Finding Strength and Healing Through God's Word



A 7-day Bible study offering prayers and encouragement for those facing gallstones and surgery.





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Introduction

Welcome to this 7-day journey focusing on *health, healing, and God's sustaining grace.* Facing health challenges such as gallstones and upcoming surgery can feel overwhelming and filled with uncertainty. Yet, Scripture offers **hope, peace, and strength** during these difficult times.

Throughout this study, you will find **daily scriptures**, reflections, and prayers designed to encourage your heart and guide your mind toward trusting God's plan. Whether you're personally undergoing surgery or supporting a loved one, these devotions invite you to lean on the Lord's promises and healing power.

Remember, God is not distant in your pain but **near**, **comforting**, **and active** in your life. As Psalm 46:1 reminds us, "God is our refuge and strength, an everpresent help in trouble." These comforting truths uplift you, reminding you that your health journey is held in divine hands.

Let these passages **ground your faith and bring peace** amidst uncertainty. Approach each day with an open heart, ready to receive the encouragement and prayers designed to fortify your spirit.















Your Verse

Psalm 46:1 NIV - "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you... I will strengthen you and help you."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: God Is Our Ever-Present Strength

When facing health challenges such as gallstones and the uncertainty of surgery, fear and anxiety can easily overwhelm the heart. But God invites us into a refuge of peace and strength. **Psalm 46:1** calls God our refuge — a safe place that holds us firmly amidst the storm.

Take comfort today knowing that God is a present help, not distant or uncaring. His strength is available to carry you when your own feels depleted. The promise in **Isaiah 41:10** assures us that we do not have to face these struggles alone; God walks with us through every anxious moment.

Remember, even when your body feels weak or uncertain, God's grace is made perfect in that weakness (**2 Corinthians 12:9**). Today, lean into God's refuge with confidence and let His peace guard your heart during this challenging time.







Reflect and Apply

	How have you experienced God's protection during past health challenges?
2.	What fears or worries do you need to surrender to God today?
	In what ways can acknowledging your weakness open you to God's strength?







Journaling Prompts

1.	Write about a moment when God provided peace in your pain.
2.	List the ways God has been a refuge for you in recent struggles.
	Journal your fears about your upcoming surgery and how you want God to meet you through them.







Prayer for Today

Lord, in the moments when fear creeps in and my body feels uncertain, help me to find refuge in You. Strengthen me with Your grace and surround me with Your peace. Remind me that You are ever–present and my help in trouble. May Your presence ease my anxiety as I face this health journey, and may Your peace guard my heart and mind through each step. *Thank You for being my constant refuge and strength.* In Jesus' name, Amen.















Your Verse

Jeremiah 30:17 NIV – "But 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."
- James 5:15 "The prayer of faith will save the sick... and the Lord will raise them up."







Devotional: Trusting God's Promise to Heal

Health challenges can leave us feeling broken and vulnerable, but God's promise in **Jeremiah 30:17** is full of hope: He will restore and heal. This restoration is not just physical but emotional and spiritual too.

God identifies Himself as the Great Physician in **Exodus 15:26**, affirming His desire and power to heal. Whether through medical treatment, surgery, or divine intervention, God is deeply involved in the healing process.

Prayer is a vital part of this journey. As **James 5:15** encourages, the prayer of faith brings healing and raises up the sick. Today, invite God's healing hand over your body and mind, trusting Him with your care and recovery.







Reflect and Apply

1.	What does healing look like for you beyond just physical health?
2.	How can you incorporate prayer into your health journey?
3.	In what ways have you seen God's healing power in your life or others'?







Journaling Prompts

1.	Reflect on the areas of your life where you need restoration.
2	Describe your feelings about trusting God with your healing.
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3.	Write a prayer asking God to guide your doctors and medical team.







Prayer for Today

















Your Verse

Philippians 4:6-7 NIV - "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."
- Psalm 94:19 "When anxiety was great within me, Your consolation brought me joy."







Devotional: Embracing God's Peace Over Anxiety

Anxiety is a natural response when navigating illness and uncertain medical procedures. However, **Philippians 4:6-7** calls us to replace anxiety with prayer and thanksgiving, resulting in God's perfect peace protecting our hearts and minds.

Jesus promised an enduring peace in John 14:27 — a peace unlike anything the world can offer. It's a peace felt even when circumstances are challenging or frightening.

Psalm 94:19 reminds us that God's consolation turns anxiety into joy. As you face upcoming health concerns, turn your worries into prayers and trust that God's peace will hold you firm.







Reflect and Apply

1.	What anxieties are you holding onto right now?
2.	How can prayer and gratitude shift your perspective in stressful times?
3.	Where have you experienced God's peace unexpectedly before?







Journaling Prompts

1.	Write about a specific worry and what giving it to God looks like.
2.	List things you are thankful for today despite your health concerns.
3.	Journal a prayer asking God to guard your heart and mind.







Prayer for Today

Lord Jesus, in moments when fear and worry rise within me, help me to remember Your promise of peace. Calm my anxious heart and fill me with the peace that surpasses all understanding. Teach me to bring my concerns to You in prayer and to trust Your calming presence. Surround me with Your peace as I face whatever lies ahead. In Your loving name, Amen.

















Your Verse

Isaiah 40:31 NIV - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles..."

Supporting Scriptures

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 28:7 "The LORD is my strength and my shield; my heart trusts in him, and he helps me."







Devotional: Hope in God Renewing Your Strength

Health setbacks can drain physical and emotional energy, leaving us feeling weary. Yet, God offers a promise of renewed strength to those who hope in Him (**Isaiah 40:31**). This strength lifts us above circumstances, enabling endurance and courage.

Joy rooted in the Lord becomes our source of power (Nehemiah 8:10), not fleeting feelings or situations. Trust in God brings a shield of protection and help as Psalm 28:7 describes.

As you navigate this health journey, call upon God's strength daily. Rest in the hope He provides and allow His joy and power to renew your spirit.







Reflect and Apply

1.	In what areas of your journey do you feel weak or weary?
2.	How can focusing on God's joy strengthen your heart today?
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3.	What does 'renewing strength' mean for you personally?







Journaling Prompts

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Prayer for Today

Father, when my body and spirit grow weary, renew my strength as I place my hope in You. Help me to soar above my challenges with Your power and joy. Be my shield and defender in moments of doubt. Fill me with courage and perseverance for this journey ahead. In Your mighty name, Amen.

















Day 5: BG God's Comfort in Every Step

Your Verse

2 Corinthians 1:3–4 NIV – "He comforts us in all our troubles... so that we can comfort those in any trouble."

Supporting Scriptures

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."
- Matthew 11:28 "Come to me, all who are weary and burdened, and I will give you rest."







Day 5: BGod's Comfort in Every Step

Devotional: God's Presence Comforts Deeply

During illness and the unknowns of surgery, God's comforting presence becomes deeply precious. **2 Corinthians 1:3–4** reminds us that God is the Father of compassion who comforts us, so we can also be sources of comfort to others.

Walking through dark valleys, as Psalm 23:4 illustrates, we need not fear because God walks beside us. His presence eases pain and loneliness.

Jesus invites all who are weary and burdened to find rest in Him (**Matthew 11:28**). Allow His comfort to envelop you today—knowing you are not alone in this journey.







Day 5: 🥬 God's Comfort in Every Step

Reflect and Apply

1.	How have you felt God's comfort during difficult times in your life?
2.	What burdens do you want to bring to Jesus for rest?
3.	How can your experience of God's comfort help others?







Day 5: 🥬 God's Comfort in Every Step

Journaling Prompts

1.	Describe a moment when you felt God's comforting presence.
2.	Write about your fears and offer them to Jesus in prayer.
3.	Think of someone who needs comfort—how might you support them?







Day 5: BG God's Comfort in Every Step

Prayer for Today







Day 6: XX Hope Anchored in God's Promises









Day 6: 🗱 Hope Anchored in God's Promises

Your Verse

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

Supporting Scriptures

- Psalm 130:5 "I wait for the LORD, my whole being waits, and in his word I put my hope."
- Lamentations 3:22–23 "His mercies never come to an end; they are new every morning."







Day 6: 💸 Hope Anchored in God's Promises

Devotional: God's Promises Anchor Our Hope

Hope is a steadfast anchor for the soul during health trials. **Romans 15:13** prays for God to fill us with joy and peace as we place our trust in Him, strengthening inner hope by the Holy Spirit.

Waiting on the Lord can be challenging but Psalm 130:5 encourages us to fix our hope in God's unfailing Word. Each day brings new mercy and faithfulness as Lamentations 3:22–23 reminds.

Even when surgery and recovery seem daunting, hold firmly to God's promises. Let hope be your anchor unshaken by the waves.







Day 6: 🎇 Hope Anchored in God's Promises

Reflect and Apply

1.	What promises of God bring you the most hope now?
2.	How can you cultivate patience and trust in waiting seasons?
3.	In what ways has hope sustained you previously in hardship?







Day 6: 🎇 Hope Anchored in God's Promises

Journaling Prompts

1.	Write down your favorite Bible promises that bring hope.
2.	Describe what it feels like to wait on God with expectation.
3.	Pray for endurance and joy during waiting times.







Day 6: 💸 Hope Anchored in God's Promises

Prayer for Today















Your Verse

1 Peter 5:7 NIV - "Cast all your anxiety on him because he cares for you."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the LORD with all your heart... he will make your paths straight."
- Matthew 6:34 "Therefore do not worry about tomorrow... each day has enough trouble of its own."







Devotional: Trusting God with All Your Concerns

As you conclude this week of seeking God's presence amid health challenges, the invitation to surrender fully to Him is profound. **1 Peter 5:7** encourages casting all anxieties upon God because He deeply cares.

Trusting God wholeheartedly as Proverbs 3:5–6 suggests brings clarity and direction, even when the path seems uncertain. Living moment by moment frees us from the burden of fear about what's ahead.

Jesus reminds us not to be consumed by worries about tomorrow (**Matthew 6:34**), but to rely on God's provision today. As you face surgery or ongoing care, choose to rest in God's compassionate hands, surrendering all concerns and trusting His faithful love.







Reflect and Apply

1.	What anxieties do you find hardest to release to God?
2.	How can trusting God change your perspective on future uncertainties?
3.	What practical steps can you take to surrender your worries daily?







Journaling Prompts

1.	List the worries you want to surrender and write a prayer giving them to God.
2.	Reflect on past experiences when trusting God brought peace.
3.	Write about how you plan to live one day at a time in trust.







Prayer for Today

Gracious Father, I cast all my anxieties and fears upon You, trusting in Your loving care. Help me to lean fully into Your guidance and not rely on my own understanding. Teach me to live each day with peace, surrendering control and resting in Your faithfulness. Guard my heart from worry and remind me that You are always with me. In Jesus' name, Amen. \bigwedge







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