# Finding Strength: A Biblical Journey through Mental Health



Explore God's promises and comfort over 7 days to navigate treatment-resistant depression with hope and resilient faith.





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### Introduction

Welcome to this focused 7-day Bible study on mental health, particularly addressing the challenges of treatment-resistant depression. Mental health struggles can often feel isolating and overwhelming, especially when traditional treatments do not bring relief. Through Scripture, we discover that God's Word offers profound comfort, hope, and renewal regardless of our circumstances.

This study invites you to engage deeply with God's promises, reflecting on His love and strength when you feel weakest. Each day we will explore passages that illuminate God's presence amid our pain and provide spiritual tools for resilience. The Bible doesn't shy away from human suffering; instead, it offers encouragement that transcends our understanding.

As you journey through these seven days, you'll be reminded that you are not alone—God is near, and His grace sustains you. Embrace this time with an open heart and mind as you explore how scriptures can inspire healing and hope, even when the road feels dark. May this study become a source of strength that nurtures your soul and uplifts your spirit.















### Your Verse

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

### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







### Devotional: God's Presence in Your Deepest Pain

When depression feels unrelenting and treatment seems ineffective, God's nearness becomes our anchor. Psalm 34:18 assures us that the Lord is especially close to those who are brokenhearted and crushed in spirit. This means that even in the depths of despair, God is not distant or indifferent; He identifies with your pain and draws near to comfort you.

Your suffering is not overlooked or meaningless. Instead, it moves the heart of your Creator who promises His intimate presence. Isaiah 41:10 reminds us: "Do not fear, for I am with you." This promise offers a foundation of courage despite your feelings of weakness. Jesus echoes this invitation in Matthew 11:28, calling the weary to find rest in Him. This rest is not only physical relief but ultimate peace in your soul.

**Today, meditate on God's personal care for you amid your mental health journey.** Let your heart be open to receive His comforting presence, knowing you are deeply loved and never alone. His arms are ready to uphold you in your weakness.







## Reflect and Apply

	How have you experienced God's presence during your most difficult moments?
	What feelings arise when you consider that God is close to the brokenhearted?
3.	In what ways can you lean into God's promise of rest and comfort today?







## **Journaling Prompts**

1.	Write about a time you felt God's nearness in your suffering.
2.	List phrases or verses that comfort you during dark days.
3.	Describe what it means to you that God is 'close' to the crushed in spirit.







### Prayer for Today

**Dear Lord,** thank You for being close when I feel broken and crushed. Help me to sense Your presence even when life feels dark and treatment seems hard. Surround me with Your peace that surpasses understanding. I lean on Your strength and love to carry me through each day. Be my comfort and hope in this struggle. *In Jesus' name, Amen.*  $\bigwedge$   $\heartsuit$ 

















Day 2: 💋 Strength Renewed in Weakness

### 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."

### **Supporting Scriptures**

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Day 2: 💋 Strength Renewed in Weakness

### Devotional: Grace Strengthening You When You Feel Weak

In moments when your strength feels depleted, God's grace fills the gaps. The apostle Paul's testimony in 2 Corinthians 12:9 reveals a profound truth: divine power shines brightest in human weakness. This is especially relevant to those battling treatment–resistant depression, where personal effort often feels futile.

God doesn't require us to be strong; instead, He offers His strength as a gift. Psalm 73:26 expresses this beautifully—the heart and body may fail, but God remains our strength and portion. This Scripture encourages us to redirect our focus from our limitations to God's unlimited power.

Isaiah 40:29 reinforces this promise. God empowers the weary and strengthens the weak—He sustains us when we have nothing left to give. You are invited today to rest in the sufficiency of God's grace. Through your brokenness, His power is revealed and renewed.

Allow yourself to embrace God's strength today, knowing He is at work in your weakness.







Day 2: **B** Strength Renewed in Weakness

## Reflect and Apply

1.	What does it mean to you that God's power is experienced in weakness?
2.	How can you invite God's grace more fully into your struggle today?
	In what ways have you felt renewed strength when you felt completely worn out?







Day 2: **B** Strength Renewed in Weakness

### **Journaling Prompts**

1.	Describe a moment you experienced God's strength in a weak time.
2.	Write about how grace differs from relying on your own effort.
3.	List practical ways you can depend on God's power this week.







Day 2: 💋 Strength Renewed in Weakness

### Prayer for Today

**Heavenly Father,** I confess my weakness and need for Your power. Please help me to rely not on myself but on Your grace that is truly enough. Renew my strength daily and fill me with Your hope. Teach me to rejoice in my weaknesses so Your power can be made perfect in me. *In Jesus' name, Amen.* 



















Day 3: Peace That Guards Your Heart

### Your Verse

Philippians 4:7 - "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. I do not give to you as the world gives."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 3: Peace That Guards Your Heart

### Devotional: God's Peace Guards Your Mind and Heart

Anxiety and overwhelming thoughts often accompany depression, but God offers a peace beyond human comprehension. Philippians 4:7 promises a divine peace that guards both heart and mind through Christ Jesus. This is not a simple absence of trouble but a powerful protection amidst the storm.

Jesus distinguishes His peace from the world's temporary calm. In John 14:27, He invites us to receive His peace—a gift that transcends situations and circumstances. When depression challenges your thoughts, this peace can act as a shield.

Colossians 3:15 encourages believers to let Christ's peace rule within. This means intentionally allowing His calm to control your emotions and decisions, not the fears or doubts that depression can bring. Practically, this might involve prayer, Scripture memorization, or moments of quiet reflection on God's promises.

Today, receive God's peace as a protective guard over your mental and emotional wellbeing.







Day 3: **(**) Peace That Guards Your Heart

## Reflect and Apply

1.	What thoughts or worries currently challenge your peace of mind?
2.	How can you invite Christ's peace to 'rule' in your daily life?
3.	What practices help you sense God's peace more deeply?







Day 3: **(**) Peace That Guards Your Heart

## **Journaling Prompts**

1.	Write about how you experience God's peace amidst anxiety.
2.	List situations where God's peace has calmed your heart.
3.	Create a personal prayer asking for God's protection over your mind.







Day 3: Peace That Guards Your Heart

### Prayer for Today

**Lord Jesus,** thank You for Your peace that passes all human understanding. When anxiety and dark thoughts threaten, help me to hold fast to Your calming presence. Guard my mind and heart, and rule over my emotions with Your perfect peace. Teach me to rest in You daily. *Amen.* 😂 🔾

















Day 4: Nope That Lifts the Soul

### 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**

- Psalm 42:11 "Put your hope in God, for I will yet praise him, my Savior and my God."
- Lamentations 3:22–23 "His compassions never fail; they are new every morning."







Day 4: 🗱 Hope That Lifts the Soul

### Devotional: God's Hope Renewing You Each Morning

Hope is vital when facing persistent depression, and God is the ultimate source. Romans 15:13 is a powerful prayer that God fills us with joy and peace as we trust Him, causing an overflow of hope by the Holy Spirit's power. Hope is not wishful thinking; it is confident expectation grounded in God's faithfulness.

Psalm 42:11 captures a soul's cry amidst despair, yet it chooses to put hope in God. This act of faith—even when feelings are heavy—is a spiritual anchor. Lamentations 3:22–23 reminds us that God's mercy renews every morning, symbolizing continual opportunities for hope to rise each day.

No matter how entrenched the struggle, God's hope can lift your soul. This hope empowers you to keep moving forward, praising God even when healing seems distant. The Holy Spirit strengthens this hope, enabling you to face each day with renewed strength and purpose.







Day 4: 🎇 Hope That Lifts the Soul

## Reflect and Apply

1.	How do you find hope when your depression feels overwhelming?
2.	What does trusting God look like in your current mental health journey?
3.	In what ways have you experienced God's mercies as 'new every morning'?







Day 4: 🎇 Hope That Lifts the Soul

## **Journaling Prompts**

1.	Write about what hope means to you personally.
2.	Describe a moment when hope helped you persevere.
3.	List ways you can encourage hope in your daily routine.







Day 4: 🗱 Hope That Lifts the Soul

### Prayer for Today

**God of Hope,** fill me with Your joy and peace as I trust You each day. Help me to overflow with hope through the power of the Holy Spirit, especially when depression clouds my view. Renew my spirit as faithfully as Your mercies meet every morning. *In Jesus' name, Amen.* 









## Day 5: W Healing in God's Timing









Day 5: Healing in God's Timing

### Your Verse

Jeremiah 30:17 – "But I will restore you to health and heal your wounds," declares the Lord."

### Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."







Day 5: Healing in God's Timing

### Devotional: Trusting God's Timing in Your Healing

Healing from mental health challenges often requires patience and trust in God's timing. Jeremiah 30:17 promises that God will restore health and heal wounds. This assurance is essential for those experiencing ongoing depression, reminding us that healing is possible even when it seems slow or delayed.

God's healing is holistic, embracing the heart, mind, and spirit. Psalm 147:3 reveals that He heals the brokenhearted and carefully binds our wounds, showing tender care. Ecclesiastes 3:1 offers wisdom about the rhythms of life—there is a time and season for every purpose, including healing.

Today, consider releasing any frustration about the pace of your healing process. Trust that God's plan is perfect and His timing wise. Continue to lean on Him as your healer, confident that His restoration will unfold according to His loving will.







Day 5: 💮 Healing in God's Timing

## Reflect and Apply

1.	How do you respond when healing feels slow or absent?
2.	What does trusting God's timing teach you about patience?
3.	In what ways can you recognize God's healing in small daily moments?







Day 5: 🔅 Healing in God's Timing

## **Journaling Prompts**

1.	Write about your feelings regarding the pace of your healing.
2.	Reflect on past experiences where God healed you in His timing.
3.	Make a list of small evidences of healing you see today.







Day 5: Healing in God's Timing

### Prayer for Today

**Lord,** I desire healing but sometimes struggle with impatience. Help me to trust Your perfect timing and rest in Your promise to restore me. Bind up my wounds and fill me with hope as I await Your healing touch. Teach me to be patient and faithful. *In Jesus' name, Amen.* 

















#### Your Verse

Psalm 55:22 – "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

### **Supporting Scriptures**

- Isaiah 43:2 "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you."
- Hebrews 13:5 "Never will I leave you; never will I forsake you."







### Devotional: Daily Reliance on God's Sustaining Strength

Living with treatment-resistant depression requires continual reliance on God's sustaining power. Psalm 55:22 invites us to cast our burdens onto the Lord who sustains us and ensures we will not be shaken. This is a daily choice —to unload our worries and trust God to carry us through.

Isaiah 43:2 paints a vivid picture of God's protection during hard times. Passing through floods or fires, we are not overcome because God walks alongside. Hebrews 13:5 further reassures us of God's unwavering presence; He never leaves nor forsakes us.

**Today, practice casting your cares on God intentionally.** Release any feelings of self-blame or isolation and allow God's strength to uphold you. Walking daily with this awareness can transform your mental health journey, providing peace amid uncertainty.







## Reflect and Apply

1.	What worries or burdens do you need to cast on the Lord today?
2.	How does God's promise to never abandon you affect your outlook?
3.	In what ways can you remind yourself daily of God's sustaining presence?







## **Journaling Prompts**

1.	List burdens you want to surrender to God.
2.	Write a prayer pledging to trust God with your daily struggles.
3.	Describe moments when God's strength carried you unexpectedly.







### **Prayer for Today**

**Gracious Father,** I cast all my cares on You today. Sustain me through my fears, doubts, and hardships. Remind me daily that You are with me and will never leave or forsake me. Help me walk in Your strength moment by moment. *In Jesus' name, Amen.*  $\bigwedge$   $\hookrightarrow$ 















### Your Verse

Romans 8:38–39 – "Nothing can separate us from the love of God that is in Christ Jesus our Lord."

### **Supporting Scriptures**

- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves."
- 1 John 4:18 "There is no fear in love. But perfect love drives out fear."







### Devotional: God's Love: Your Unshakable Refuge Always

As this study concludes, anchor yourself in the unchanging love of God. Romans 8:38–39 assures us that no circumstance, including the darkest mental battles, can separate us from God's love in Christ Jesus. This eternal bond is the foundation of our hope and courage.

Zephaniah 3:17 celebrates God as a mighty warrior who delights in saving us. In your mental health journey, you are not facing battles alone—God fights for you with power and tenderness. 1 John 4:18 highlights that perfect love casts out fear, replacing anxiety with peace.

**Today, rest deeply in God's unfailing love.** Let it calm your heart, dispel fear, and renew your spirit. Whether your depression continues or lifts, God's love remains your constant and unshakable refuge.







## Reflect and Apply

	How does knowing nothing can separate you from God's love impact your fears?
2.	What fears might God's perfect love be inviting you to release?
3.	How can you rest daily in God's presence and love?







## **Journaling Prompts**

1.	Write about what God's love means to you during hardship.
2.	Reflect on times God's love helped you overcome fear.
3.	List ways you can remind yourself of God's constant presence.







### Prayer for Today

**Lord Jesus,** thank You that nothing can separate me from Your love. Help me to rest fully in Your presence and perfect love today. Remove all fear and fill me with peace as You fight for me. May Your love be my refuge forever. *Amen.* 









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