.

Jeremiah 29:11 reassures you that God's plans for your life include hope and a future. This can bring comfort when postpartum anxiety threatens to steal your vision of tomorrow.

Today, fix your eyes on God's unwavering hope. Trust that He is weaving a future where healing and joy will flourish.







Day 4: (Hope Beyond the Storm

Reflect and Apply

	How does trusting God influence your experience of postpartum anxiety?
2.	What are some ways you can cultivate hope even in difficult seasons?
3.	How can you remind yourself daily of God's faithfulness and fresh compassion?







Day 4: (Hope Beyond the Storm

Journaling Prompts

1.	Write down promises from Scripture that give you hope.
2.	Reflect on moments when God's faithfulness was evident in your life.
3.	Journal your personal hopes and prayers for your future and your child's.







Day 4: 💮 Hope Beyond the Storm

Prayer for Today

God of hope, fill me with Your joy and peace as I trust in You today. When anxiety threatens to overwhelm, remind me of Your faithful love and new mercies every morning. Help me to cling to the hope You give and to believe in the good plans You have for me and my family. *Amen.* 🔆 🙏 🛠

















Your Verse

Psalm 34:17-18 - 'The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.'

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 nor forsake you.'
- Psalm 147:3 'He heals the brokenhearted and binds up their wounds.'







Devotional: Find Strength in God's Nearness and Healing

In the final reflection of this study, know that you are never alone in your struggles. Psalm 34:17-18 assures you that God hears your cries, delivers you from trouble, and stays close to the brokenhearted and crushed in spirit.

Postpartum anxiety can feel isolating, yet Scripture is clear: God is your constant companion, healing your heart and binding up your wounds as Psalm 147:3 promises.

Deuteronomy 31:6 reminds you to be strong and courageous, not because you have to carry your burden alone, but because the Lord goes with you every step of the way, never leaving or forsaking you.

Rest today in God's protection and presence, trusting Him to guard your heart and bring healing as you move forward.







Reflect and Apply

1.	How does knowing God is close to the brokenhearted affect your feelings of loneliness or fear?
	In what ways has God demonstrated His faithfulness to you during postpartum anxiety?
3.	What steps can you take to lean on God's presence and protection daily?







Journaling Prompts

	Write a letter to God expressing your feelings and asking for His healing touch.
2.	List moments when you sensed God's nearness in your struggles.
3.	Journal how you can remember God's promises when anxiety arises.







Prayer for Today

Lord, thank You for hearing my cries and being close to my broken heart. In moments when anxiety feels crushing, remind me You are my deliverer and healer. Help me to be courageous because You are with me always. Guard my heart and restore my spirit as I rest in Your faithful love. *Amen.* ① \bigtriangleup �� ��







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:

Facebook • Instagram • YouTube • TikTok

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.