Finding Strength: A Biblical Journey Through Mental Health in Athletes



Explore biblical wisdom and encouragement for athletes facing eating disorders, gaining hope and mental strength over five impactful days.





Table of contents

<u>Introduction</u>	3
Day 1: B Embracing Your God-Given Worth	4
Day 2: @ Renewing Your Mind in Christ	10
Day 3: 6 Finding Strength in Weakness	16
Day 4: S Restoring Peace Within	22
Day 5: XX Moving Forward with Hope	28







Introduction

Mental health struggles affect many, including athletes who face unique challenges like eating disorders. These struggles can deeply impact both physical performance and spiritual well-being. This study is designed to offer *Biblical encouragement* and practical hope, showing how God's Word addresses the mind, body, and soul.

Athletes often face pressure to maintain certain physical standards, sometimes leading to harmful behaviors and distorted self-image. God's truth, however, reminds us that our worth is found not in appearance or performance, but in being **fearfully and wonderfully made** by Him. This study will help uncover how Scripture offers guidance, healing, and peace for those wrestling with eating disorders.

Over the next five days, we will explore God's promises of strength, renewal, and love. You will discover how to cultivate a God-centered mindset, reject harmful lies, and embrace self-care rooted in divine truth. The heart of this journey is to restore hope and connect you with the sustaining grace of Christ.

Whether you are an athlete struggling with these issues or a loved one seeking to understand and pray effectively, this study invites you to lean into God's Word for comfort and transformation. Let's embark with open hearts and trust that God is our ultimate healer and protector. \triangle















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

- 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."
- Matthew 10:29–31 "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care... So don't be afraid; you are worth more than many sparrows."







Devotional: Recognizing Your Inherent Worth in God

Understanding your value is the first step toward overcoming struggles like eating disorders. In today's competitive athletic world, pressure to conform to certain body images can distort how you see yourself. But the Scripture in Psalm 139 reminds us that you are *fearfully and wonderfully made* — crafted deliberately by God.

The world may define worth by external standards, but God's perspective is radically different. **He looks deeper**—at your heart, your intentions, your spirit. Even when you feel consumed by feelings of inadequacy or comparison, remember that your worth is intrinsic, not conditional.

This truth calls for a renewed mind and heart. When battling harmful thoughts, come back to God's Word for reinforcement: you are valuable beyond measure. This mindset nurtures both mental health and spiritual peace, equipping you to face pressures with confidence grounded in God's unconditional love.

Take time today to remind yourself of this truth. Speak it aloud, meditate on it, and reject any lie that contradicts your divine worth.







Reflect and Apply

1.	How does comparing yourself to others affect your view of your worth?
	In what ways can remembering God's unique creation of you help combat harmful thoughts?
3.	What external pressures in athletics challenge your self-acceptance?







Journaling Prompts

1.	Write about a time you felt valued for who you are, not for how you look.
2.	List aspects of yourself that reflect God's wonderful creation.
3.	Describe any negative thoughts you want to replace with God's truth.







Prayer for Today

Lord, thank You for creating me with intention and love. Help me to see myself through Your eyes and to reject the lies that diminish my value. Strengthen me when feelings of inadequacy rise and remind me daily that I am wonderfully made and deeply loved by You. Guide me to embrace Your peace and truth, especially when pressures try to overwhelm me. In Jesus' name, Amen.















Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Supporting Scriptures

- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."
- Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."







Devotional: Transforming Your Thought Life Through Scripture

Our minds play a crucial role in mental health. In battling eating disorders, negative thoughts can become repetitive and destructive. The apostle Paul instructs believers to be transformed not by external forces but by a *renewed mind*.

This renewal requires intentionality—actively identifying and rejecting harmful thought patterns and replacing them with God's truth. The verse in 2 Corinthians encourages us to take captive every thought, ensuring that our minds serve Christ rather than fear, shame, or anxiety.

In practical terms, this might look like daily meditation on Scriptures that affirm God's love and your identity in Him, or intentionally redirecting your focus when critical thoughts arise. Philippians 4:8 offers a helpful guide: choose to dwell on what is true, noble, and pure.

No transformation comes without daily effort and God's grace—lean into prayer and community support as you pursue mental renewal. Remember, Christ's perfect love casts out all fear, and your mind can be a powerful tool of healing and hope.







Reflect and Apply

1.	What negative thoughts have you noticed recurring during your struggles?
2.	How can scripture help you challenge and change these thought patterns?
3.	What specific truths from God's Word resonate most deeply with your situation?







Journaling Prompts

1.	Write down three negative thoughts you want to take captive and replace.
	List Bible verses that bring peace and hope when you face mental struggle.
	Reflect on a time when renewing your mind helped you overcome difficulty.







Prayer for Today

Heavenly Father, I ask You to renew my mind and help me take every thought captive to obey Christ. When negativity creeps in, replace it with Your truth and peace. Teach me to focus on what is pure, lovely, and excellent. Thank You for Your constant presence and transforming power in my life. 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 40:29 "He gives strength to the weary and increases the power of the weak."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: God's Power Perfected in Our Weakness

It may seem contradictory, but **our greatest strength can emerge through admitting our weaknesses**. Athletes often feel pressure to appear strong and in control, but embracing vulnerability is part of God's design and a path to healing.

Paul's words in 2 Corinthians reveal a profound truth: God's grace supplies sufficient strength especially in times of weakness. When you feel overwhelmed by the emotional and physical toll of an eating disorder, remember that divine power is available to carry you beyond your limits.

This grace doesn't only empower you to endure but also transforms your weakness into a testimony of God's glory. Isaiah affirms that God renews strength for the weary, and Philippians reminds us that through Christ, all things are possible.

Today, invite God's strength to meet you where you are. You don't need to hide your battles or pretend to be perfect. In your brokenness, God is at work to restore and strengthen your whole being—mind, body, and spirit.







Reflect and Apply

1.	How do you usually respond to feelings of weakness or vulnerability?
	What does it look like for you to rely on God's grace in your difficult moments?
3.	Can you identify ways your struggles have shaped your faith or character?







Journaling Prompts

1.	Describe a recent time when you felt weak and how you turned to God.
	Write about what 'God's grace is sufficient' means in your personal context.
	List areas where you need to invite God's strength in your recovery journey.







Prayer for Today

Lord Jesus, I am weary and weak, but I believe Your grace is enough. Help me not to hide my struggles but to lean fully into Your power. Strengthen me in body and soul as I navigate my challenges. May Your power be evident in my life and testimony. Thank You for never leaving me alone. Amen. 6

















Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

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







Devotional: Receiving God's Peace Amid Anxiety

Eating disorders often create internal turmoil and anxiety. God offers a peace different from what the world gives—a deep, sustaining peace that guards your heart and mind. Jesus clearly said, "Do not let your hearts be troubled and do not be afraid" as He leaves His peace with us.

Through prayer and thanksgiving, the Apostle Paul instructs us to bring anxieties before God. This act fosters trust and allows His transcendent peace to calm our restless thoughts. The psalmist reminds us that God is especially near when we are brokenhearted and crushed in spirit—a God who does not distance Himself from our pain but draws near to heal it.

Today, engage in God's promise of peace. Bring your fears and burdens honestly to Him. Rest in His presence, knowing that He is faithful to guard your mind and heart in the storm. This peace is a vital part of mental health and recovery.







Reflect and Apply

1.	What causes your heart to be troubled or afraid?
2.	How have you experienced God's peace in difficult times?
3.	What practical steps can help you present anxiety to God daily?







Journaling Prompts

1.	Write about fears or worries you want to give to God today.
2	Describe a moment when you felt Cod's peace despite shallonges
2.	Describe a moment when you felt God's peace despite challenges.
2	
3.	Create a personal prayer asking God to guard your heart and mind.







Prayer for Today

Father God, I come to You with a troubled heart and anxious thoughts. Thank You for the gift of Your peace that surpasses all understanding. Teach me to surrender my fears to You and trust in Your loving presence. Guard my heart and mind in Christ Jesus, and help me rest fully in Your grace. Amen. 😂 🙏



















Day 5: n Moving Forward with Hope

Your Verse

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."

Supporting Scriptures

- 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."
- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"







Day 5: 🎇 Moving Forward with Hope

Devotional: Embracing God's Hope and Future Plans

As your journey through these days comes to a close, remember that God's plan for you is filled with hope and a future. Jeremiah's promise assures us that despite past struggles and present difficulties, God intends to prosper you and give you a meaningful life beyond pain and fear.

Hope is not wishful thinking; it is a confident expectation grounded in God's faithfulness. Romans encourages us to be filled with joy and peace through trusting God, allowing hope to overflow even in times of hardship.

Isaiah urges us to release the past—old wounds, guilt, shame—and open ourselves to the new things God is doing. Recovery is often a gradual, sometimes challenging process, but with God's Spirit working within you, new life and freedom are possible.

Take courage today. Step forward confidently, knowing God is with you every step, and He delights in bringing healing and restoration to your whole being.







Day 5: X Moving Forward with Hope

Reflect and Apply

1.	What hopes do you hold for your mental and physical health?
2.	How can trusting God's plan help ease feelings of uncertainty?
3.	What new beginnings might God be calling you toward?







Day 5: X Moving Forward with Hope

Journaling Prompts

1.	Write a letter to yourself filled with hope and encouragement.
2.	Reflect on what it means to 'forget the former things' and embrace newness.
3.	List steps you can take to move forward in recovery with God's help.







Day 5: X Moving Forward with Hope

Prayer for Today

Gracious God, thank You for the hope and future You promise. Help me to trust in Your plans, even when the path ahead feels unclear. Fill me with joy, peace, and perseverance as I continue this journey. Let Your Holy Spirit guide me toward healing, new beginnings, and freedom. 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:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

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.