# God's Comfort for Colon Cancer Warriors: A 21-Day Health Journey



Find hope, strength, and healing through God's Word as we walk together in comfort during the fight with colon cancer.





#### Table of contents

<u>Introduction</u>	4
Day 1: Sod Our Comforter	5
Day 2: 💋 God, Our Healer	11
Day 3: OGod's Strength in Weakness	17
Day 4: Peace That Surpasses Understanding	23
<u>Day 5: ₹ Strength Renewed Each Morning</u>	29
<u>Day 6: ♥ Rest for the Weary</u>	35
<u>Day 7:  Hope Anchored in God</u>	41
Day 8: God's Goodness in All Seasons	47
Day 9: Renewed Mind and Spirit	53
Day 10: X Courage to Face Each Day	59
Day 11: God's Provision in Every Need	65
Day 12: Day 12	71
Day 13:  Inner Fire of Faith	77
Day 14: Rooted in God's Love	83
Day 15: X Light in the Darkness	89
Day 16: Breath of Life	95











#### Introduction

Welcome to your 21-day Bible study journey focused on health and God's comforting presence for those battling colon cancer. Facing such a diagnosis can shake the very core of one's faith and emotions. Yet, God's Word provides unwavering comfort, hope, and strength for every step of this difficult path.

Health is more than physical wellness—it encompasses emotional, spiritual, and mental healing as well. Throughout this study, we will explore Scripture passages that affirm God's intimate knowledge of our struggles and His promises to sustain us through pain and uncertainty.

Each day's devotional is designed to uplift your spirit and encourage you with biblical truths about God as a healer, comforter, and refuge. You'll encounter prayers, reflective questions, and journaling prompts to help you personally engage with God's Word and deepen your trust in His goodness.

Remember, you are not alone. The God who created your body also understands every fear and hope within your heart. Let this study remind you that His comfort never fails, even in the shadow of illness. May His peace guard your heart and mind as you lean on Him each day, walking forward with courage and faith.

Let us begin this journey of healing and hope together—trusting that God's love surrounds and strengthens you always. 🙏









Day 1: W God Our Comforter









#### Your Verse

2 Corinthians 1:3-4 - "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 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."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God..."







#### Devotional: God's Compassionate Comfort in Every **Trial**

Beginning your journey, it's vital to anchor yourself in the knowledge that God is our ultimate comforter. Facing colon cancer brings moments of fear, sadness, and uncertainty, but God promises to be near, tenderly comforting us through every trial.

Paul's words in 2 Corinthians remind us of the Father's compassion and unwavering presence. This divine comfort is not just a feeling—it is an active, powerful support that sustains us amid suffering and discouragement.

It is in our brokenness that God's strength shines most brightly. His nearness to the brokenhearted and willing salvation for those crushed in spirit (Psalm 34:18) invite us to bring all our pain honestly before Him.

When fear threatens to overwhelm you, recall Isaiah's assurance: "I am with you." This promise is a firm foundation that never wavers. Take a deep breath and rest in God's compassionate embrace today.

God's comfort will carry you forward; hold firmly to His loving hand. 🥬









## Reflect and Apply

	How do you personally experience God's comfort during difficult noments?
-	
2. V	What fears or worries do you want to surrender to God today?
<del>-</del>	
	n what ways can you allow God's presence to soothe your heart and nind?
_	
_	







## **Journaling Prompts**

1.	Write about a time God comforted you before your diagnosis.
2.	List specific worries you want God to comfort today.
2	Describe valent Cod's muse on so to ale libro vale on vacce que afrei d
<b>3.</b>	Describe what God's presence feels like when you are afraid.







#### Prayer for Today

Dear Heavenly Father, thank You for being the God of all comfort in my life. When the burden of illness weighs heavy, may I feel Your loving arms around me. Help me to trust that You are near, even when fear creeps in. Please calm my anxious heart and remind me that I am not alone in this journey. Strengthen my faith and fill me with Your peace that surpasses all understanding. Thank You for Your unending compassion and for holding me close every step of the way.









Day 2: 💋 God, Our Healer









Day 2: BGod, Our Healer

#### Your Verse

Exodus 15:26 - "...I am the Lord, who heals you."

#### **Supporting Scriptures**

- Jeremiah 30:17 "I will restore you to health and heal your wounds..."
- Psalm 103:2-3 "Praise the Lord... who forgives all your sins and heals all your diseases."







Day 2: 💋 God, Our Healer

#### Devotional: Trusting God as the Ultimate Healer

God's healing power extends beyond any human ability or medicine. While treatments and doctors play an important role, it is God who is the ultimate healer of body, mind, and soul.

In Exodus 15:26, God declares Himself as the One who heals us. This is a profound reminder that no sickness or pain is beyond His reach or ability to restore.

Healing may look different for each person—sometimes physical restoration, other times peace in the midst of ongoing illness.

Jesus' ministry was marked by healing the sick and strengthening the weak, signaling His compassion for our suffering. Trusting Him doesn't always mean immediate cures but finding hope and presence in the process.

Let today be a day to invite God into your healing journey, asking Him to work powerfully in body and spirit. Allow His love to bring renewal and hope where you need it most.







Day 2: 🥦 God, Our Healer

## Reflect and Apply

1.	How have you seen God's healing in your life or the lives of others?
2.	What does trusting God as healer mean to you amid your diagnosis?
	How can you invite God into your healing process today, regardless of outcomes?







Day 2: 💋 God, Our Healer

## **Journaling Prompts**

1.	Write a prayer asking God to reveal His healing presence in your life.
2.	Describe what healing means to you spiritually and physically.
3.	Journal about moments when God's comfort brought peace during pain.







Day 2: BGod, Our Healer

#### Prayer for Today

**Loving Father,** thank You for being my healer. I surrender my body, mind, and emotions into Your hands. Please restore my health according to Your perfect will and timing. Even when I don't understand the journey, help me trust that You are working for my good. Strengthen me with hope and fill me with Your peace that heals my soul. I praise You for Your boundless love and mercy. Amen.

















Day 3: ① God's 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."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 3: V God's Strength in Weakness

#### Devotional: God's Power Is Perfected in Weakness

Illness often reveals our human weakness, but God's grace meets us right there, offering supernatural strength.

Paul's experience reminds us that God's power is most clearly displayed in our moments of weakness. When the body feels frail and the spirit is weary, God's empowering grace lifts us up and carries us forward.

This grace is not a withdrawal of weakness but a promise that God strengthens where we are weakest. We can lean into Him and declare, like Paul, that through Christ, we can endure all things.

Today, embrace your vulnerability and rely fully on God's sustaining power. Trust that His grace is enough—more than enough—for every difficult day.







Day 3: ① God's Strength in Weakness

## Reflect and Apply

1.	How can admitting weakness open the door to God's strength?
2.	What areas do you feel weak in, physically or emotionally?
3.	How can you practically depend on God's strength this week?







Day 3: ① God's Strength in Weakness

#### **Journaling Prompts**

1.	Reflect on a time when God's strength helped you through pain.
2.	Write about what it means to you that God's grace is sufficient.
3.	List ways you can invite God's power into your daily struggles.







Day 3: **(**) God's Strength in Weakness

#### Prayer for Today

**Father God,** I confess my weaknesses and ask for Your grace to fill me. In moments of fatigue, fear, or pain, remind me that Your power is made perfect in my weakness. Help me to fully depend on You and embrace Your strength. I praise You for being my refuge and source of courage every day. *Thank You for sustaining me through this journey.*

















Day 4: 
Peace That Surpasses Understanding

#### Your Verse

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..."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast..."







Day 4: Peace That Surpasses Understanding

#### Devotional: Experiencing God's Supernatural Peace

Living with illness can be filled with anxiety and fear, but God offers a peace that goes beyond human understanding.

Paul encourages believers not to be anxious but to bring every concern to God in prayer. When we do this, God's peace acts as a guard over our hearts and minds, keeping us steady amidst uncertainty.

Jesus' gift of peace is different from what the world offers—it is lasting, deep, and rooted in His presence. This peace embraces us even when circumstances are hard to bear.

*Today, invite God's peace to protect your thoughts and emotions.* Lay down your anxieties before Him and rest in His calming presence.







Day 4: 💮 Peace That Surpasses Understanding

## Reflect and Apply

1. What a	anxieties do you car	ry that you nee	ed to bring to Go	od?
2. How d	oes God's peace diff	fer from ordina	nry peace you've	e known?
3. When	have you experienc	ed God guardi	ng your heart a	nd mind?
3. When	have you experienc	ed God guardi	ng your heart a	nd mind?







Day 4: 💮 Peace That Surpasses Understanding

## **Journaling Prompts**

1.	List worries you want to release to God today.
2.	Describe what it feels like when God's peace fills your heart.
3.	Write a prayer asking for God's peace in your current situation.







Day 4: Peace That Surpasses Understanding

#### **Prayer for Today**

**Lord Jesus,** You are the Prince of Peace. I bring my fears and anxieties to You, trusting You to guard my heart and mind. Help me to experience Your peace that surpasses all understanding, especially on difficult days. Calm my spirit and steady my thoughts. Teach me to rest in Your presence and find joy even amid trials. *Thank You for Your unfailing peace.* 















#### 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**

- Isaiah 40:31 "Those who hope in the Lord will renew their strength..."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







#### Devotional: God's Compassion Brings Daily Renewal

Every new day offers fresh mercies from God, a beautiful opportunity for renewal.

The prophet Jeremiah reminds us God's compassion never fails and is new each morning. Even when the night feels dark and heavy, the dawn brings hope and renewed strength.

**Hope in the Lord revitalizes the weary soul.** When illness drains energy and spirit, God's faithfulness remains a firm foundation.

Welcome today's morning with expectancy for God's grace to refresh and empower you. Trust that He will provide exactly what is needed to walk one more day forward with courage.







## Reflect and Apply

How can you remind yourself of God's daily mercies each morning?
What does it mean to you that God's compassion never fails?
How might hope in the Lord renew your strength today?







## **Journaling Prompts**

1.	Write about the ways God has shown faithfulness in your life.
2.	Describe your morning thoughts and how God's promises can influence them.
3.	Record a prayer asking for strength and hope for the coming day.







#### Prayer for Today

Faithful God, thank You for Your endless compassion and mercy that greet me every morning. When I feel weak or overwhelmed, remind me that Your love never fails and that You renew my strength daily. Help me to hope in You and find refuge in Your presence throughout today. May I rely fully on Your faithful care. Amen. 😂 🎔 ይ









## Day 6: W Rest for the Weary









Day 6: W Rest for the Weary

#### Your Verse

Matthew 11:28-29 - "Come to me, all you who are weary... and I will give you rest."

#### Supporting Scriptures

- Psalm 23:1–2 "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures..."
- Hebrews 4:9–10 "There remains a Sabbath–rest for the people of God..."







Day 6: W Rest for the Weary

#### Devotional: Finding True Rest in Jesus

Illness often brings exhaustion—physical, emotional, and spiritual. Jesus invites all who are weary to find rest in Him.

This is more than physical rest; it is deeply restorative peace for the soul. Like a shepherd leading His sheep to green pastures, God provides safe, refreshing places for our spirits to recover.

As you battle colon cancer, allow yourself to accept this invitation to lay down burdens and let Jesus carry you. His rest is a sanctuary amid the chaos and uncertainty.

Make a conscious choice today to seek Jesus' rest—quiet moments of prayer, trust, and surrender. Your soul needs His gentle care and nurturing.







Day 6: 🥰 Rest for the Weary

# Reflect and Apply

What areas of your life feel most weary right now?
How do you currently find rest, and how might Jesus' offer be different?
What hinders you from fully accepting Jesus' invitation to rest?







Day 6: 🥰 Rest for the Weary

# **Journaling Prompts**

Reflect on ways you can incorporate restful practices with God daily.
Write about a time you felt deeply restored by God's presence.
Journal a prayer asking Jesus to help you rest completely in Him.







Day 6: W Rest for the Weary

# Prayer for Today

















#### 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..."
- Psalm 62:5 "Find rest, O my soul, in God alone; my hope comes from him."







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

Cancer can shake hope, but God offers a hope that is steady and secure.

Hope in God acts like an anchor, preventing us from drifting in storms of fear and doubt. This hopeful anchor holds our soul firmly during the greatest trials.

God desires to fill us with joy and peace as we hope in Him. Even when circumstances look bleak, our hope rests on God's promises and character, which never fail.

Today, remind yourself that your hope is not in fleeting things but in the unchanging God. Let His hope sustain you and give you courage to press forward.







# Reflect and Apply

What does hope in God look like during your illness?
How can hope serve as an anchor in your emotional storms?
How might embracing God's joy and peace change your perspective?







# **Journaling Prompts**

1.	Write about hopes or fears you want to anchor in God.
2.	Describe how God's promises have sustained you before.
3.	Journal a prayer asking God to fill you with hope and peace.







# Prayer for Today

**God of hope,** thank You for the firm anchor You provide for my soul. When fear and uncertainty threaten to overwhelm me, help me cling to Your promises. Fill me with joy and peace as I place my hope fully in You. Strengthen me to face each day with courage and confident faith. You are my refuge and my sure foundation. Amen.

















Day 8: God's Goodness in All Seasons

#### Your Verse

Psalm 27:13 - "I remain confident of this: I will see the goodness of the Lord in the land of the living."

#### **Supporting Scriptures**

- Romans 8:28 "In all things God works for the good of those who love him."
- James 1:17 "Every good and perfect gift is from above..."







Day 8: God's Goodness in All Seasons

#### Devotional: Trusting God's Goodness Amid Trials

Even in suffering, God's goodness shines brightly.

David's confidence in seeing God's goodness amidst trials inspires us to trust in God's ongoing faithfulness. Your illness may bring hardship, yet God promises to work for your good.

This does not mean suffering is good, but God's presence and purpose remain good in every season. He gifts us with grace, hope, and unforeseen blessings even during hardship.

Today, open your eyes to see signs of God's goodness in your life—small moments of mercy, peace, or joy.







Day 8: 🌈 God's Goodness in All Seasons

# Reflect and Apply

1.	What evidence of God's goodness have you noticed recently?
2.	How can recognizing God's gifts help shift your perspective?
3.	What does it mean to you that God works for your good?







Day 8: 🌈 God's Goodness in All Seasons

# **Journaling Prompts**

1.	Make a list of good things God has done in your life lately.
2.	Write about ways God's goodness encourages you during sickness.
3.	Journal a prayer of gratitude for God's continual blessings.







Day 8: 🌈 God's Goodness in All Seasons

# **Prayer for Today**

**Dear Lord,** help me to see Your goodness even in difficult times. Thank You for never abandoning me and for working all things for my good. Open my eyes to Your daily blessings and fill my heart with gratitude. Strengthen my trust in Your faithfulness, and guide me to rest in Your loving care. *Amen.*



















Day 9: MR Renewed Mind and Spirit

#### Your Verse

Romans 12:2 - "Be transformed by the renewing of your mind..."

#### **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast..."
- Philippians 4:8 "Whatever is true... noble... think about such things."







Day 9: MR Renewed Mind and Spirit

# Devotional: Transforming Through a Renewed Mind

**Illness can cloud our thoughts with fear and negativity.** Yet God calls us to be transformed through renewing our minds.

This renewal is a crucial part of healing—the mind influences the spirit and even the body. By focusing on God's truth and promises, we redirect thoughts away from despair towards hope.

What we dwell on shapes our inner peace and strength. Philippians encourages meditating on what is pure, lovely, and praiseworthy.

Today, seek to intentionally feed your mind with Scripture and affirmations of God's love and power. Let your spirit be renewed as your mind embraces God's truths.







Day 9: 🙀 Renewed Mind and Spirit

# Reflect and Apply

What thoughts do you notice that bring fear or discouragement?
How can focusing on God's truth change your daily mindset?
What practical steps can you take to renew your mind regularly?







Day 9: 🙀 Renewed Mind and Spirit

# **Journaling Prompts**

1.	Identify negative thoughts you want to replace with truth.
2.	Write favorite Scriptures or affirmations to meditate on today.
3.	Journal about times God transformed your thinking.







Day 9: MR Renewed Mind and Spirit

# Prayer for Today

**Gracious God,** renew my mind each day with Your truth and love. Help me to reject fear and discouragement and to focus on what is noble and pure. Fill my thoughts with Your promises, and nurture my spirit with Your peace. Guide me as I train my mind to trust and hope in You always. *Amen.*  $\cite{Y}$   $\cite{Y}$   $\cite{Y}$ 

















#### Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid... for the Lord your God is with you wherever you go."

#### **Supporting Scriptures**

- Deuteronomy 31:6 "Be strong and courageous... The Lord himself goes before you and will be with you."
- Psalm 31:24 "Be strong and take heart, all you who hope in the Lord."







# Devotional: Embracing God's Courage and Strength

Walking through illness requires daily courage and strength. Yet God commands us to be strong and courageous because we are never alone.

Joshua's encouragement reminds us that God's presence accompanies us every step of the way. This presence dispels fear and empowers bravery.

When challenges feel overwhelming, remember that God goes before you, fighting your battles and providing strength.

Today, lean on God's promises to face whatever comes with boldness and hope. Courage is not absence of fear but trusting God's power over all.







# Reflect and Apply

1.	What fears do you need God's courage to overcome today?
2.	How does knowing God is always with you change your outlook?
3.	In what ways can you remind yourself to be strong daily?







# **Journaling Prompts**

ge.







# Prayer for Today

**Mighty God,** give me courage to face each day with strength and hope, knowing You go before me. When fear threatens, remind me of Your faithful presence. Help me to be strong and take heart as I place my trust in You. Fill me with boldness to live well amidst challenges. *Amen.* \*







# Day 11: Food's Provision in Every Need









Day 11: 🍪 God's Provision in Every Need

#### Your Verse

Philippians 4:19 – "My God will meet all your needs according to the riches of his glory in Christ Jesus."

#### **Supporting Scriptures**

- Matthew 6:31–33 "Your heavenly Father knows you need them... seek first his kingdom..."
- Psalm 37:25 "I was young and now I am old, yet I have never seen the righteous forsaken."







Day 11: 🍪 God's Provision in Every Need

# Devotional: Trusting God's Faithful Provision

The journey through illness often brings many needs—physical, emotional, financial, and spiritual. God promises faithful provision for all our needs through His glorious riches.

Paul's confidence in Philippians assures us God is able and willing to supply every need. Jesus also reminds us not to worry because our heavenly Father knows and cares deeply.

Trusting in God's provision frees us from anxiety and encourages us to seek His kingdom above all.

Today, cast your concerns on God and believe He will supply all that you need. His faithfulness never fails.







Day 11: 🎸 God's Provision in Every Need

# Reflect and Apply

1.	What needs are most pressing for you right now?
2.	How can trusting God's provision relieve your worries?
3.	What might it look like to seek God's kingdom first in this season?







Day 11: 🎸 God's Provision in Every Need

# **Journaling Prompts**

1.	List your current needs and invite God to meet them.
2.	Write about how God has provided for you in the past.
3.	Journal a prayer of surrender and dependence on God's provision.







Day 11: 🍪 God's Provision in Every Need

# Prayer for Today









# Day 12: W Loved Beyond Measure









Day 12: V Loved Beyond Measure

#### Your Verse

Romans 8:38-39 - "Nothing will be able to separate us from the love of God..."

### **Supporting Scriptures**

- Ephesians 3:17–19 "...know the love of Christ that surpasses knowledge..."
- 1 John 4:16 "God is love. Whoever lives in love lives in God..."







Day 12: V Loved Beyond Measure

#### Devotional: Resting Secure in God's Unfailing Love

The journey through illness sometimes leads to feelings of isolation or doubt. Yet God's love for you is absolute and inseparable.

Paul's assurance in Romans says nothing can separate us from God's unfailing love. This love surpasses all human understanding and floods us with hope.

We are invited to dwell deeply in God's love, allowing it to heal wounds and cast out fear.

Today, rest in the truth that you are deeply and eternally loved—no circumstance can change that. God's love is your strongest support.







Day 12: V Loved Beyond Measure

# Reflect and Apply

1.	How does understanding God's unconditional love impact your heart?
2.	What fears or doubts can you surrender knowing God loves you?
3.	How can you experience and share His love more fully each day?







Day 12: W Loved Beyond Measure

# **Journaling Prompts**

1.	Write about moments when God's love was especially evident.
2.	Reflect on how God's love sustains you through illness.
3.	Journal a prayer thanking God for His immeasurable love.







Day 12: V Loved Beyond Measure

### **Prayer for Today**









Day 13: **(b)** Inner Fire of Faith









Day 13: 🖰 Inner Fire of Faith

#### Your Verse

Hebrews 12:1-2 - "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus..."

#### **Supporting Scriptures**

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid..."
- Romans 5:3-5 "...suffering produces perseverance; perseverance, character; and character, hope."







Day 13: 6 Inner Fire of Faith

#### Devotional: Persevering with Eyes Fixed on Jesus

**Faith in God fuels perseverance, even when the path is steep.** The 'race' of illness can be exhausting, but focusing on Jesus encourages endurance.

God's Spirit empowers us with courage rather than fear. Through suffering, character and hope are strengthened.

Your faith is an inner fire that sustains you day by day.

Today, resolve to keep your eyes fixed on Jesus, drawing strength from Him to persevere. Know that God's Spirit emboldens you for this journey.







Day 13: 🔥 Inner Fire of Faith

# Reflect and Apply

1.	What helps you run your race with perseverance?
2.	How do you feel God's spirit is empowering your faith?
3.	In what ways has suffering grown your character and hope?







Day 13: 🔥 Inner Fire of Faith

# **Journaling Prompts**

1.	Write about what keeps you focused on Jesus during hard times.
2.	Reflect on the ways God's Spirit has replaced fear with courage.
3.	Journal prayers asking for continued strength and endurance.







Day 13: 🖰 Inner Fire of Faith

### Prayer for Today

**Jesus, my strength,** help me to run my race with perseverance, keeping my eyes on You. When I feel weak or discouraged, fill me with Your Spirit's courage and hope. Teach me to trust Your timing and faithfully endure every trial. Thank You for walking this journey with me. Amen.









# Day 14: Rooted in God's Love









Day 14: • Rooted in God's Love

#### Your Verse

Ephesians 3:17 - "...be rooted and established in love."

#### **Supporting Scriptures**

- Colossians 2:7 "...rooted and built up in him, strengthened in the faith."
- Psalm 1:3 "...like a tree planted by streams of water..."







Day 14: Rooted in God's Love

### Devotional: Standing Firm Rooted in God's Love

Being deeply rooted in God's love provides stability amid life's storms.

Scripture uses the image of a strong tree planted by water to illustrate a life nourished and unshaken. Faith anchored in God makes us resilient through challenges.

Grounding your identity in God's love protects you from being uprooted by fear or discouragement.

Today, meditate on God's love as your foundation—draw deeply from it to stand firm. Let it nourish your soul and refresh your spirit.







Day 14: 🔷 Rooted in God's Love

# Reflect and Apply

1.	How does knowing you are rooted in God's love affect your perspective?
2.	What storms or challenges are you facing that require deep roots?
3.	How can you cultivate a deeper experience of God's love daily?







Day 14: • Rooted in God's Love

# **Journaling Prompts**

1.	Describe what being 'rooted in love' means to you personally.
2.	Write about times God's love kept you steady through trials.
3.	Journal a prayer asking to be strengthened and rooted in faith.







Day 14: • Rooted in God's Love

### Prayer for Today

















#### Your Verse

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

#### **Supporting Scriptures**

- John 8:12 "I am the light of the world..."
- Isaiah 9:2 "The people walking in darkness have seen a great light..."







### Devotional: Walking Confidently in God's Light

Illness often brings dark moments, but God is our light that never fades.

God keeps our lamps burning—lighting the way through shadows of pain and fear. Jesus declared Himself the light of the world, offering hope to all who follow Him.

Darkness cannot overpower God's light, which brings clarity, peace, and guidance.

Today, invite Jesus' light to dispel the darkness in your heart and mind. Let His illumination bring comfort and courage.







# Reflect and Apply

1.	What areas feel dark or fearful and need God's light?
2.	How does God's light bring hope in your current experience?
3.	What practical ways can you keep your lamp burning with God's light?







# **Journaling Prompts**

1.	Write about moments when God's light broke through darkness.
2.	Reflect on what following Jesus as the Light means daily.
3.	Journal a prayer inviting God's light to shine in you.







### Prayer for Today









Day 16: 🕞 Breath of Life









Day 16: 🔼 Breath of Life

#### Your Verse

Genesis 2:7 - "...the Lord God formed the man... and breathed into his nostrils the breath of life."

#### **Supporting Scriptures**

- John 20:22 "He breathed on them and said, 'Receive the Holy Spirit."
- Psalm 150:6 "Let everything that has breath praise the Lord!"







Day 16: 🔑 Breath of Life

### Devotional: God's Sustaining Breath of Life

Life itself is a gift from God, breathed into us by His hand.

The breath of life speaks of God's intimate involvement and care for every part of us. Even in moments of weakness, God's Spirit continues to sustain.

Every breath can be a reminder of God's presence and power within us.

Today, breathe deeply and thank God for sustaining your life with each breath and for filling you with His Spirit.







Day 16: 🔑 Breath of Life

# Reflect and Apply

1.	How does recognizing God's breath in you affect your gratitude?
2.	What does it mean that God breathes life into you daily?
3.	How can mindful breathing become a spiritual practice for peace?







Day 16: 🕞 Breath of Life

# **Journaling Prompts**

1.	Write about ways God has sustained you through illness.
2.	Describe how focusing on breath helps you connect with God.
3.	Journal a prayer of thankfulness for the gift of life.







Day 16: 🔼 Breath of Life

### Prayer for Today

**Creator God,** thank You for breathing life into me and sustaining me every moment. Help me to be aware of Your presence in each breath I take. Fill me afresh with Your Holy Spirit and grant me peace in body and soul. May my life continually praise You. Amen.

















#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past... I am doing a new thing!"

#### **Supporting Scriptures**

- Lamentations 3:23 "Great is your faithfulness; your new mercies are new every morning."
- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."







#### Devotional: Embracing God's New Work in Your Life

Each day offers a fresh start, a new chance to see God's work in your life.

God invites us to release the burdens of the past and embrace His new mercies. This is vital for healing emotionally and spiritually.

In Christ, we are made new and can walk forward with hope and purpose.

Today, choose to welcome the new things God is doing, letting go of heavy memories or regrets. Step into His grace and renewed life.







# Reflect and Apply

1.	What past pains or regrets do you need to release to God?
2.	How can you open your heart to the new things God is doing?
3.	What changes might God be calling you to embrace today?







### **Journaling Prompts**

Write about what 'new beginnings' mean for you personally.
Describe how God's mercies have been new each day recently.
Journal a prayer asking for courage to move forward in faith.







### Prayer for Today

**Faithful God,** help me to forget past hurts and mistakes and to embrace the new things You are doing in my life. Thank You for Your never-ending mercies that renew me each day. Grant me courage to step forward and trust Your plans for healing and hope. Amen.







# Day 18: God's Presence in Every Moment









Day 18: God's Presence in Every Moment

#### Your Verse

Psalm 139:7-10 - "Where can I go from your Spirit? Where can I flee from your presence?"

#### **Supporting Scriptures**

- Deuteronomy 31:8 "The Lord himself goes before you and will be with you; he will never leave you."
- Hebrews 13:5 "Never will I leave you; never will I forsake you."







## Devotional: Resting in God's Constant Presence

God's presence is with you always, whether in moments of joy or suffering.

David's psalm reassures us that there is nowhere we can be separated from God's Spirit. This unbreakable presence means you are never truly alone.

God goes before you, stands beside you, and will never abandon you.

Today, acknowledge God's nearness and let His presence be your comfort and strength. Invite Him into every moment.







# Reflect and Apply

	How does knowing God is always with you affect your feelings of loneliness?
2.	When have you been most aware of God's presence?
3.	How can you cultivate awareness of God's nearness daily?







# **Journaling Prompts**

1.	Write about times you felt God's presence tangibly.
2.	Reflect on fears or doubts you want to surrender to God's closeness.
3.	Journal a prayer inviting God's presence into your daily life.







## Prayer for Today

**Ever-present God,** thank You for never leaving or forsaking me. Help me to feel Your Spirit with me in every moment. When I feel alone or afraid, remind me You are near. Fill me with peace and assurance of Your loving presence. *Amen.* 🗇 🞾 🙏 💸















### Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

### **Supporting Scriptures**

- Philippians 4:4 "Rejoice in the Lord always."
- James 1:2-3 "Consider it pure joy... whenever you face trials..."







## Devotional: Choosing Joy as Your Strength

Joy is not the absence of trouble but a deep-rooted strength from the Lord.

Nehemiah encourages us that joy provided by God sustains us even during hard times. This joy comes from knowing God's good plans and loving presence.

Choosing joy amidst illness is a powerful testimony of faith and hope.

Today, seek the Lord's joy and allow it to fill your heart, empowering you to face challenges with a glad spirit.







# Reflect and Apply

What brings you joy even in difficult times?
How can you cultivate joy rooted in the Lord daily?
What difference does choosing joy make for your health and spirit?







# **Journaling Prompts**

1.	Write about moments of joy despite illness.
2.	List things you are thankful for that bring joy.
3.	Journal a prayer asking God to fill you with His joy.







## Prayer for Today

















### Your Verse

1 Corinthians 15:57 – "But thanks be to God! He gives us the victory through our Lord Jesus Christ."

## **Supporting Scriptures**

- Romans 8:37 "In all these things we are more than conquerors through him who loved us."
- John 16:33 "In this world you will have trouble. But take heart! I have overcome the world."







## Devotional: Claiming Victory in Jesus Christ

Illness is challenging, but ultimate victory belongs to Jesus.

Paul celebrates the victory God grants through Christ, reminding us that though we face hardship, we are more than conquerors. Jesus overcame the world, including suffering and death.

By placing hope and trust in Him, we claim a victorious future.

Today, hold fast to the promise of victory through Christ—your champion and healer.







# Reflect and Apply

1.	How does knowing Christ has conquered the world impact your fears?
2.	What does victory mean to you amid your health struggles?
3.	How can you live as a conqueror each day through faith?







## **Journaling Prompts**

1.	Write about how Jesus' victory encourages you personally.
2.	List ways you can embrace a victorious mindset today.
3.	Journal a prayer thanking God for triumph through Jesus.







## Prayer for Today

**Victorious Lord,** thank You for granting me victory through Jesus Christ. When I feel overwhelmed by illness, remind me that You have overcome the world. Help me to live as one who is more than a conqueror, filled with hope and strength. I praise You for Your power and love. *Amen.*  $\mathbb{Q}$   $\mathbb{Q}$   $\mathbb{Q}$ 







# Day 21: 🥕 Celebration of God's Faithfulness









Day 21: 🕭 Celebration of God's Faithfulness

### Your Verse

Lamentations 3:22 - "Because of the Lord's great love we are not consumed, for his compassions never fail."

## **Supporting Scriptures**

- Psalm 100:5 "The Lord is good; his love endures forever."
- 2 Thessalonians 3:3 "The Lord is faithful, and he will strengthen you and protect you."







Day 21: 🕭 Celebration of God's Faithfulness

## Devotional: Rejoicing in God's Unfailing Faithfulness

As this 21-day journey comes to a close, take time to celebrate God's faithfulness.

Despite challenges, God's love and compassion have not failed. His goodness endures forever. Every step of this path has been marked by His sustaining grace.

Rejoice in the protection, strengthening, and presence of God who journeys with you always.

Today, reflect on all you have learned and experienced. Trust that God will continue to be your refuge and strength forevermore.







Day 21: 🏂 Celebration of God's Faithfulness

# Reflect and Apply

1.	What moments from this study reveal God's faithfulness to you?
2.	How can you continue to trust God moving forward?
3.	What are you thankful for on this healing journey?







Day 21: 🥕 Celebration of God's Faithfulness

## **Journaling Prompts**

1.	Write a summary of your favorite lessons from this study.
2.	List ways God has shown His love and mercy recently.
3.	Journal a prayer of thanksgiving and renewed trust.







Day 21: 🏂 Celebration of God's Faithfulness

## Prayer for Today







## 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 <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



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.