God's Breath in Chronic Bronchitis: A Healing Journey



Explore God's healing breath and comfort through Scripture as we navigate chronic bronchitis, finding strength and hope in His care.





Table of contents

<u>Introduction</u>	3
Day 1: **3 God, the Breath of Life	4
Day 2: A The Spirit Brings Renewal	10
Day 3: Strategies God's Healing Comfort	16
Day 4: Strength in Weakness	22
Day 5: B God's Peace in Troubled Times	28
<u>Day 6: € Trusting God's Control</u>	34
Day 7: * Hope and Strength for Tomorrow	40







Introduction

Welcome to this 7-day Bible study on "God's Breath in Chronic Bronchitis."

Living with chronic bronchitis presents ongoing challenges—breathlessness, fatigue, and anxiety about our health. Yet, the Bible offers profound hope and comfort, reminding us that God is our healer and breath-giver.

In Scripture, breath symbolizes life and the Spirit of God. From creation when God breathed life into Adam (*Genesis 2:7*) to the promise of restoration (*Ezekiel 37:5*), God's breath conveys power, life, and healing. This study gently invites you to meditate on God's promises and draw strength from His presence as you face chronic bronchitis.

Each day is crafted to nurture your spirit with Scripture, thoughtful devotional reflections, and meaningful prayers. You will find encouragement to trust God's comfort when breathing feels difficult and your body weary. Remember, God's Spirit is close—offering peace that transcends physical breath limitations.

May you embrace God's breath within, finding renewed hope amid health struggles. Let His Word uplift your heart and infuse your soul with peace. Step forward each day with faith, resting in the assurance that God sustains and strengthens you.

















Your Verse

Genesis 2:7 - "Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."

Supporting Scriptures

- Job 33:4 "The Spirit of God has made me; the breath of the Almighty gives me life."
- Psalm 150:6 "Let everything that has breath praise the LORD."







Devotional: God's Breath Gives Life and Strength

The breath of God is more than just air; it is the essence of life itself. In *Genesis 2:7*, we see that God personally breathed life into Adam, marking breath as a divine gift. As you journey through chronic bronchitis, this passage reminds you that your very breath is sustained by God's power and love.

Despite the difficulties breathing may bring, remember that God's life-giving breath is within you and all around. *Job 33:4* assures us that the Spirit of God gives us life, even when our physical strength feels low. This divine breath strengthens not only our bodies but also our spirit.

Take time to praise God today, as Psalm 150:6 invites every breath to be an act of worship. Even in moments of breathlessness or discomfort, your spirit can inhale God's peace and exhale gratitude.







Reflect and Apply

	How does knowing God breathed life into you affect how you view your struggles with breath?
	In what ways can you worship God even when your physical breath is limited?
	How might God's Spirit be sustaining you beyond your physical sensations?







Journaling Prompts

1.	Write about a time when you felt God's presence as you struggled to breathe.
2.	List three ways you can praise God today despite physical symptoms.
3.	Reflect on what it means to have God's breath sustaining your life.







Prayer for Today

Lord, thank You for breathing life into me and sustaining every breath I take.

Even when I feel weak or breathless, help me to remember that You are my strength and source of life. Fill me with Your peace and Spirit today, reminding me that Your breath is greater than any illness. Teach me to praise You with every inhale and exhale, trusting in Your healing and comfort. In Jesus' name, Amen. 🔾 😜 🙏 💙

















Your Verse

Ezekiel 37:5 - "This is what the Sovereign LORD says to these bones: I will make breath enter you, and you will come to life."

Supporting Scriptures

- John 3:8 "The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."
- Isaiah 40:31 "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."







Devotional: God Breathes New Life Into Our Weaknesses

In times of weakness, God promises breath and life anew. Ezekiel's vision in *Ezekiel 37:5* sees dry bones brought back to life by God's breath. This reminds us that, though chronic bronchitis may leave us feeling drained or lifeless, God is able to renew our strength.

The Holy Spirit, like the unseen wind in *John 3:8*, moves mysteriously yet powerfully within us. Though we can't always control or understand His ways, we can rest in His renewing work.

Isaiah 40:31 promises new strength to those who hope in the Lord. This is a beautiful reminder that even when our bodies grow weary, our hope in God ushers in restored energy and endurance to keep moving forward.







Reflect and Apply

1.	What areas of your life feel like 'dry bones' needing God's breath?
2.	How can you invite the Holy Spirit to renew your strength today?
3.	Where do you find hope when physical exhaustion weighs you down?







Journaling Prompts

1.	Describe what it feels like when God renews your spirit during illness.
2.	Write a prayer inviting the Holy Spirit to breathe new life into you.
3.	List ways you can actively place your hope in the Lord each day.







Prayer for Today

Heavenly Father, breathe Your renewing Spirit upon me. Where I feel weak and weary, let Your breath bring new life and hope. Help me to trust in Your strength when my own is lacking. Teach me to soar on wings like eagles, even through my health struggles. Fill me with the peace that comes from Your Spirit's presence. Amen.









Day 3: W God's Healing Comfort









Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

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







Devotional: Finding Comfort Amid Chronic Illness

Chronic bronchitis can break our hearts and wear us down physically and emotionally. Yet God tenderly offers healing and comfort. Psalm 147:3 assures us that He binds up our wounds, both seen and unseen.

Isaiah 41:10 reminds us that God's presence removes fear. He strengthens and upholds us, even when our bodies feel frail. It is in leaning into His strength that we find courage to face ongoing health challenges.

Jesus invites all who are weary to come to Him for rest (*Matthew 11:28*). This rest is more than physical — it restores our souls and brings peace beyond our circumstances.

Today, lean into God's healing comfort. Let Him mend your broken heart and carry your burdens.







Reflect and Apply

What emotional wounds do you need God to bind up today?
How can you experience Jesus' offer of rest amid your health struggles?
In what ways has God upheld you during difficult times?







Journaling Prompts

1.	Write about a recent moment when you felt God's comfort in your illness.
2.	Describe how you can 'come to Jesus' when feeling burdened.
3.	List promises from Scripture that bring you courage and peace.







Prayer for Today

Lord Jesus, You are my healer and comforter. Bind up the wounds of my heart and soothe my spirit. When I am weary and burdened by chronic illness, grant me Your rest and peace. Strengthen me with Your righteous hand so I do not fear. Help me to trust in Your loving care each day. Amen.









Day 4: V Strength in Weakness









Day 4: Strength 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.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 4: V Strength in Weakness

Devotional: God's Power Through Our Weaknesses

Living with chronic bronchitis often means facing physical weakness daily. But God's word assures us that His grace is enough. In *2 Corinthians 12:9*, Paul shares how God's power shines brightest in our weakness.

When our strength fails, Christ's power rests on us, carrying us through what we cannot do alone. This is a profound source of hope when breathlessness and fatigue strike.

Philippians 4:13 confirmed that we can face all things 'through Him'—not by our strength but by His. Psalm 46:1 reminds us that God is a refuge and an ever-present source of strength in trouble.

So today, embrace your weakness as a place where God's power can work mightily.







Day 4: ① Strength in Weakness

Reflect and Apply

1.	How have you experienced God's grace when feeling weak?
2.	What does it mean to boast about weaknesses so Christ's power can rest on you?
3.	Where do you rely on God's strength rather than your own?







Day 4: ① Strength in Weakness

Journaling Prompts

1.	Describe a time when God's power was evident in your weakness.
2.	Write about what 'His grace is sufficient' means in your life.
3.	List ways you can submit your weaknesses to God this week.







Day 4: **()** Strength in Weakness

Prayer for Today

Father, Your grace sustains me when I am weak. Let Your power rest upon me and give me strength beyond my own. Help me to rejoice in my weaknesses, knowing You are glorified through them. Be my refuge and strength when chronic illness challenges me. I trust in Your sufficient grace today and always. Amen.















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







Devotional: Embracing God's Perfect Peace

Chronic illnesses like bronchitis often bring anxiety and fears about breathing and health. Yet Jesus offers a unique peace — one the world cannot provide. In *John 14:27*, He assures us that His peace is a gift to calm troubled hearts.

Philippians 4:6-7 encourages us to present our worries to God through prayer. When we do, His peace, which surpasses all understanding, acts as a guard over our hearts and minds.

Romans 15:13 then paints a hopeful vision of joy and peace filling us as we trust God. The journey through illness becomes not only bearable but filled with God's sustaining hope.

Today, receive God's peace, refusing fear and anxiety to dominate.







Reflect and Apply

	What fears or anxieties about your health do you need to surrender to God?
2.	How can you practically 'guard your heart' with God's peace daily?
3.	What difference does God's peace make compared to worldly peace?







Journaling Prompts

Write a prayer giving your health worries to God.
List ways you can remind yourself of God's peace during anxious moments.
Describe what receiving God's peace looks like for you.







Prayer for Today

Jesus, thank You for the peace You freely give. When my heart is troubled by illness and fear, fill me with Your perfect calm. Help me to lay my anxiety before You, trusting that Your peace will guard my mind and soul. May I walk today confident in Your hope and joy. Amen. 💋 🖏 🔊

















Your Verse

Psalm 103:2-4 - "Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
- 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."







Devotional: God's Healing Hands and Loving Plans

Chronic bronchitis can feel unpredictable and overwhelming. But Psalm 103:2-4 reminds us God heals all diseases and crowns us with love and compassion. He is intimately aware of your struggles and holds your life carefully.

Proverbs 3:5-6 invites us to trust God fully, even when the way feels unclear. Leaning on His understanding rather than our own strengthens our faith and brings clarity.

Jeremiah 29:11 assures that God's plans are good—filled with hope and purpose. Despite health trials, God's desire is for your flourishing and peace.

Entrust your illness to God's caring hands, believing in His perfect, loving control.







Reflect and Apply

1.	How can trusting God's plans reduce your fear about illness?
	Where do you struggle to lean on God rather than your own understanding?
3.	What benefits of God do you want to remember today?







Journaling Prompts

1.	Write about how you can submit your health worries to God.
2.	List God's benefits that encourage you when ill.
3.	Reflect on a time when trusting God changed how you faced a challenge.







Prayer for Today

Gracious Father, thank You for Your healing power and compassion. Help me to trust You wholly with my health and future. When I don't understand my suffering, remind me that Your plans are to prosper me and give me hope. Lead me in Your paths and fill me with peace. In Your loving hands, I find rest. Amen.

Amen.

X







Day 7: XX Hope and Strength for Tomorrow









Day 7: 💸 Hope and Strength for Tomorrow

Your Verse

Lamentations 3:22-23 - "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- Romans 8:28 "And we know that in all things God works for the good of those who love him."
- Hebrews 12:1-3 "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus..."







Day 7: 🗱 Hope and Strength for Tomorrow

Devotional: God's Faithfulness Offers New Hope

Each new day brings fresh mercies from God. Lamentations 3:22–23 beautifully declares that God's compassions never fail—they are renewed every morning. This truth encourages us to face tomorrow with hope, even amid chronic illness.

Romans 8:28 reminds us that God works all things together for good for those who love Him. Though bronchitis may feel like a hardship, God can bring purpose and growth through it.

The writer of Hebrews encourages us to persevere like runners, keeping our eyes on Jesus. His strength sustains us as we navigate daily challenges.

Embrace God's faithfulness today and step forward in hope and endurance for tomorrow.







Day 7: 🎇 Hope and Strength for Tomorrow

Reflect and Apply

1.	How does remembering God's daily compassion help you cope with illness?
2.	In what ways can difficulties bring God's good purposes to light in your life?
3.	How can you fix your eyes on Jesus when feeling weary?







Day 7: 🎇 Hope and Strength for Tomorrow

Journaling Prompts

1.	Write a letter to yourself encouraging perseverance through illness.
2.	List ways God has shown faithfulness to you recently.
3.	Reflect on how you can rely on God's hope each new day.







Day 7: 🎇 Hope and Strength for Tomorrow

Prayer for Today

Merciful God, thank You for Your unfailing compassion and faithfulness. As I face tomorrow, fill me with renewed hope and strength. Help me to trust that You work all things for my good and guide me in perseverance. Keep my eyes fixed on Jesus, my source of life and endurance. In Your loving 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: Facebook • Instagram • YouTube • TikTok

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.