



Finding Rest and Renewal: A 7-Day Health Journey



Explore God's guidance on health and find hope in rest amid challenges like sleep apnea through Scripture and prayer.



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Introduction

Welcome to a transformative week focused on health and restorative rest. In our fast-paced world, many wrestle with health challenges that disrupt sleep, such as sleep apnea. This Bible study invites you to discover *God's promises of rest* and renewal through Scriptural wisdom and prayer.

Sleep apnea, a condition that impairs breathing during sleep, can cause profound fatigue and affect mental, emotional, and spiritual well-being. This series offers spiritual tools to help you find peace in your health journey, encouraging trust in God's loving care even when physical rest feels elusive. You will explore Scriptures that remind you of God's sovereignty, His provision for strength, and the deep rest He offers beyond physical sleep.

Over the next seven days, reflect on God's design for rest, His healing power, and His peace that sustains through difficult health issues. Whether you face sleep apnea or other health challenges, embrace this time to meditate on God's Word, find comfort in His presence, and deepen your walk of faith strengthened by His promises.

May this journey renew your body, mind, and spirit, guiding you to the true rest only God can provide.





Day 1: 🌙 God's Gift of Rest



Day 1: 🌙 God's Gift of Rest

Your Verse

Psalm 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.'*
- *Psalm 127:2 - 'In vain you rise early and stay up late, toiling for food to eat — for he grants sleep to those he loves.'*



Day 1: 🌙 God's Gift of Rest

Devotional: Embracing God's Peace Amid Restless Nights

Rest is a divine gift from God, not just a daily necessity. Psalm 4:8 beautifully illustrates the trust we can place in God's protection, knowing that He guards us even in our vulnerable moments of sleep. When sleep is disrupted by conditions like sleep apnea, worry and fatigue often follow. Yet, God's Word calls us to rest in His peace.

Jesus invites the weary to come to Him, promising rest that refreshes the soul beyond physical sleep. This spiritual rest is a sanctuary amid the trials of life and challenges to our health. Sleep apnea may interrupt our physical rest, but by leaning on God's peace through prayer and faith, we find a deeper restoration.

As you start this journey, meditate on the truth that God's watchful care surrounds you day and night. Receiving His rest starts when we trust Him fully, even when sleep feels elusive. Remember, God is your refuge who holds you safely in every season.



Day 1: 🌙 God's Gift of Rest

Reflect and Apply

1. How does knowing God watches over you affect your experience of rest?

2. In what ways can Jesus' promise of rest help you cope with sleep challenges?

3. What fears or worries about your health can you surrender to God today?



Day 1: 🌙 God's Gift of Rest

Journaling Prompts

1. Write about how your current sleep patterns affect your faith and daily life.

2. List specific ways God has shown His faithfulness during health struggles.

3. Record a prayer asking God to help you trust Him more deeply with your rest.



Day 1: 🌙 God's Gift of Rest

Prayer for Today

Heavenly Father, thank You for being my refuge and source of peace, even when my nights feel restless. Help me to surrender my weariness to You and trust in Your protective care over me. Teach me to rest in Your presence each day, finding strength beyond my body's limits. Renew my spirit and fill me with Your calming peace as I face challenges like sleep apnea. In Your loving name, I pray. *Amen.* 🌙 🙏 ❤️ 🛏





Day 2: Trusting God When Rest Eludes



Day 2: 🛏️ Trusting God When Rest Eludes

Your Verse

Psalm 3:5 - 'I lie down and sleep; I wake again, because the Lord sustains me.'

Supporting Scriptures

- *Isaiah 40:31 - 'But those who hope in the Lord will renew their strength.'*
- *Proverbs 3:24 - 'When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.'*



Devotional: Surrendering Sleep Worries to God's Sustaining Grace

Continuing from yesterday's encouragement, today we focus on trust when restful sleep is challenging. Psalm 3:5 reveals David's confidence that despite his circumstances, God sustains him awake and asleep. When sleep apnea causes multiple awakenings or shallow sleep, it can lead to feelings of frustration and helplessness.

Yet, God's sustaining power is not limited to our physical rest; it extends to the renewal of our inner strength and hope. Isaiah 40:31 assures us that placing our hope in the Lord brings fresh strength, even when our bodies feel weak.

Proverbs also assures us that sweet sleep comes from casting out fear through trusting God. You may not control every breath or night's rhythm, but you can rest in God's sovereignty over your health and healing process. Today, practice surrender through prayer and affirm that no matter how broken your sleep is, God's sustaining grace is enough.



Reflect and Apply

1. What areas of your rest or health are hardest to surrender to God?

2. How can you remind yourself of God's sustaining power during sleepless nights?

3. In what ways can hope in the Lord renew your strength daily?



Journaling Prompts

1. Describe a night when you felt God's presence despite little sleep.

2. Write down fears related to your sleep apnea and how God might want to carry them.

3. Create a list of Bible verses that give you comfort to read before sleeping.



Day 2: 🛏️ Trusting God When Rest Eludes

Prayer for Today

Lord Jesus, in times when sleep escapes me and my body feels tired, please sustain my spirit. Teach me to place my hope fully in You, knowing You renew my strength. Calm my anxious thoughts and replace fear with Your peace that surpasses understanding. Help me rest not only in sleep but in Your faithful presence. Thank You for being with me through every restless moment. *Amen.* 🙏👉💪🌟





Day 3: 🛏️ Healing and Health in God's Hands



Day 3: 🚗 Healing and Health in God's Hands

Your Verse

Jeremiah 30:17 - 'I will restore you to health and heal your wounds,' declares the Lord.

Supporting Scriptures

- *Exodus 15:26 - 'I am the Lord, who heals you.'*
- *Psalms 147:3 - 'He heals the brokenhearted and binds up their wounds.'*



Day 3: 🚗 Healing and Health in God's Hands

Devotional: Trusting God's Healing in Mind, Body, and Spirit

Today we focus on the healing nature of God over our bodies and spirits. Sleep apnea may affect your physical health, but God's promise in Jeremiah 30:17 assures us that He desires to restore and heal. *Healing doesn't always look the way we expect, but God is always working for our good.*

Remember God as the ultimate healer who cares deeply about your pain and struggles. Exodus 15:26 emphasizes that He is not distant but close, involved intimately in healing. Even if physical symptoms persist, the Lord heals the brokenhearted— our spirit and mind—offering wholeness from within.

Welcome God's healing into your heart today. Confess any discouragement or bitterness about your health to Him, and receive His restoring grace. Trust that He is with you in the process, working in ways sometimes unseen but always powerful.



Day 3: 🚗 Healing and Health in God's Hands

Reflect and Apply

1. How do you understand God's healing beyond physical cure?

2. What emotions around your health would you like to lay before God?

3. How can trusting God's healing process bring peace amid ongoing symptoms?



Day 3: 🚑 Healing and Health in God's Hands

Journaling Prompts

1. Write a prayer asking God for healing in areas you find hardest to accept.

2. Reflect on a time God provided healing or peace in unexpected ways.

3. List ways you can support your health as an act of stewardship to God.



Day 3: 🛏 Healing and Health in God's Hands

Prayer for Today

Merciful God, I trust in Your promise to heal and restore. Please touch my body and spirit with Your healing power. Help me find hope even when complete physical healing feels distant. Mend my heart and bind up my wounds, renewing my faith and strength. Teach me to lean on You daily as my healer and sustainer. *Amen.* 💖 🙏 🛏 ✨





Day 4: 🌿 Caring for Body and Soul



Day 4: 🌿 Caring for Body and Soul

Your Verse

1 Corinthians 6:19-20 – 'Your body is a temple of the Holy Spirit... therefore honor God with your body.'

Supporting Scriptures

- *Proverbs 3:7-8 – 'Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.'*
- *3 John 1:2 – 'I pray that you may enjoy good health and that all may go well with you.'*



Day 4: 🌿 Caring for Body and Soul

Devotional: Honoring God Through Holistic Health Care

God calls us to honor Him by caring for our bodies as temples of the Holy Spirit. 1 Corinthians 6:19–20 challenges us to view our health as sacred stewardship. Managing health challenges like sleep apnea requires intentional care, rest, and trust in God.

In addition to medical treatment, spiritual health nurtures body and mind. Proverbs 3:7–8 reminds us that reverence for God contributes to physical well-being. This involves rejecting harmful habits, embracing peace, and aligning our lives with God’s wisdom.

3 John 1:2 expresses a holistic prayer for health and prosperity—body, soul, and spirit. Your health journey can be an opportunity to deepen reliance on God and adopt habits that honor Him. As you care for your body this week, seek balance, nourishment, and God’s guidance in all areas of your life.



Day 4: 🌿 Caring for Body and Soul

Reflect and Apply

1. How can you better care for your body as God's temple despite health challenges?

2. What spiritual practices help you foster holistic well-being?

3. In what ways might trusting God influence your health decisions and lifestyle?



Day 4: 🌿 Caring for Body and Soul

Journaling Prompts

1. Identify one new habit that would honor God through your health care.

2. Reflect on how your spiritual life impacts your physical health.

3. Write a prayer asking God for wisdom to care well for your body.



Day 4: 🌿 Caring for Body and Soul

Prayer for Today

Father God, thank You for the gift of my body and the Holy Spirit within. Help me to honor You through how I care for myself, embracing rest, nourishment, and medical wisdom. Guide me to make choices that reflect reverence for Your gift and bring healing to my whole being. Strengthen me to walk faithfully this health journey, trusting in Your sustaining power. *Amen.* 🙏 🌿





Day 5: 🕊️ Peace That Surpasses Understanding



Day 5: 🕊️ Peace That Surpasses Understanding

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

- *John 14:27 - 'Peace I leave with you; my peace I give you.'*
- *Colossians 3:15 - 'Let the peace of Christ rule in your hearts.'*



Day 5: 🕊️ Peace That Surpasses Understanding

Devotional: Inviting God's Peace to Quiet Your Spirit

Anxiety over health struggles can rob us of peace, but God offers a peace the world cannot give. In Philippians 4:6-7, Paul encourages us to replace worry with prayer, trusting God's provision. Sleep apnea may stir anxiety about physical and emotional fatigue.

Yet Jesus promises His peace to calm our hearts and minds. John 14:27 reminds us that this peace is a treasured gift, steady even when symptoms persist or treatment feels stressful.

Allow God's peace to be your refuge today. When fears arise, invite Him into those moments through prayer and Scripture meditation. This peace guards your heart like a fortress, protecting your spirit from despair and replacing it with confident rest in Christ's loving care.



Reflect and Apply

1. What worries about your health do you find hard to surrender?

2. How can prayer change your experience of anxiety related to sleep challenges?

3. In what ways have you experienced God's peace during difficult times?



Day 5: 🕊️ Peace That Surpasses Understanding

Journaling Prompts

1. Write about a recent moment when God's peace comforted you.

2. List strategies you can use to invite God's peace when anxiety arises.

3. Pray about your specific fears and record God's comforting promises.



Day 5: 🕊️ Peace That Surpasses Understanding

Prayer for Today

Lord, I come before You with my anxieties about my health. Help me to cast my cares on You and to receive Your peace that goes beyond my understanding. Guard my heart and mind from fear and doubt. Fill me with calm assurance and teach me to rest in Your presence, regardless of life's uncertainties. Thank You for Your steadfast love and peace. *Amen.* 🕊️ 🙏 ❤️





Day 6: 💖 Strength in Community and Prayer



Day 6: ❤️ Strength in Community and Prayer

Your Verse

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

Supporting Scriptures

- *James 5:16 – 'Therefore confess your sins to each other and pray for each other so that you may be healed.'*
- *Ecclesiastes 4:9-10 – 'Two are better than one... If either of them falls down, one can help the other up.'*



Day 6: ❤️ Strength in Community and Prayer

Devotional: Receiving Strength From Loving Fellowship

Health challenges can feel isolating, but God calls us to walk together in community. Galatians 6:2 urges us to support one another, especially in times of physical or emotional difficulty. Dealing with sleep apnea's burden is easier when shared with caring brothers and sisters in Christ.

Prayer and mutual encouragement are essential for healing and strength. James 5:16 encourages confession and intercession, highlighting the power of communal prayer. Ecclesiastes reminds us that supportive relationships help us stay strong and uplifted.

Consider reaching out or accepting help today. Share your struggles and pray with others. God often moves powerfully through community, giving fresh strength and hope. You were never meant to face this journey alone.



Day 6: ❤️ Strength in Community and Prayer

Reflect and Apply

1. Who in your community can support you in your health journey?

2. How does sharing burdens affect your experience of God's care?

3. What steps can you take to deepen connections for mutual prayer and support?



Day 6: ❤️ Strength in Community and Prayer

Journaling Prompts

1. Write about someone who has encouraged you spiritually in your health challenges.

2. Reflect on how prayer community has impacted your faith and well-being.

3. List ways you might reach out or offer support to others struggling.



Day 6: 💖 Strength in Community and Prayer

Prayer for Today

Gracious Father, thank You for the gift of community to share burdens and find encouragement. Help me to lean on others and allow them to carry my load when I am weak. Teach me to be both a giver and receiver of prayer and support. Strengthen the bonds of Your church family that I may experience Your healing and love through others. *Amen.* 🙏💖💗🕊️





Day 7: ✨ Hope for Renewed Rest



Day 7: ✨ Hope for Renewed Rest

Your Verse

Revelation 21:4 - 'He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain.'

Supporting Scriptures

- *Romans 8:28 - 'And we know that in all things God works for the good of those who love him.'*
- *Psalms 23:1-3 - 'The Lord is my shepherd... he refreshes my soul.'*



Day 7: ✨ Hope for Renewed Rest

Devotional: Anticipating God's Perfect Rest and Healing

We conclude this study with a message of eternal hope and peace. Revelation 21:4 promises a time when all pain and struggle—including health challenges and restless nights—will be gone. This ultimate rest awaits us in God's presence.

Meanwhile, God works through every difficulty for our good. Romans 8:28 encourages us to trust that even sleep apnea's challenges fit into a larger divine purpose when we love God. Psalm 23 paints a beautiful picture of the Shepherd who leads us to green pastures and still waters, refreshing our soul along life's journey.

Hold fast to this hope as you continue your health journey. As you seek daily rest and healing, look forward with faith to the complete restoration God promises. Let your spirit be renewed by this vision of unending peace and joy in Him.



Day 7: ✨ Hope for Renewed Rest

Reflect and Apply

1. How does the hope of eternal rest impact your view of current struggles?

2. In what ways can remembering God's goodness help you cope today?

3. How can you cultivate soul-refreshing practices amid ongoing health issues?



Day 7: ✨ Hope for Renewed Rest

Journaling Prompts

1. Write a prayer of hope trusting God's future restoration.

2. Reflect on moments when God's goodness was evident during trials.

3. List ways to nurture your soul daily as you await God's perfect rest.



Day 7: ✨ Hope for Renewed Rest

Prayer for Today

Lord God, I thank You for the hope of eternal rest where pain and suffering will cease. Give me strength to endure my health challenges with faith, trusting that You work all things for my good. Refresh my soul daily and help me lean on Your promises in every moment of weariness. May Your peace guard my heart until I rest fully in Your presence. *Amen.* ✨ 🙏 ❤️ 🌿





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