Finding Peace: God's Support in Mental Health



Explore God's guidance and comfort for mental health struggles, focusing on healing and hope for those facing bulimia nervosa.





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Introduction

Welcome to this 5-day Bible study focused on mental health, specifically addressing the struggles of bulimia nervosa. Mental health challenges can feel isolating and overwhelming, but the Bible offers hope, comfort, and practical wisdom for anyone facing such battles.

Mental health is an essential part of our overall well-being. Though society often stigmatizes conditions like bulimia nervosa, God invites us to bring all our burdens to Him without shame. His Word assures us that we are wonderfully made and deeply loved, regardless of the difficulties we endure.

Throughout these next five days, we'll journey through Scripture passages that reveal God's compassion, strength, and healing power. Each day includes a key verse, supporting scriptures, a devotional reflection, and guided questions to help you engage personally with God's promises.

This study is designed to encourage you to see your mental health through the lens of faith — finding peace in God, gaining courage to seek help, and trusting in His redeeming grace. Whether you are directly affected by bulimia or supporting someone who is, may these reflections inspire hope and a deeper connection to God's healing presence.

Remember: You are not alone. The journey may be tough, but with God, restoration and peace are possible.

















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

- Genesis 1:27 "So God created mankind in his own image, in the image of God he created them; male and female he created them."
- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."







Devotional: You Are Wonderfully Made by God

Understanding and accepting your identity as God's creation is the first step toward mental and emotional healing. Scripture reminds us that you are fearfully and wonderfully made, deliberately designed by God with immense care and purpose. This truth is foundational when battling the lies that bulimia or other mental health issues may whisper—that you are not enough or somehow flawed.

Psalm 139:14 speaks to the intimate knowledge and love God has for you, defined even before birth. Your worth is intrinsic, independent of appearance or struggle. Recognizing your inherent value can help challenge the negative self-image that bulimia distorts.

Take heart in knowing that God's design isn't superficial, but profound. Your mind, body, and spirit are sacred. Cultivating this awareness opens the door to self-compassion and invites God's healing light into areas darkened by shame and pain.

Remember, you are a masterpiece, loved by the Master Artist.







Reflect and Apply

	How does knowing you are fearfully and wonderfully made affect the way you view yourself?
2.	What lies about your worth do you need to confront with God's truth
	today?
	In what ways can embracing your identity in God bring healing to your mental health?







Journaling Prompts

1.	Write about a time when you felt truly valued and loved by God.
	List three affirmations based on Psalm 139:14 that combat negative thoughts.
3.	Reflect on how God's creation of you affects your view of your body today.







Prayer for Today

Dear God, thank You for creating me with intention and love. Help me to see myself through Your eyes and to embrace the truth that I am wonderfully made. When negative thoughts arise, remind me that my worth is rooted in You and not in my struggles. Teach me to love myself as You love me, and lead me toward peace and healing. *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

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: God's Strength Shines in Our Weakness

Struggling with bulimia often feels like a battle you have to fight alone, and the weakness can be overwhelming. Yet, God offers a powerful truth through Paul's words — His grace is enough, and His strength shines brightest when we feel weakest.

2 Corinthians 12:9 reminds us that we don't have to rely solely on our own strength. In fact, when we admit our frailty and surrender our struggles to God, He fills us with His sustaining power.

Instead of feeling ashamed of your weakness, view it as an opportunity for God's strength to work in and through you. Bulimia might seem like a heavy burden, but God promises His help, uplifting your spirit and giving courage for each step toward recovery.

Take comfort today in God's sustaining grace — it covers every weakness and turns it into a testimony of His power.







Reflect and Apply

1.	What weaknesses in your battle with bulimia can you bring to God today?
	How does God's promise of grace change your perspective on your struggles?
	In what ways can embracing God's strength empower your healing journey?







Journaling Prompts

	Write about a moment when God's strength helped you through a difficult time.
	List areas in your mental health where you need to surrender control to God.
3.	Reflect on how admitting weakness can lead to spiritual growth.







Prayer for Today

Lord, I acknowledge my weaknesses and ask for Your grace to cover me today. Help me to lean on You when bulimia tries to steal my peace. Strengthen me in moments of vulnerability and let Your power work through my limitations. May Your grace give me courage to keep moving forward, knowing You are always by my side. *In Jesus' name, Amen.*

















Day 3: SFinding Rest for the Mind

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."
- 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."







Day 3: W Finding Rest for the Mind

Devotional: Jesus Offers Rest for Your Burdened Mind

Bulimia often comes with mental exhaustion and anxiety that feels impossible to escape. Yet, Jesus extends a loving invitation to those carrying heavy burdens to find rest in Him. This rest is not just physical; it is peace that refreshes the mind and soul.

Matthew 11:28 assures us that Jesus wants to carry our burdens when we surrender them to Him. Paired with the command in Psalm 46:10 to be still and know God, we discover how stillness and trust can calm our swirling thoughts.

Practicing spiritual rest through prayer and reflection allows God's peace to guard your heart amid the storm of bulimia and mental anguish. It is a process of handing cares over to God and trusting He will sustain you.

Let today be a day of inviting Jesus into your restless thoughts and receiving His peace.







Day 3: 😂 Finding Rest for the Mind

Reflect and Apply

1.	What burdens are you carrying that need to be laid at Jesus' feet?
	How can you incorporate moments of stillness and prayer into your daily routine?
3.	What does 'rest' from God look like in your mental health journey?







Day 3: 🐯 Finding Rest for the Mind

Journaling Prompts

	Describe how mental burdens affect your daily life and your relationship with God.
2.	Write a prayer inviting Jesus to give you rest and peace.
3.	List practical ways to create spaces of stillness and rest this week.







Day 3: W Finding Rest for the Mind

Prayer for Today

Jesus, You see my weariness and the burdens I carry through bulimia and anxiety. I come to You seeking rest — rest for my mind, body, and soul. Teach me to be still and trust in Your sovereign care. Fill me with Your peace that surpasses all understanding and guard my heart from fear. Help me lean on You each day for renewal. *Thank You for Your loving invitation. Amen.* ▶ ♥ ♥ ♦

















Day 4: WHealing the Heart Within

Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- Isaiah 53:5 "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."
- Jeremiah 30:17 "But I will restore you to health and heal your wounds," declares the Lord."







Day 4: WHealing the Heart Within

Devotional: God Heals the Brokenhearted and Restores

Bulimia often reflects deeper wounds within the heart and mind—pain that needs healing. Scripture assures us that God is the ultimate Healer of broken hearts and shattered lives. Psalm 147:3 declares this with hope and certainty.

Jesus' suffering on the cross was not only for our sins but also for the healing of our inner brokenness. Isaiah 53:5 highlights that we are healed through His wounds, meaning that emotional and spiritual healing begins at the cross.

Healing is a process, often requiring patience and God's compassionate embrace as we recover from both visible and invisible wounds. Trust in God's promise through Jeremiah 30:17 — He desires restoration and health for you.

Invite God to bind the wounds bulimia has caused and to restore your heart to wholeness.







Day 4: 💙 Healing the Heart Within

Reflect and Apply

1.	What broken places in your heart need God's healing touch?
2.	How does Jesus' sacrifice give you hope for emotional and mental restoration?
3.	What steps can you take to invite God's healing into your daily life?







Day 4: WHealing the Heart Within

Journaling Prompts

1.	Write about the wounds bulimia has caused and how you hope God will heal them.
2.	Reflect on the meaning of healing through Jesus' wounds in your life.
3.	List ways to cooperate with God's healing process in your recovery journey.







Day 4: WHealing the Heart Within

Prayer for Today

Father, You know the broken places in my heart that bulimia has hurt. I ask You to come and heal those wounds. Thank You for sending Jesus, who carried my pain and offers restoration. Help me to trust Your process, even when healing feels slow. Fill me with hope and strength to walk this path with You. *In Jesus' healing name, Amen.*

















Day 5: Phope and New Beginnings

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."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Day 5: A Hope and New Beginnings

Devotional: God Fills You with Hope and New Life

As this study concludes, the focus turns to hope, renewal, and living fully in God's grace. Mental health struggles like bulimia can feel endless, but God offers fresh starts each day. Romans 15:13 expresses a powerful prayer for joy, peace, and abundant hope through the Holy Spirit.

Lamentations reminds us that God's mercy is new every morning, meaning every day is an opportunity for growth and restoration. When we place our trust in Christ, we become new creations (2 Corinthians 5:17), no longer defined by past pain but empowered for healing and purpose.

Take this truth into your heart: your mental health journey is part of a larger story of hope. God's power within you enables you to overcome, find joy, and shine light in darkness.

Step forward confidently, knowing that with God, each day holds the promise of new beginnings.







Day 5: 🌈 Hope and New Beginnings

Reflect and Apply

1.	What new beginnings do you sense God inviting you to embrace?
2.	How can trusting God renew your joy and peace daily?
3.	In what ways can hope transform your view of recovery and the future?







Day 5: 🌈 Hope and New Beginnings

Journaling Prompts

1.	Write about what it means to you to be a new creation in Christ.
2.	List hopes or goals for your mental health recovery moving forward.
3.	Reflect on how God's daily mercies impact your journey of healing.







Day 5: A Hope and New Beginnings

Prayer for Today







Where God's Word Meets Your Daily Life



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