



# Finding Strength and Peace in Health Challenges



A 7-day Bible study supporting those praying through shortness of breath, offering comfort and hope through Scripture and reflection.

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## Introduction

Welcome to this 7-day Bible study on health, dedicated especially to those facing the challenge of shortness of breath. Whether due to chronic illness, acute conditions, or anxiety, struggling with breathlessness can be physically taxing and emotionally overwhelming. Yet, amid these trials, God's Word offers unwavering comfort, strength, and peace.

*Breath* itself symbolizes life in Scripture, reminding us of our dependence on God's sustaining power. In times when each breath can feel labored, it is natural to seek spiritual support that nurtures body, mind, and soul. This study is designed to accompany you through days of difficulty, bringing God's presence close, encouraging trust, and inspiring hope.

Over the next seven days, you will encounter carefully chosen Scriptures that speak to God's care over our bodies and spirits, devotionals that reflect on His promises and faithfulness, and questions that invite honest reflection. You will also find journaling prompts to help express your heart to God and a daily prayer to deepen your connection with Him. Together, these elements seek to enrich your understanding of health — not just physically, but holistically — and to uphold your faith during challenging moments.

Remember, you are not alone in your struggle. **God is near to the brokenhearted and saves those who are crushed in spirit (Psalm 34:18).** May this study strengthen your trust in Him as you breathe through each day with courage and hope.





## Day 1: God Sustains Every Breath



Day 1: 🗨️ God Sustains Every Breath

## Your Verse

*Psalm 145:18-19 - “The Lord is near to all who call on him... He fulfills the desires of those who fear him; he hears their cry and saves them.”*

## Supporting Scriptures

- *Genesis 2:7 - “The Lord God formed the man... and breathed into his nostrils the breath of life.”*
- *Isaiah 40:31 - “Those who hope in the Lord will renew their strength...”*



Day 1: 🗨️ God Sustains Every Breath

## Devotional: God's Nearness in Every Breath

Shortness of breath can deeply shake us because breathing is so fundamental to life. The Bible reminds us that every breath we take is a gift from God. From the very beginning, **God breathed life into humanity**, making us living beings (Genesis 2:7). This means that life and breath are not random occurrences but sacred connections to our Creator.

Psalms 145 assures us that the Lord is near to those who call on Him and listens when we cry out. This nearness is a comfort when each breath feels frail or difficult. It reminds us that *we are not alone* in our suffering — God is with us, sustaining us moment by moment.

When you find yourself breathing heavily or struggling, remember that leaning into God's presence can renew your strength. Like Isaiah 40:31 says, those who wait upon the Lord will find their strength restored. Today, let your prayers be simple calls for God's sustaining breath.



Day 1:  God Sustains Every Breath

## Reflect and Apply

1. How does knowing God breathes life into us affect the way you view your health struggles?

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2. In what ways can you experience God's nearness when feeling breathless or weak?

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3. How might you practice waiting on the Lord to renew your strength today?

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Day 1:  God Sustains Every Breath

## Journaling Prompts

1. Write about a moment when you felt God's presence during breathing difficulties.

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2. List the ways God has sustained you physically or emotionally recently.

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3. Express any fears or hopes you have about your health and breathing.

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Day 1: 🗨️ God Sustains Every Breath

## Prayer for Today

**Lord, thank You for giving me every breath I take.** When I feel weak and overwhelmed, help me remember that You are near and holding me close. Renew my strength, sustain me in difficult moments, and fill me with peace as I trust You with my health. May Your presence be my comfort and hope today. *Amen.* 🙏🗨️❤️





## Day 2: 🕊️ Peace That Calms the Heart



Day 2: 🕊️ Peace That Calms the Heart

## 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... and the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.”*
- *Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*



Day 2: 🕊️ Peace That Calms the Heart

## Devotional: Inviting Christ's Peace to Overcome Fear

Shortness of breath often triggers anxiety, creating a cycle of fear and physical distress. Jesus offers a different way — **peace that transcends our circumstances**. In John 14:27, He promises a peace unlike what the world offers, one able to soothe troubled hearts and quiet fearful minds.

Philippians encourages us not to be anxious but to bring our worries to God through prayer. This act opens the door for God's incomprehensible peace to take root inside us. Anxiety may try to grip us during breathlessness, but God's peace can guard our hearts and minds against that fear.

When breathlessness arises, try focusing on Jesus' calming words. Invite His peace to soothe your panic, replacing anxiety with steadfast trust. Choose to lean into God's faithful presence, knowing He shields your spirit even when your body feels frail.



## Reflect and Apply

1. What fears come up when you experience shortness of breath, and how do you usually respond?

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2. How can you practice giving your anxieties to God in these moments?

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3. What does Jesus' peace mean to you personally, and how might it transform your heart today?

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Day 2: 🕊️ Peace That Calms the Heart

## Journaling Prompts

1. Describe a recent time when God's peace calmed your anxiety.

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2. Write a prayer releasing your fears about breathing difficulties.

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3. List scriptures or truths to remind yourself of God's peace during trials.

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Day 2: 🕊️ Peace That Calms the Heart

## Prayer for Today

Heavenly Father, thank You for the peace You freely give. In my moments of breathlessness and fear, help me hold onto Your promise not to be afraid. Guard my heart from anxiety and fill me with a calming, steadfast trust in You. Teach me to rest in Your peace all day long. *Amen.* 🕊️❤️🙏





## Day 3: 💪 Strength in Weakness





## Day 3: 🐛 Strength in Weakness

## Your Verse

*2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.”*

## Supporting Scriptures

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



Day 3:  Strength in Weakness

## Devotional: God's Power Revealed in Weakness

Physical weakness, especially with breathing, can test our resilience. Yet, the Apostle Paul teaches a powerful truth: God's grace is enough, and His power shines brightest when we are weakest. This can be both humbling and hopeful.

Isaiah reassures that God gives strength to the weary, uplifting us when our own power fades. Meanwhile, the psalmist acknowledges that even if our bodies fail, God remains unseen strength and our eternal portion.

When you feel frail or breathless, pray for God's grace to cover you. Embrace your weakness as a place for His strength to work wonders in your life. It's a paradox where surrender becomes the gateway to empowerment.



## Reflect and Apply

1. How have you experienced God's grace during times of physical weakness?

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2. What does it mean to you that God's power is perfected in weakness?

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3. How might embracing your frailty open doors for God's strength today?

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## Journaling Prompts

1. Reflect on a time your weakness taught you more about God's strength.

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2. Write about areas where you need to rely more on God's grace.

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3. Record a prayer asking God to reveal His power in your current struggles.

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Day 3: 💪 Strength in Weakness

## Prayer for Today

**Lord, Your grace is everything I need.** When my breath is shallow and my body feels weak, help me trust that Your power is working through me. Strengthen my heart and fill me with hope as I rest in Your sufficiency. May Your grace uphold me today and always. *Amen.* 💪 🙏 ❤️





## Day 4: Rest for the Weary



Day 4: 🌿 Rest for the Weary

## Your Verse

*Matthew 11:28-30 - “Come to me, all you who are weary... and I will give you rest.”*

## Supporting Scriptures

- *Psalm 23:2-3 - “He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.”*
- *Hebrews 4:9-10 - “There remains a Sabbath rest for the people of God.”*



Day 4: 🌿 Rest for the Weary

## Devotional: Accepting Jesus' Invitation to Rest

Living with breathing difficulties can leave us mentally, emotionally, and physically exhausted. Jesus extends a gentle invitation to all who are weary: come to Him for rest. This rest is more than physical—it refreshes our entire soul.

Psalm 23 beautifully depicts the Lord as a shepherd who leads us to peaceful places, refreshing every part of us. Hebrews reminds us that God offers a Sabbath rest, a divine pause where our labor stops and our spirits find renewal.

Take time today to accept Jesus' invitation. Let go of striving and exhausting yourself to fix things on your own. Lean into God's care and experience the restoration only He can provide.





Day 4: 🌿 Rest for the Weary

## Reflect and Apply

1. What keeps you from accepting rest when you feel weary or breathless?

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2. How can you intentionally create moments to rest in God's presence today?

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3. What difference does soul-rest make compared to just physical rest?

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Day 4: 🌿 Rest for the Weary

## Journaling Prompts

1. Write about what rest means to you in the midst of health challenges.

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2. List practical ways you can pause and receive God's rest this week.

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3. Describe how Jesus' rest renews your soul differently than other times of rest.

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Day 4: 🌿 Rest for the Weary

## Prayer for Today


Dear Jesus, I come to You **tired and burdened**. Thank You for promising rest to my weary soul. Teach me to stop striving and to lay my burdens at Your feet. Refresh me today with Your peace and restore my spirit. Help me accept Your invitation to rest fully. *Amen.* 🌿 🙏 🛌





## Day 5: Light in the Darkness



Day 5:  Light in the Darkness


## Your Verse

*Psalm 18:28 - “You, Lord, keep my lamp burning; my God turns my darkness into light.”*

## Supporting Scriptures

- *John 1:5 - “The light shines in the darkness, and the darkness has not overcome it.”*
- *Psalm 27:1 - “The Lord is my light and my salvation—whom shall I fear?”*



Day 5:  Light in the Darkness

## Devotional: God's Light Overcomes Our Darkness

Periods of poor health can feel like walking through darkness. Shortness of breath may breed fear and uncertainty. Yet, Psalm 18 reminds us that God keeps our lamp burning and transforms darkness into light.

Jesus, the Light of the world, promises that darkness cannot overcome His radiance. When fear threatens to swallow your peace, remember that God's light pierces the shadows.

Allow God's presence to illuminate your path, giving you hope when situations feel overwhelming. Trust that even in respiratory struggles, His light guides and protects you. Let His steadfast light be your anchor today.



## Reflect and Apply

1. What types of darkness or fear accompany your health challenges?

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2. How does God's light bring hope in moments when you feel overwhelmed?

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3. Can you recall a moment when God's light guided you through a dark season?

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Day 5:  Light in the Darkness

## Journaling Prompts

1. Write about fears you want to bring into God's light.

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2. Describe how envisioning God's light affects your emotions and faith.

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3. Make a gratitude list for moments God's light was evident in your life.

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Day 5: 🕯️ Light in the Darkness

## Prayer for Today

**Lord, You are my light in every shadow.** When I face darkness through illness and breathlessness, shine Your light brightly in my heart. Let me not be afraid but walk confidently knowing You guide my steps. Illuminate my path and fill me with hope today. *Amen.* 🕯️ ✨ 🙏





## Day 6: 🙌 Trusting God's Healing Hands



## Day 6: 🙏 Trusting God's Healing Hands

## Your Verse

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

## Supporting Scriptures

- *James 5:14 – “Is anyone among you sick? Let them call the elders... and pray over them, anointing them with oil in the name of the Lord.”*
- *Exodus 15:26 – “I am the Lord, who heals you.”*



Day 6: 🙏 Trusting God's Healing Hands

## Devotional: Relying on God's Healing Promise

Healing is an important aspect of God's character. He declares through Jeremiah His commitment to restore and heal. While healing may not always be immediate or literal, God cares deeply about our wellbeing.

James encourages the church to pray for the sick, showing that healing is also a communal and spiritual journey. God's healing can manifest physically, emotionally, or spiritually, reminding us to entrust ourselves fully into His care.

In moments of shortness of breath, place your trust in God's healing hands. Whether He brings tangible cure or spiritual peace, His healing presence is sure and sustaining.



Day 6: 🙏 Trusting God's Healing Hands

## Reflect and Apply

1. How do you understand God's promise to restore health in your current situation?

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2. What role does prayer, both personal and communal, play in your healing journey?

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3. How can you embrace God's healing even if it looks different than expected?

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Day 6: 🙏 Trusting God's Healing Hands

# Journaling Prompts

1. Describe your feelings about healing and restoration from God.

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2. Write a prayer asking God to reveal His healing in your life.

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3. Recall or imagine a time when God's healing power was evident.

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Day 6: 🙌 Trusting God's Healing Hands

## Prayer for Today

**Father, I trust in Your promise to heal and restore.** Please touch my body and spirit with Your healing grace. Help me to lean on Your presence even when physical healing seems slow. Surround me with support and guide my heart to rest in You. *Amen.* 🙌 ❤️ 🙏





## Day 7: ✨ Hope Anchored in God





Day 7: 🌟 Hope Anchored in God

## Your Verse

*Hebrews 6:19 – “We have this hope as an anchor for the soul, firm and secure.”*

## Supporting Scriptures

- *Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”*
- *Lamentations 3:22-23 – “His compassions never fail... great is your faithfulness.”*



Day 7: 🌟 Hope Anchored in God

## Devotional: Anchoring Your Soul in God's Hope

Health challenges like shortness of breath can challenge our hope but Scripture encourages us to anchor our souls firmly in God. Hebrews describes this hope as reliable and secure, preventing us from drifting into despair.

Romans tells us God fills us with joy and peace as we place our trust in Him. Lamentations assures us that God's compassion is unfailing and His faithfulness is great every morning.

Allow this hope to settle deep within your soul today. Let it be the firm foundation during difficult breaths and uncertain days. Though physical health may fluctuate, your hope in God remains steadfast and life-giving.



Day 7: 🌟 Hope Anchored in God

## Reflect and Apply

1. Where do you currently anchor your hope during health struggles?

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2. How can you cultivate deeper joy and peace through trusting God today?

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3. What helps you remember God's daily faithfulness in your life?

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Day 7: 🌟 Hope Anchored in God

## Journaling Prompts

1. Write about what it means to have hope as an anchor for your soul.

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2. List ways God has been faithful throughout your health journey.

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3. Pray for stronger trust and joy as you face ongoing challenges.

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Day 7: ✨ Hope Anchored in God

## Prayer for Today

God of hope, You are my firm anchor in every storm. Fill me with joy and peace as I trust in Your faithfulness. Help me hold onto hope even when my health feels uncertain. May Your steadfast love be my constant strength and assurance. *Amen.* ✨ ⚓ 🙏





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