



Finding Peace: A Biblical Journey Through Sleep and Depression



Explore God's guidance on mental health, focusing on sleep struggles and depression, through Scripture and reflection over seven transformative days.

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Introduction

Mental health is a vital aspect of our overall well-being, yet struggles like *sleep problems* and *depression* often leave us feeling isolated and overwhelmed. In these seven days, we embark on a biblical journey to discover how God's Word brings hope, healing, and peace amid such challenges. 🌙 ✨

Sleep disturbances can erode not only our physical health but also our emotional and spiritual resilience. Similarly, depression can cloud our minds with despair, making each day a heavy burden. But Scripture offers bright truths and practical encouragement.

Throughout this plan, you will be reminded that God is attentive to your struggles. From the Psalms' heartfelt cries to Jesus' comforting promises, the Bible shows us how to lean into God's presence when anxiety or sadness feels overwhelming. You will learn how to surrender worries, cultivate trust, and experience restful peace that surpasses understanding.

By reflecting prayerfully on carefully chosen verses and engaging questions, you'll be equipped to invite God's healing into your mind and heart. This plan does not promise instant relief but walks alongside you in faith and hope, fostering a deeper connection with the One who renews our strength and restores joy.



May these days of study lead you from restless nights and heavy hearts into the restful peace that only God can provide. Embrace His Word as a lamp to your feet and a light on your path in journeying through mental health challenges. 🙏🛏️🌿





Day 1: 🌙 Finding Rest in God



Day 1: 🌙 Finding Rest in God

Your Verse

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

Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Proverbs 3:24 - "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."*



Day 1: 🌙 Finding Rest in God

Devotional: Trusting God for Restful Sleep

Restful sleep is essential for our mental health, yet it can be elusive when anxiety or depression weigh heavily on us. Psalm 4:8 reminds us that true safety and peace come from God alone. When we place our trust in Him, we can lie down and sleep without fear.

Jesus' invitation in Matthew 11:28 calls to those who are tired and burdened, offering rest that refreshes not only the body but the soul. This rest is not just physical but a deep spiritual peace that sustains us.

Consider how your worries affect your sleep. Are you willing to bring those stresses to God in prayer? Like Proverbs 3:24 encourages, trusting God allows our hearts to be calm and our sleep sweet. Start tonight by surrendering your anxieties and asking God for peaceful rest.



Day 1: 🌙 Finding Rest in God

Reflect and Apply

1. What thoughts or worries often disturb your sleep?

2. How does knowing God alone can provide safety change your perspective on rest?

3. In what ways can you practice giving your burdens to Jesus daily?



Day 1: 🌙 Finding Rest in God

Journaling Prompts

1. Write about a time when you experienced peaceful sleep after prayer.

2. List the worries that keep you awake and imagine surrendering each to God.

3. Describe what 'rest in God' means to you personally.



Day 1: 🌙 Finding Rest in God

Prayer for Today

Lord, thank You for being my refuge and safety. When I feel restless and burdened, help me to lay my anxieties at Your feet. Teach me to trust You fully so that I can find peaceful, restorative sleep. Calm my racing thoughts tonight and fill my mind with Your peace that surpasses understanding. Amen. 🙏





Day 2: 🏔️ Hope in the Midst of Depression



Day 2: 🌄 Hope in the Midst of Depression

Your Verse

Psalms 42:11 - "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God..."

Supporting Scriptures

- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*



Day 2: 🌱 Hope in the Midst of Depression

Devotional: Redirecting Our Souls Toward Hope

Depression often dampens the spirit and clouds our view of the future. Psalm 42:11 gives voice to these heavy feelings, acknowledging the soul's turmoil but also pointing us to true hope—God Himself.

It is normal to feel downcast, yet the psalmist encourages us to *redirect* our focus from despair to trust in God's faithfulness. Isaiah 41:10 reassures us we are not alone; God stands with us even in the darkest valleys.

Romans 15:13 highlights that God is the source of hope, joy, and peace. As we place our confidence in Him, He renews our strength. This hope doesn't erase struggles but empowers us to persevere.

Reflect on areas where your soul feels disturbed. Invite God to rekindle hope and joy within you today.



Day 2: 🌱 Hope in the Midst of Depression

Reflect and Apply

1. How do you typically respond when you feel downcast or disturbed?

2. What does placing your hope in God look like in daily life?

3. Where have you experienced God's presence during a difficult time?



Day 2: 🌱 Hope in the Midst of Depression

Journaling Prompts

1. Write honestly about the emotions you struggle with most.

2. List ways God has been faithful to you in the past.

3. Describe what hope feels like when it grows within you.



Day 2: 🌄 Hope in the Midst of Depression

Prayer for Today

Gracious God, in moments of depression when my soul feels weighed down, help me to remember Your promises. Fill me with hope and peace as I trust in You. Remind me of Your presence and unfailing love, and renew my joy day by day. Amen. 💡❤️🌄





Day 3: 🧠 Renewing the Mind



Day 3: 🧠 Renewing the 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

- *Philippians 4:8 – "Whatever is true, noble, right, pure... think about such things."*
- *Isaiah 26:3 – "You will keep in perfect peace those whose minds are steadfast..."*



Day 3: 🧠 Renewing the Mind

Devotional: Transforming Thought Patterns with Scripture

Mental health challenges can arise when our minds are filled with negative or harmful thoughts. Romans 12:2 calls us to renew our minds, a process that involves changing how we think to align with God's truth.

Philippians 4:8

This transformation is ongoing and requires patience, prayer, and Scripture meditation. It is a spiritual discipline that nurtures mental health by replacing harmful patterns with God-centered truth.

Today, consider what thoughts you need to surrender and what truths God invites you to hold onto.



Day 3: 🧠 Renewing the Mind

Reflect and Apply

1. What negative thought patterns trouble your mind most?

2. How can focusing on God's truth alter your perspective?

3. What practical steps can you take to renew your mind daily?



Journaling Prompts

1. List negative thoughts and replace each with a biblical truth.

2. Write about times when focusing on God's Word brought peace.

3. Plan ways to incorporate Scripture meditation into your routine.



Day 3: 🧠 Renewing the Mind

Prayer for Today

Heavenly Father, please help me to transform my mind by Your truth. When harmful or anxious thoughts arise, guide me to focus on what is right and pure. Fill me with Your peace as I seek to renew my mind daily through Your Word. Amen. 📖 🧠 ✨





Day 4: Speaking Life to Ourselves



Your Verse

Proverbs 18:21 - "The tongue has the power of life and death..."

Supporting Scriptures

- *Psalms 19:14 - "May these words... be pleasing in your sight."*
- *Ephesians 4:29 - "Do not let any unwholesome talk come out... but only what is helpful..."*



Devotional: The Power of Words on Mental Health

How we speak to ourselves matters deeply. Proverbs 18:21 reminds us that the tongue holds immense power—it can either tear down or build up.

Negative self-talk can fuel depression and anxiety, but God's Word encourages speech that is life-giving. Psalm 19:14 models a prayer that our words, including the ones we say to ourselves, be pleasing to God.

Paul's exhortation in Ephesians 4:29 urges us to choose words that edify and encourage. This includes our internal dialogue. Changing how we talk to ourselves can uplift our mental and emotional health.

Today, note your internal speech. Ask God to help you speak life to yourself, reminding you of His love and your value.



Reflect and Apply

1. What kinds of words do you commonly say to yourself?

2. How might changing self-talk impact your feelings and actions?

3. What biblical truths can be used to counter negative speech?



Journaling Prompts

1. Record negative phrases you often say and rewrite them positively.

2. Write a letter to yourself filled with affirming, God-inspired words.

3. Reflect on Scriptures that affirm your identity in Christ.



Day 4: 💬 Speaking Life to Ourselves

Prayer for Today

Lord, teach me to use my words wisely, especially those I say to myself. Help me to replace harmful thoughts with life-giving truths from Your Word. Let my speech, inward and outward, bring healing and encouragement. Amen.





Day 5: 🙏 Casting Anxiety on God



Day 5: 🌼 Casting Anxiety on God

Your Verse

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

Supporting Scriptures

- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer... present your requests to God."*
- *Matthew 6:34 - "Do not worry about tomorrow..."*



Day 5: 🌼 Casting Anxiety on God

Devotional: Letting Go and Letting God

When anxiety grips our minds, it can feel impossible to find relief. Yet Scripture invites us to *cast* our anxieties onto God because He cares deeply for us (1 Peter 5:7).

Philippians 4:6 encourages prayer and thanksgiving as antidotes to worry, replacing restless thoughts with peaceful dependence on God. Jesus also teaches in Matthew 6:34 that worrying about the future is futile and unhelpful.

Letting go involves trusting God's sovereignty and goodness even when circumstances are uncertain. It requires humility and faith—a conscious daily choice to hand over anxieties to the One who sustains us.

Practice casting your worries on God today, trusting His care in every detail.



Day 5: 🌼 Casting Anxiety on God

Reflect and Apply

1. What anxieties do you find hardest to release to God?

2. How does realizing God cares for you change your view of worry?

3. What steps can you take to surrender worries daily?



Day 5: 🌻 Casting Anxiety on God

Journaling Prompts

1. Write down your current anxieties and deliberately give each to God.

2. Recall past situations where God cared for you in difficult times.

3. Create a personal prayer to help release worry regularly.



Day 5: 🙏 Casting Anxiety on God

Prayer for Today

Dear God, I bring my anxieties to You. Thank You for Your care and presence. Help me willingly to cast my worries on You and rest in Your peace. Teach me to trust You more each day. Amen. 🙏🌿🕊️





Day 6: 🌅 Embracing God's Healing



Your Verse

Jeremiah 30:17 – "I will restore you to health and heal your wounds," declares the LORD.

Supporting Scriptures

- *Psalms 147:3 – "He heals the brokenhearted and binds up their wounds."*
- *Matthew 9:35 – "Jesus went through all the towns... healing every disease and sickness."*



Day 6: 🌅 Embracing God's Healing

Devotional: God's Promise of Restoration and Healing

Depression and mental health struggles can leave deep wounds. Yet God's Word repeatedly promises healing and restoration. Jeremiah 30:17 assures us of God's commitment to restore health and heal wounds.

The Psalms celebrate God's ability to heal broken hearts and bind their wounds (Psalm 147:3), reminding us we are never beyond His compassionate reach. Jesus' earthly ministry was marked by healing all kinds of sickness and suffering (Matthew 9:35), showing His power over pain and brokenness.

God's healing may come through prayer, community, treatment, or time, but He invites us to trust Him as the ultimate source of restoration.

Today, open your heart to God's healing touch and believe in His power to renew your mind and spirit.



Reflect and Apply

1. What areas of your mental health do you long for God to heal?

2. How can you be open to God's healing in different ways?

3. What role can faith play alongside other forms of healing?



Journaling Prompts

1. Describe what healing looks like for you personally.

2. Write a prayer asking God to restore your mind and emotions.

3. Reflect on ways God has brought healing in your life before.



Day 6: 🌅 Embracing God's Healing

Prayer for Today

Lord, You are the great healer. I ask for Your restoration in my mind and heart. Please mend the wounds caused by depression and bring wholeness. Help me to trust Your timing and ways as You work healing in me. Amen. 🌿❤️🙏





Day 7: 🌟 Living in God's Peace



Your Verse

John 14:27 - "Peace I leave with you; my peace I give you... Do not let your hearts be troubled or afraid."

Supporting Scriptures

- *Colossians 3:15 - "Let the peace of Christ rule in your hearts..."*
- *Isaiah 54:10 - "My unfailing love will not be shaken..."*



Day 7: ☀ Living in God's Peace

Devotional: Choosing God's Peace Daily

As this week's journey concludes, we focus on the lasting peace Jesus offers. John 14:27 promises His peace—different from what the world gives—that calms troubled hearts and dispels fear.

Allowing Christ's peace to rule in our hearts (Colossians 3:15) means living each day with reliance on His love and presence. Isaiah 54:10 reassures us that God's unfailing love never wavers, anchoring our peace even when life is tumultuous.

This peace is not the absence of problems but the presence of God's calming power within us. It invites us to face each day with courage and hope, freeing us from the bondage of anxiety and depression's grip.

As you move forward, choose daily to embrace God's peace and live in the freedom it brings.



Reflect and Apply

1. How does God's peace differ from the peace the world offers?

2. What practices help you keep your heart settled in Christ's peace?

3. How can you share this peace with others facing similar struggles?



Journaling Prompts

1. Write about moments you experienced God's peace amidst difficulty.

2. Plan ways to invite God's peace into your daily routine.

3. Reflect on how you might encourage others toward peace through faith.



Day 7: ☀️ Living in God's Peace

Prayer for Today

Jesus, thank You for the peace You give—peace that overcomes fear and trouble. Help me to live each day under Your calming presence, trusting in Your unfailing love. May Your peace rule my heart and overflow to those around me. Amen. ☀️ 🕊️ ❤️





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