Finding Peace and Strength: A Bible Study on Mental Health and Eating Disorders in Teens



Explore God's guidance and healing for teens facing eating disorders through scripture, reflection, and prayer over five transformative days.





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Introduction

Mental health, especially among teenagers, is a vital part of our overall wellbeing. Eating disorders can deeply affect one's mind, body, and spirit, leading to feelings of isolation, insecurity, and confusion. In the midst of these struggles, the Bible stands as a beacon of hope, comfort, and restoration.

This 5-day study gently explores how God's Word addresses the challenges of mental health and specifically the struggles teens face with eating disorders. We will see how God's love transcends physical appearance and how true identity is rooted in His creation and care. Each day invites you to reflect, pray, and find new strength in scripture to support healing and renewal.

Many teens battling eating disorders may feel misunderstood or overwhelmed by societal pressures. The Bible speaks compassionately about God's care for those who feel broken or rejected, reminding us that we are fearfully and wonderfully made (*Psalm 139:14*). This study encourages teens to embrace their worth and lean into God's grace and peace, which surpass all understanding (Philippians 4:7).

Throughout these days, you will encounter scriptures that bring comfort, prayers that invite God's healing presence, and questions prompting deep reflection on self-worth, identity, and freedom from fear and shame. Whether you are personally struggling, supporting a loved one, or seeking to understand more about mental health through a biblical lens, this study offers encouragement rooted in God's unchanging truth.





Let's journey together towards healing, hope, and transformation, trusting God's faithful presence every step of the way.





Day 1: P Embracing Your God-Given Worth







Day 1: PEmbracing Your God-Given Worth

Your Verse

Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Supporting Scriptures

- 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 hope and a future."
- 1 Samuel 16:7 "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."







Day 1: PEmbracing Your God-Given Worth

Devotional: You Are Wonderfully Made and Deeply Loved

How often do we judge ourselves by what we see in the mirror or hear from **the world?** For teens struggling with eating disorders, feelings of inadequacy or rejection can become overwhelming. Yet, the Bible reminds us that our true worth is not determined by our appearance or others' opinions but by the Creator who knit us uniquely and wonderfully.

Psalm 139:14 celebrates that God has made each one of us with deliberate care and purpose. This calls us to embrace our identity as His beloved children, crafted with infinite value and intent. When we face negative thoughts or selfcriticism, remembering God's heartfelt craftsmanship can bring peace.

Jeremiah 29:111 Samuel 16:7, God reminds us He looks at our hearts, not outward appearances.

Today, accept yourself as God accepts you — fearfully and wonderfully made, deeply loved, and worthy of hope and healing.







Day 1: V Embracing Your God-Given Worth

Reflect and Apply

How do you typically see yourself and your worth? How can God's perspective differ from your own?
What might it look like to trust that God's plans for you are hopeful despite current struggles?
In what ways does understanding that God values the heart help you combat insecurity?







Day 1: V Embracing Your God-Given Worth

Journaling Prompts

	Write about a time when you felt God's love in a way that made you feel truly accepted.
2.	List three qualities God might see in your heart that others might miss.
	Describe how embracing your God-given worth could change how you view yourself today.







Day 1: PEmbracing Your God-Given Worth

Prayer for Today

Dear Heavenly Father, thank You for creating me fearfully and wonderfully. Help me see myself through Your eyes—not through the world's opinions or my own doubts. Fill me with confidence rooted in Your love and purpose. When I feel weak or discouraged, remind me that Your plans are full of hope for my future. Teach me to value my heart above all else and to trust in Your gentle care as I face each day. Guide me toward healing and peace, grounding my identity in You alone. In Jesus' name, Amen. 🙏 💖 🥬











Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

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







Devotional: God's Strength Sustains You When You Feel Weak

Struggling with an eating disorder can leave a teen feeling physically tired, emotionally drained, and spiritually weak. Yet, God offers a wellspring of strength that never runs dry. Philippians 4:13

When you feel overwhelmed by the pressures of recovery or the voices of self-doubt, remember Isaiah 40:29—God renews strength for those who are weary. You do not have to carry your burdens alone.

Jesus' invitation in *Matthew 11:28* is especially comforting: He offers rest to the heavy-hearted. Let this verse be an open door you walk through when anxiety or feelings of failing weigh you down.

God's presence brings peace and empowerment. Lean into His promise today. Invite Him to strengthen your inner being and grant you rest amid the struggle.





Reflect and Apply

1.	What areas of your life feel most exhausting or burdensome right now?
2.	How does knowing God offers rest change your reaction to stress or pressure?
3.	In what ways can you invite God's strength into your daily challenges?





Journaling Prompts

Write about a recent time you felt weak and how God's strength could support you.
Create a list of ways you can practically seek God's rest during stressful moments.
Reflect on what 'strength through Christ' means personally to your healing journey.







Prayer for Today

Lord Jesus, I come tired and burdened. I ask You now for Your strength to fill me and carry me through hard days. Remind me that I do not have to endure struggles alone because You are my refuge and rest. Strengthen my heart when I am weak and weary. Help me trust in Your power and peace to sustain me. Thank You for loving me tenderly and walking beside me every step. In Your holy name, Amen. 💪 🛠 🥨 🙏







Day 3: W Healing Beyond the Surface







Day 3:
 Healing Beyond the Surface

Your Verse

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

Supporting Scriptures

- Isaiah 61:1 "The Spirit of the Sovereign Lord is on me... to bind up the brokenhearted."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 3:
Healing Beyond the Surface

Devotional: God Heals the Heart That Feels Broken

Eating disorders affect more than just the body—they touch the soul's deepest hurts and fears. Psalm 34:18 assures us that God is especially near when our hearts are broken and our spirits crushed. He does not turn away from pain but draws close to heal and restore.

Isaiah 61:1 describes God's Spirit as comforting and binding up wounds, showing that God's healing is holistic—reaching emotional and spiritual restoration together.

In moments of weakness and imperfection, 2 Corinthians 12:9 encourages us to rely on God's grace rather than our own strength. His power shines brightest when we are vulnerable and open to His healing touch.

Understand that your pain is seen and cared for by God. He desires to heal beyond physical struggles—to bring peace to your heart and hope to your spirit.







Day 3:
 Healing Beyond the Surface

Reflect and Apply

1.	What emotional or spiritual pain do you feel underneath your eating disorder?
2.	How does it comfort you that God draws near to the brokenhearted?
3.	What does it mean for God's grace to be made perfect in your weakness?





Day 3:
 Healing Beyond the Surface

Journaling Prompts

1.	Write about a time when you felt God's healing presence in a painful moment.
2.	Describe the hurts you courageously want God to heal today.
3.	Reflect on how embracing weakness can open you to God's power.







Day 3:
Healing Beyond the Surface

Prayer for Today

Gracious God, my heart is heavy, my spirit feels crushed. Yet I am thankful You are close, tenderly caring for me in my brokenness. Bring Your healing touch to the parts of me that hurt deeply. Help me trust Your grace as I face my weakness and pain. Teach me to let go of shame and receive Your love fully. Thank You for being the healer of my whole being, both body and soul. In Jesus' compassionate name, Amen. 💞 🖏 🙏













Your Verse

Romans 8:1 - "Therefore, there is now no condemnation for those who are in Christ Jesus."

Supporting Scriptures

- Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears."
- 1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."





Devotional: Freedom from Fear and Shame in Christ

Fear and shame often accompany eating disorders, whispering lies of unworthiness and failure. Yet, Romans 8:1 proclaims a powerful truth: there is no condemnation for those who are in Christ Jesus. When you accept Jesus, you are set free from the guilt and shame that may weigh heavily on you.

Psalm 34:4

1 John 1:9 offers assurance of forgiveness and cleansing when we confess our struggles honestly before God. This grace lifts shame and restores our relationship with Him, paving the way toward hope and healing.

Today, reject the lies and embrace the freedom Jesus offers. Give your fears and shame to God, and step into the light of His unconditional love.







Reflect and Apply

1.	What fears or feelings of shame do you need to surrender to God today?
	How does knowing there is no condemnation in Christ change your self-view?
	What steps can you take to seek God's help in overcoming these emotions?
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Journaling Prompts

	Write a letter to yourself from God's perspective, emphasizing freedom and love.
2.	List fears you want to give over to God and pray over each one.
	Reflect on how confession and forgiveness can transform your healing journey.







Prayer for Today

Merciful Father, I bring my fears and shame before You, asking for Your healing touch. Thank You that in Christ, I am free from condemnation. Help me to trust Your forgiveness and confess openly. Remove the heavy burdens of fear that weigh on my heart. Fill me with courage to walk in Your freedom and love. May Your peace guard my mind and spirit today. In Jesus' name, Amen. 🛠 📢 💙 🙏





Day 5: Figure 2: Embracing Hope and New **Beginnings**







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

- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."





Day 5: 🖊 Emb

Day 5: Fambracing Hope and New Beginnings

Devotional: God's Faithfulness Brings Hope and Renewal

As this study closes, know that healing is a continuous journey filled with hope and God's unfailing compassion. **Lamentations 3:22–23**

2 Corinthians 5:17 announces that through Christ, you are made new—a new creation with the old wounds beginning to fade. Recovery and restoration are possible because God's faithfulness never ends.

Psalm 30:5

Step forward with confidence that God is working in your life, bringing transformation, hope, and beautiful new beginnings.





Reflect and Apply

1.	What new beginnings do you hope to see in your healing journey?
2.	How can remembering God's daily mercies uplift you during difficult times?
3.	In what ways can you embrace your identity as a new creation in Christ?







Journaling Prompts

1.1	Describe a hope or dream God is placing on your heart for the future.
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2. \	Write about how God's faithfulness has shown up in your life recently.
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3.]	Reflect on what it means for you to be a new creation starting today.
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Prayer for Today

Faithful God, thank You for Your never-ending compassion and mercy that renew every morning. I choose to hold onto hope and trust in Your faithfulness in my healing journey. Help me embrace the new beginnings You offer and walk confidently as Your new creation. Fill me with joy and peace even when sorrow remains. Guide my steps toward freedom, wholeness, and restoration. In Jesus' name, Amen. 🕰 🌈 🎡 🙏







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