



# Finding Strength in Health Challenges



Discover God's strength and hope through the journey of rheumatoid arthritis in this inspiring 7-day Bible study on health and faith.

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## Introduction

Facing a health challenge like **rheumatoid arthritis** is often a journey filled with physical pain, emotional ups and downs, and spiritual questions. Yet, it is in these moments of difficulty that our faith has the opportunity to deepen and mature. This 7-day Bible study plan is designed specifically to help you *find strength, hope, and encouragement* in God's Word as you journey through the complexities of rheumatoid arthritis.

Rheumatoid arthritis can affect daily life in profound ways, limiting physical abilities and sometimes making even the simplest tasks challenging. However, the Bible reminds us repeatedly that God is Our Refuge and Strength, a very present help in trouble (**Psalms 46:1**). This plan will guide you through Scriptures that highlight God's power to sustain us, His presence in our suffering, and His promises of peace and restoration.

Throughout these seven days, you will encounter passages that express God's compassion, His promise to carry our burdens, and the peace He offers beyond understanding. Each day will include **devotionals** to encourage your heart, **reflection questions** to help you engage deeply with the Word, and **prayer prompts** that invite you into intimate conversation with God.

Whether you are newly diagnosed or have been living with rheumatoid arthritis for years, this study aims to bring you closer to God's healing presence and to empower you to face each day with renewed strength. Remember, your physical body might feel weak at times, but your spirit can



be strong in the Lord. Let's embark together on a journey where God's Word meets your pain with hope, healing, and unshakable strength.





# Day 1: Finding Strength in God's Refuge



Day 1: 🌿 Finding Strength in God's Refuge

## Your Verse

*Psalm 46:1 – "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; do not be dismayed, for I am your God."*
- *2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 1: 🌿 Finding Strength in God's Refuge

## Devotional: God's Strength Is Perfect in Weakness

**Rheumatoid arthritis can feel overwhelming** with its daily pains and limitations, but Psalm 46:1 reminds us that God is our refuge and strength. This means no matter how difficult life gets physically, we have a safe place in Him, a source of strength that never fails.

*God is not distant in our suffering.* He is an active, ever-present help. When our human strength fails, He provides supernatural strength and peace. The promise in Isaiah 41:10 comforts us to not be fearful or dismayed, for God is with us every step of the way. And in 2 Corinthians 12:9, Paul teaches that God's power shines brightest in our weaknesses, reminding us that divine strength is made perfect when we feel weak.

Today, take heart knowing that your health struggles do not isolate you. God's strength is available in your pain, offering sustenance to keep going.



## Reflect and Apply

1. How does knowing God is your refuge change your perspective on your physical pain?

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2. In what moments of weakness have you experienced God's strength before?

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3. What fears does God's promise in Isaiah 41:10 help you overcome today?

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Day 1: 🌿 Finding Strength in God's Refuge

## Journaling Prompts

1. Write about a time when you felt God's strength during a difficult health moment.

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2. List areas where you need to stop fearing and trust God's presence more.

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3. Describe how Paul's words about weakness and grace encourage you in your journey.

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Day 1: 🌿 Finding Strength in God's Refuge

## Prayer for Today

**Lord, in the midst of pain and struggle, I thank You for being my refuge and strength.** Help me to lean on Your presence when my body feels weak and afraid. Remind me that Your grace is enough and Your power is perfect in my weakness. Teach me to trust You more fully each day and to find peace in Your unfailing help. *Amen.* 🙏🌿💪





## Day 2: ❤️ Embracing God's Comfort in Pain



## Your Verse

*2 Corinthians 1:3-4 - "Praise be to the God... who comforts us in all our troubles..."*

## Supporting Scriptures

- *Psalm 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."*
- *Matthew 11:28 - "Come to me, all you who are weary... and I will give you rest."*



Day 2: ❤️ Embracing God's Comfort in Pain

## Devotional: God's Comfort Is Our Healing Balm

Living with rheumatoid arthritis often means wrestling with both physical and emotional pain. Yet, God's promise in 2 Corinthians 1:3–4 reminds us He is the source of all comfort. He doesn't just comfort us to ease our pain, but so we can also comfort others walking similar paths.

*God is intimately close to those who hurt.* Psalm 34:18 assures us that He is near the brokenhearted and saves those overwhelmed by grief or frustration. When the journey feels exhausting, Jesus invites us in Matthew 11:28 to come to Him, to lay down our burdens, and receive rest.

On challenging days, let us rest in the truth that God understands our suffering deeply and offers His loving comfort as a balm for our souls. This divine comfort is a lifeline, renewing hope and providing peace amid pain.



## Reflect and Apply

1. How can you allow God's comfort to fill your heart during painful moments?

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2. What does it mean to you that God is close to the brokenhearted?

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3. In what ways might God use your experience of suffering to comfort others?

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# Journaling Prompts

1. Write a prayer asking God to comfort your heart in the midst of pain.

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2. Reflect on a recent difficult moment and how God provided rest or peace.

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3. Describe how you can share God's comfort with someone else who is hurting.

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Day 2: ❤️ Embracing God's Comfort in Pain

## Prayer for Today

**Father, thank You for being the God who comforts me in every trial.** When physical pain threatens to overwhelm, remind me that You are near, healing my broken heart and restoring my spirit. Help me to find rest in Your presence and to extend Your comfort to others who suffer. May Your peace guard my heart today and always. *Amen.* ❤️🕊️🌸







## Day 3: 🏠 Holding on to Hope in Healing



## Your Verse

*Jeremiah 29:11 – "For I know the plans I have for you... plans to prosper you and not to harm you..."*

## Supporting Scriptures

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*
- *Isaiah 40:31 – "Those who hope in the LORD will renew their strength."*



Day 3: 🏠 Holding on to Hope in Healing

## Devotional: God's Plans Give Us Hope and Strength

**Hope is an anchor** for those living with chronic illness. When rheumatoid arthritis disrupts your plans and challenges your dreams, Jeremiah 29:11 offers a powerful reminder that God's plans for you are good — full of hope and a future.

*Trusting God fills us with joy and peace*, as Paul prays in Romans 15:13. This hope is not just wishful thinking but a confident expectation rooted in God's unchanging nature and promises.

Isaiah 40:31 promises renewed strength to those who trust in the Lord. Even when your physical strength wanes, your hope in God can fuel your spirit and renew your energy. Today, hold tightly to this hope and let it inspire you to face each day with courage.



## Reflect and Apply

1. How does believing in God's good plans help you cope with your illness?

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2. What does hope in God look like in your daily life?

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3. How can you encourage yourself and others to trust God when it's hard?

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# Journaling Prompts

1. Write about how Jeremiah 29:11 speaks to your current situation.

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2. List ways God has brought joy and peace into your life despite challenges.

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3. Reflect on a time when your hope in God renewed your strength.

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Day 3: 🏠 Holding on to Hope in Healing

## Prayer for Today

Heavenly Father, thank You for the hope You give me even in my weakest moments. Help me to trust Your good plans for my life and to find joy and peace as I wait on You. Strengthen my heart and renew my spirit so I can face each day with courage and confidence in You. *Amen.* 🌅 ✨ 💪





## Day 4: 🕊️ Peace Beyond Understanding



## Your Verse

*Philippians 4:6-7 - "... 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."*
- *Psalms 29:11 - "The LORD gives strength to his people; the LORD blesses his people with peace."*





## Devotional: Embracing God's Surpassing Peace

**Physical pain and uncertainty can stir anxiety and fear**, but God offers a peace that surpasses all human understanding. Philippians 4:6-7 encourages us not to be anxious but to present our concerns to God through prayer, trusting He will guard our hearts and minds with His peace.

*Jesus promises a peace* unlike any other in John 14:27 – a peace that remains even in the storms of life. This is not just absence of trouble but a deep, abiding tranquility that coexists with hardship.

Psalms 29:11 confirms that this peace comes with strength, enabling us to endure and overcome. Let God's peace be your refuge today, calming your fears and strengthening your spirit.



## Reflect and Apply

1. What anxieties do you need to bring to God today?

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2. How have you experienced God's peace in the midst of suffering?

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3. In what ways can you practice resting in God's peace despite your illness?

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# Journaling Prompts

1. Write a prayer releasing your anxieties to God.

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2. Describe moments when God's peace felt tangible to you.

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3. Reflect on how peace can strengthen you physically and spiritually.

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Day 4: 🕊️ Peace Beyond Understanding

## Prayer for Today

Lord Jesus, thank You for Your gift of peace that calms my racing heart. Help me to lay down my fears and worries at Your feet, and to rest in the security of Your love. Guard my heart and mind with Your peace that surpasses understanding and strengthen me as I face each challenge. *Amen.* 🕊️ ❤️ 🙏





## Day 5: ✨ Strength Through Perseverance



## Your Verse

*James 1:12 – "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."*

## Supporting Scriptures

- *Romans 5:3-4 – "Suffering produces perseverance; perseverance, character; and character, hope."*
- *Hebrews 12:1 – "Let us run with perseverance the race marked out for us."*



## Day 5: ✨ Strength Through Perseverance

# Devotional: Perseverance Strengthens Our Faith and Hope

Rheumatoid arthritis demands perseverance—continuing faithfully even when the journey is difficult. James 1:12 reminds us that those who endure trials are blessed and will receive the crown of life. Perseverance is not just about endurance but about growing in faith and character through difficulty.

*Paul's words in Romans 5:3-4* explain how suffering produces perseverance, which then develops character and ultimately fills us with hope. Every painful flare-up, every challenging day builds spiritual endurance.

Hebrews 12:1 encourages us to run our individual race with perseverance, keeping our focus on Jesus. Let this truth inspire you to press on, knowing your perseverance is shaping an eternal reward and deepening your reliance on God.



## Reflect and Apply

1. How has perseverance through your illness shaped your character?

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2. What motivates you to keep trusting God during hard days?

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3. How can you remind yourself of the eternal reward as you persevere?

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# Journaling Prompts

1. Write about a time when perseverance led to spiritual growth for you.

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2. Reflect on what suffering has taught you about hope and faith.

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3. List practical ways you can persevere in your daily walk with God.

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Day 5: ✨ Strength Through Perseverance

## Prayer for Today

**Father, give me the strength to persevere through every trial I face. Help me to see suffering as a way to grow in character and hope. Keep my eyes fixed on Jesus as I run the race You have prepared for me. May my endurance honor You and bring glory to Your name. *Amen.*** 💪🚩✨





## Day 6: 🌈 Joy in God's Presence



Day 6: 🌈 Joy in God's Presence

## Your Verse

*Nehemiah 8:10 - "... the joy of the LORD is your strength."*

## Supporting Scriptures

- *Psalm 16:11 - "You make known to me the path of life; in your presence there is fullness of joy."*
- *John 15:11 - "I have told you this so that my joy may be in you and that your joy may be complete."*



Day 6: 🌈 Joy in God's Presence

## Devotional: God's Joy Fills and Strengthens Us

**Even amidst chronic illness, joy is possible.** Nehemiah 8:10 declares that the joy of the Lord is our strength. This joy does not depend on circumstances but flows from being in God's presence.

*Psalm 16:11 says that in God's presence is fullness of joy,* and Jesus in John 15:11 desires that we have complete joy. Experiencing this divine joy uplifts the soul, refreshes weary hearts, and empowers us to face physical trials with renewed vitality.

Choosing to focus on God's goodness and presence unlocks a deep joy that strengthens from the inside out. Let today be a day of celebration of God's sustaining joy, even on hard days.



## Reflect and Apply

1. How can you cultivate joy in God's presence despite your pain?

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2. What scriptures or worship experiences bring you joy today?

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3. How does joy impact your strength to face health challenges?

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# Journaling Prompts

1. Write about a moment when you felt God's joy deeply.

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2. List things in your life that bring you joy through God's grace.

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3. Reflect on how this joy can fuel your perseverance.

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Day 6: 🌈 Joy in God's Presence

## Prayer for Today

**Lord, fill me with Your joy that transforms my weakness into strength. Help me to seek Your presence daily and to celebrate the blessings You give. Teach me to rejoice even in trials, knowing that Your joy sustains and empowers me. May my heart overflow with gladness in You. Amen.** 🌈 😊 🎵







# Day 7: Renewed in God's Power and Grace



## Your Verse

*Ephesians 3:16 - "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."*

## Supporting Scriptures

- *2 Timothy 2:1 - "Be strong in the grace that is in Christ Jesus."*
- *Psalms 73:26 - "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*



## Devotional: God's Grace Strengthens Our Inner Being

As this study concludes, Ephesians 3:16 offers a powerful prayer for inner strength through God's Spirit. While our bodies may grow weary and frail due to rheumatoid arthritis, God promises renewal and empowerment within our inner beings.

*Paul's encouragement to Timothy*, to be strong in the grace of Christ, reminds us that God's grace is an ever-present source of strength. And Psalm 73:26 beautifully declares that even when flesh fails, God remains our strength forever.

Trust that God's power and grace are sufficient for you today and every day. As you move forward, may you be continually renewed in spirit, empowered by His presence, and wrapped in His unfailing love.



## Reflect and Apply

1. How do you experience God's power renewing your spirit?

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2. What does it mean to be strong in God's grace for your health journey?

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3. How can you daily rely on God as your eternal strength?

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# Journaling Prompts

1. Write a prayer asking for inner strength through God's Spirit.

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2. Reflect on how God's grace has sustained you in difficult times.

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3. Describe ways to lean more fully on God's strength each day.

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Day 7: 🛡️ Renewed in God's Power and Grace

## Prayer for Today

Gracious God, thank You for Your limitless grace that strengthens my inner being. Renew my spirit daily, empower me by Your Spirit, and help me to find strength in You when my body fails. May Your presence be my portion forever and guide me all the days of my life. *Amen.* 🛡️ ✨ ❤️





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