Finding Peace: A God-Centered Approach to Mental Health



Explore God's hope and healing for mental health struggles, focusing on peace, strength, and restoration for those facing excoriation disorder.





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Introduction

Welcome to this 5-day journey on mental health through a biblical lens. In today's world, many people face invisible battles like excoriation disorder, a skin-picking condition that can bring feelings of shame, anxiety, and isolation. Yet, God's Word offers profound comfort, hope, and a pathway to healing. This study invites you to explore Scripture to understand God's heart for those struggling with mental health challenges and to find practical, spiritual tools for peace and restoration.

Mental health struggles are real and deeply impactful, but they are never beyond the reach of God's grace. The Bible affirms that every part of our being — body, mind, and spirit — matters to God. Through these five days, we'll uncover truths about God's love, the power of prayer, the strength found in community, and the peace available through Christ. You will be encouraged to gently confront struggles, embrace healing, and renew your mind according to God's truth.

Whether you personally face excoriation disorder, support someone who does, or want to grow in empathy and faith, this study is designed for you. Each day includes Scripture, reflection questions, journaling prompts, and prayer — all aimed at helping you lean into God's peace and understanding. Remember, God meets us in our brokenness, offering hope that transforms. Let's begin this healing journey together.







Day 1: Finding Hope in God's Loving Care









Day 1: **B** Finding Hope in God's Loving Care

Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 1: **B** Finding Hope in God's Loving Care

Devotional: God's Nearness Brings Comfort to the Brokenhearted

Starting with God's intimate compassion is vital for mental health healing.

Psalm 34:18 reminds us that God is not distant when we are hurting; He is close and attentive to those feeling broken. For those struggling with excoriation disorder, feelings of shame or despair can be overwhelming, but God's nearness offers comfort no matter how deep the pain.

Isaiah 41:10 encourages us not to fear because God is present and powerful. Even when we feel weak or overwhelmed by compulsions or anxiety, God promises His strength. Jesus invites the weary to come to Him and find rest—an invitation that extends to all areas of our lives, including mental and emotional struggles (Matthew 11:28).

Your journey toward healing begins with acknowledging God's constant presence and love. You don't have to carry your burden alone. Reach out in prayer and rest in the assurance that God walks alongside you every step of the way.







Day 1: 💋 Finding Hope in God's Loving Care

Reflect and Apply

In what ways have you experienced God's closeness during difficult times?
How can knowing God is near help you face feelings of shame or isolation?
What does rest in Jesus look like for you amidst mental health challenges?







Day 1: **B** Finding Hope in God's Loving Care

Journaling Prompts

give to God today.
us would mean for your mental health.







Day 1: **B** Finding Hope in God's Loving Care

Prayer for Today

Lord, thank You for being close to me in my brokenness. When my heart feels heavy and my mind restless, help me to sense Your presence and peace.

Give me courage to bring my struggles to You without shame. Teach me to accept Your rest as a gift and to rely on Your strength when I feel weak. Surround me with Your love and remind me that I am never alone.

In Jesus' name, Amen. 🙏 💛 🥬







Day 2: Renewing the Mind with God's Truth









Day 2: Renewing the Mind with God's Truth

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 "Take captive every thought to make it obedient to Christ."
- Philippians 4:8 "Whatever is true, noble, right, pure, lovely, admirable—think about such things."







Day 2: Renewing the Mind with God's Truth

Devotional: Transforming Thoughts Through God's Renewing Power

Our minds play a crucial role in mental health, and Scripture emphasizes the need to renew our thinking. Romans 12:2 tells us not to be shaped by harmful patterns but to allow God's truth to transform how we think. For those with excoriation disorder, intrusive or shameful thoughts can feel relentless, but God calls us to take control of our thoughts by focusing on truth.

2 Corinthians 10:5 encourages believers to "take captive every thought" and make it obedient to Christ. This spiritual discipline requires patience and grace, as we reshape our mindset toward God's promises rather than lies about our worth or identity.

Philippians 4:8 offers practical guidance: fill your mind with what is true, pure, and lovely. Meditating on God's Word fuels healing by replacing toxic thought patterns with hope and peace.

Renewing your mind is a daily process of inviting God's wisdom and love into your thoughts. It can lessen the power of compulsive urges and strengthen your journey toward peace.







Day 2: Q Renewing the Mind with God's Truth

Reflect and Apply

1.	What harmful thought patterns do you notice during your struggles?
	How can you intentionally 'take captive' these thoughts and redirect them toward truth?
	Which aspects of Philippians 4:8 can you focus on when your mind feels overwhelmed?







Day 2: Renewing the Mind with God's Truth

Journaling Prompts

1.	Write down negative thoughts you want to surrender to God.
2.	List Scripture verses that bring peace to your mind.
3.	Describe how renewing your mind affects your emotional wellbeing.







Day 2: Renewing the Mind with God's Truth

Prayer for Today

Father, thank You for giving me the power to transform my thoughts. Help me to recognize lies and replace them with Your truth. Teach me to meditate on what is pure and lovely, so my mind becomes a place of Your peace.

When I feel overwhelmed by negative or compulsive thinking, remind me of Your presence and strength. Guide me daily to focus on You and be renewed in heart and mind.

In Jesus' name, Amen. 🙌 🔾 🖓















Day 3: 💪 Strength in Weakness Through Christ's Power

Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Day 3: 💪 Strength in Weakness Through Christ's Power

Devotional: God's Grace Empowers Us in Our Weakness

Struggling with excoriation disorder can often feel like a sign of weakness, but Scripture reminds us that God's power shines brightest in our weakness. Paul's words in 2 Corinthians 12:9 reveal a promise: God's grace is enough, and His strength is perfected when we feel our own inability.

Psalm 46:1 reassures us that God is a constant refuge and source of strength, especially when we face mental, emotional, or physical distress. When compulsions feel overpowering, He is there to help.

Isaiah 40:29 offers hope that God renews strength for those who feel depleted, giving power to keep moving forward. This encouragement is essential for anyone fighting internal battles, reminding us that reliance on God is not a sign of failure but of faith.

Lean into God's sufficient grace today. Let Him fill your weaknesses with His mighty power and renew your spirit amidst the struggles.







Day 3: 💪 Strength in Weakness Through Christ's Power

Reflect and Apply

1.	How have you experienced God's strength when feeling weak or overwhelmed?
2.	What does it mean to you that God's power is made perfect in weakness?
3.	How can you lean more on God's grace during difficult moments?







Day 3: 6 Strength in Weakness Through Christ's Power

Journaling Prompts

	Write about a time God's strength carried you through mental health struggles.
2.	List areas where you feel weak and need God's power today.
	Describe how receiving God's grace changes your perspective on your challenges.







Prayer for Today

Lord, thank You that Your grace is enough for me. When I feel weak, overwhelmed, or hopeless, remind me that Your power is made perfect in those moments. Help me to depend on You more fully and trust in Your strength rather than my own.

Renew my weary spirit and fill me with Your peace and courage to face each day.

In Jesus' mighty name, Amen. 💪 🛠 🙏







Day 4: Support and Healing Through Community









Day 4: 🌣 Support and Healing Through Community

Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- Ecclesiastes 4:9 "Two are better than one... If either of them falls down, one can help the other up."
- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."







Day 4: 🎔 Support and Healing Through Community

Devotional: Healing and Strength Found in Loving Community

Healing often happens best within community, not isolation. Mental health struggles like excoriation disorder can cause us to withdraw because of shame or fear, but Scripture teaches us the importance of support in the body of Christ.

Galatians 6:2 encourages believers to carry each other's burdens, reflecting Christ's love. When you allow trusted friends, family, or church members into your journey, you experience God's healing through shared love and prayer.

Ecclesiastes 4:9 reminds us that companionship strengthens us in times of difficulty. James 5:16 invites confession and prayer for healing—powerful steps that break shame's hold and foster restoration.

Reach out and accept support today. You are not meant to face your struggles alone; God often works through community to bring freedom and hope.







Day 4: 🌣 Support and Healing Through Community

Reflect and Apply

1.	Who in your life do you trust enough to share your burdens with?
2.	How might openness and prayer with others bring healing for you?
3.	What fears or hesitations do you have about seeking support?







Day 4: 🌣 Support and Healing Through Community

Journaling Prompts

1.	List people who could be part of your support network.
	Write about a time when community brought encouragement during hard times.
	Describe how being open about struggles might change your healing process.







Day 4: 🎔 Support and Healing Through Community

Prayer for Today

God, thank You for the gift of community. Help me to courageously share my burdens with trusted people who can support and pray for me. Heal the shame and fear that keep me isolated.

Surround me with loving brothers and sisters who reflect Your compassion and strength, so together we may experience healing and hope.

In Jesus' name, Amen. 🤝 🛡 🙏







Day 5: Day Frayer and Rest









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Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."
- Psalm 62:5 "Find rest, O my soul, in God alone; my hope comes from him."







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Devotional: God's Peace Guards Our Hearts and Minds

Prayer is a powerful way to invite God's peace into our anxious minds.

Philippians 4:6-7 urges us not to be consumed by anxiety but to bring our concerns to God through prayer and thanksgiving. This practice opens the door for the peace of God to guard our hearts and minds, even in the face of mental health struggles like excoriation disorder.

Jesus' words in Matthew 6:34 remind us to live in today's grace rather than be overwhelmed by future worries. Psalm 62:5 encourages our souls to find rest in God alone—true rest that the world cannot provide.

Commit to embracing God's peace through intentional prayer and rest. This rest fosters healing, calms racing thoughts, and nurtures a hopeful spirit in every part of you.







Day 5: \$\gamma\$ Embracing Peace Through Prayer and Rest

Reflect and Apply

1.	How do you currently approach prayer when feeling anxious?
2.	What steps can you take to release tomorrow's worries to God?
3.	How might embracing God's rest impact your mental health daily?







Day 5: Day 5: Day 5: Day 6: Da

Journaling Prompts

1.	Write a prayer of surrender for your anxieties and struggles.
2.	List ways you can practice resting in God each day.
3.	Describe what God's peace feels like in your heart.







Day 5: Day 5: Day 5: Day 6: Da

Prayer for Today

Heavenly Father, I bring my anxieties and burdens to You now. Help me to trust You with each worry and to embrace the peace only You can give. Guard my heart and mind with Your perfect calm.

Teach me to live fully in today's grace and find rest in Your presence. Renew my hope and steady my spirit as I continue on this healing journey.

In Jesus' name, Amen. 🔇 🙏 💙







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