Finding Peace in God's Care: A Mental Health Journey



Explore God's truth and comfort through Scripture to support mental health struggles, focusing on hope, healing, and strength for those facing anorexia.





Table of contents

<u>Introduction</u>	3
Day 1: God Is Close in Our Struggles	4
Day 2: Finding Strength Beyond Ourselves	10
Day 3: You Are Wonderfully Made	16
Day 4: 🚱 Finding Rest and Renewal	22
Day 5: W Hope and Healing in Christ	28







Introduction

Welcome to this 5-day Bible study on mental health, with a special focus on the challenges posed by anorexia nervosa. Mental health is a vital part of our overall well-being, and Scripture provides deep wisdom and encouragement to those wrestling with difficult internal battles. *God understands our pain and offers healing, hope, and strength.* In these days, we will explore God's promises, His love for our whole being, and practical encouragement to walk through difficult moments with faith.

Facing anorexia can often feel isolating and overwhelming. This condition affects not only the body but also the mind and spirit, shaking self-worth and peace. However, the Bible reminds us repeatedly that we are created wonderfully and that our true identity and value come from God's love, never our performance or appearance (Psalm 139:14). God's Word invites us to cast our burdens on Him and find rest for our weary souls (Matthew 11:28).

Each day in this study will guide you through Scriptures that bring light to the struggles of mental health, with focused devotionals that acknowledge the pain but also emphasize God's redemption. Reflection questions and journaling prompts will help you engage deeply and personally with God's healing process. Finally, prayers will uplift and support you in your journey.

Remember: You are not alone. God is intimately near even in times of fear, anxiety, or self-doubt. This study is designed to help you, or someone you love, find peace in God's care and renew strength for each new day.

















Your Verse

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

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: God's Nearness in the Midst of Pain

Many who struggle with anorexia nervosa feel isolated and crushed under the weight of fear and shame. The battle is not only physical but deeply emotional and spiritual as well. Psalm 34:18 reminds us that God is especially close to those who are brokenhearted and crushed in spirit. This promise is comforting because it shows that God doesn't distance Himself from our pain; instead, He draws near to us in our weakest moments.

This truth invites us to bring our fears and struggles honestly before God. Instead of hiding, we can approach Him and find refuge. Anorexia often whispers lies that we are unworthy or alone, but God's Word calls us to remember that He is actively present, healing and binding up our wounds.

When you feel overwhelmed or defeated today, pause and quietly affirm God's nearness to your heart. Try simply saying, "Lord, I feel broken, but I know you are close to me." This awareness can bring a measure of peace that does not depend on circumstances.

Holding tightly to God's presence gives a foundation for hope and the courage to seek help and healing.







Reflect and Apply

	How does knowing God is close to the brokenhearted change the way you view your struggles?
2.	What fears or feelings can you bring to God honestly today?
	In what ways might isolation in your battle be challenged by the promise of God's nearness?







Journaling Prompts

1.	Write about a time when you felt God's closeness during a difficult season.
2.	List feelings you want to bring before God without fear or shame.
3.	Reflect on how God's promise in Psalm 34:18 challenges any feelings of loneliness you may have.







Prayer for Today

Dear Lord, thank you for being close even in my darkest moments. When I feel broken and crushed in spirit, remind me that you are near and that I am never alone. Help me to lean into your healing presence instead of withdrawing in fear. Strengthen me to believe your promises and trust your unfailing love. May your gentle comfort bring peace to my heart today. In Jesus' name, Amen.

















Your Verse

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

Supporting Scriptures

- Isaiah 40:31 "But those who hope in the Lord will renew their strength."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Strength When Our Own Fails

Living with anorexia and mental health challenges often brings feelings of weakness and helplessness. Sometimes, it feels as though everything we do isn't enough to overcome the battle. But God's Word is clear that our true strength does not come from ourselves.

Philippians 4:13 tells us, "I can do all this through him who gives me strength." This is not about our own power, but about the divine strength God provides us moment by moment. Even when we feel weak, His grace is what sustains us.

2 Corinthians 12:9 assures us that God's power is made perfect in weakness. This can be hard to accept, but it means that even our struggles are the very place where God's strength shines brightest. It is in admitting our need that we open ourselves to His grace.

Today, meditate on the truth that you don't have to do this alone or rely on your own strength. You can lean fully on God. Ask Him to renew your strength and guide your steps toward healing and peace.







Reflect and Apply

	What does relying on God's strength mean to you in your mental health journey?
2.	How can acknowledging your weakness be a way to receive God's grace?
3.	In what ways have you experienced God's strength during tough times?







Journaling Prompts

1.	Write a prayer asking God for strength in areas where you feel weak.
2.	List moments when you felt God strengthened you unexpectedly.
	Reflect on what it looks like practically to depend on God's power instead of your own.







Prayer for Today

Father God, I confess my weakness and ask for your strength. When my own reserves fail me, please fill me with your grace and power. Help me to rest in the truth that your strength is made perfect in my weakness. Lead me daily on the healing path and renew my hope. In Jesus' name, Amen.



















Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made."

Supporting Scriptures

- Genesis 1:27 "God created mankind in his own image."
- Jeremiah 1:5 "Before I formed you in the womb I knew you."







Devotional: Embracing Our God-Given Worth

One of the hardest struggles in anorexia is wrestling with self-worth and body image. Negative thoughts may convince us that we are not enough or that our value depends on how we look or perform. But Scripture calls us to a deeper, truer understanding of ourselves.

Psalm 139:14 celebrates the fact that we are *fearfully and wonderfully made* by God, crafted with care and intentionality. Before we existed, God knew us intimately as seen in Jeremiah 1:5. We are created in God's image (Genesis 1:27), which means our value is inherent and sacred.

Today, reflect on this identity rooted in God's purpose. Instead of allowing lies to shape your view, affirm the truth of who you are in God's eyes. He loves you not based on size, strength, or achievement, but simply because you are His creation.

Let this truth bring healing to your heart and motivate nurturing habits that honor the body God has given you.







Reflect and Apply

	How does knowing you are wonderfully made affect the way you see yourself?
2.	What lies about your worth do you need to reject today?
3.	How can embracing your identity in God help your healing journey?







Journaling Prompts

1.	Write down affirmations based on Psalm 139:14 about your worth.
2.	Recall how God has revealed His love for you recently.
	Describe what it means to be created in God's image for your personal value.







Prayer for Today

Gracious Creator, thank you for making me wonderfully and fearfully. Help me see myself as you see me—valuable, loved, and complete. Remove the lies that cause me to doubt your perfect design. Teach me to care for my body and mind as your sacred temple. In Jesus' name, Amen.



















Day 4: 🎡 Finding Rest and Renewal

Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 23:1-3 "He refreshes my soul."
- John 14:27 "Peace I leave with you; my peace I give you."







Day 4: 🏵 Finding Rest and Renewal

Devotional: Restoring Peace in Weariness

Physical and emotional exhaustion often accompany mental health struggles like anorexia. The constant inner battle can drain hope and energy, making us feel weary and burdened. Jesus extends a beautiful invitation in Matthew 11:28 to come to Him for rest.

This rest is not just physical sleep but deep renewal for the soul. Psalm 23 describes how the Lord gently restores us and leads us beside quiet waters. His peace, as promised in John 14:27, calms the storms inside.

Accepting this rest requires releasing control and trusting Jesus with our burdens. It might include slowing down, prayer, or simply sitting in God's presence. Let today be a day of intentional rest—mentally, emotionally, and spiritually.

Remember, you are invited to come just as you are and receive the renewal only Jesus can give.







Day 4: 💮 Finding Rest and Renewal

Reflect and Apply

1.	What burdens are you carrying that you need to give to Jesus?
2	How can you practice recting in Cod's page to day?
2.	How can you practice resting in God's peace today?
3.	What does spiritual renewal look like in your current season?







Day 4: 💮 Finding Rest and Renewal

Journaling Prompts

1.	Write a prayer handing over your weariness to Jesus.
2.	Record ways you have experienced God restoring your soul.
3.	Describe what it feels like when you accept Jesus' invitation to rest.







Day 4:
Finding Rest and Renewal

Prayer for Today

Jesus, I come to you weary and burdened. Please take my doubts, fears, and exhaustion, and give me your rest. Refresh my soul and fill me with your peace that surpasses understanding. Teach me to let go and trust your care each day. Thank you for loving me and inviting me into your rest. Amen.



















Day 5: W Hope and Healing in Christ

Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."

Supporting Scriptures

- Jeremiah 29:11 "I know the plans I have for you, declares the Lord."
- Revelation 21:4 "He will wipe every tear from their eyes."







Day 5: 🐯 Hope and Healing in Christ

Devotional: Trusting God for Future Hope

As our study closes, we are reminded that true and lasting hope is found in God alone. Romans 15:13 prays for God to fill us with joy and peace as we trust Him. Recovery and mental health improvement are often a journey—sometimes slow, sometimes challenging—but God's presence remains constant.

Jeremiah 29:11 assures us that God has good plans for our future, plans to give hope and a future. Even in pain, His promises stand firm. The ultimate hope is that one day, as Revelation 21:4 promises, God will wipe away every tear and erase pain forever.

Trusting God means holding on to His promise that healing is possible and that you are not defined by your struggles. It means stepping forward with faith, supported and loved by the One who holds your story in His hands.

Embrace this hope today and look forward with confidence to the healing God is working in your life.







Day 5: 🖏 Hope and Healing in Christ

Reflect and Apply

1.	What hope does God offer you in your current struggles?
2.	How can trusting God's plans change your perspective on healing?
3.	What future joys can you cling to amid present difficulties?







Day 5: 🖏 Hope and Healing in Christ

Journaling Prompts

1.	Write about what hope means to you personally.
2.	List some promises of God that encourage your heart today.
3.	Describe how you can actively trust God in your healing journey.







Day 5: 🐯 Hope and Healing in Christ

Prayer for Today

Lord of hope, fill me with your joy and peace as I place my trust in you. Help me to believe in your good plans and to hold onto hope even when the path is hard. Thank you for promising healing and a future free of tears. Strengthen my faith and lead me each day closer to your restoration and love. In Jesus' name, Amen.









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.