



# Healing and Strength: A 7-Day Journey of Health in God



Explore God's guidance and comfort through scripture focused on health and healing, specifically supporting prayer through pancreatitis.

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## Introduction

Welcome to this **7-Day Bible Study on Health and Healing**. Our bodies are incredible creations, precious temples given by God, and caring for them is both a spiritual and practical act of worship. For anyone facing health challenges such as pancreatitis, these days of reflection and prayer will draw you closer to God's peace, strength, and healing power.

*In these seven days*, we will explore biblical truths about God's love for our whole being—body, mind, and spirit. We will focus on scriptures offering comfort amid pain, encouragement in times of weakness, and hope that transcends difficult circumstances. **Prayer is a vital part of this healing journey**, and throughout the study, you will be invited to engage deeply in conversations with God, expressing your fears, hopes, and trust.

Whether this illness is new or you have been managing it for some time, know that you are not alone. God is near to the brokenhearted (Psalm 34:18) and promises restoration. This study seeks to equip you with spiritual tools to lean on God's promises while also attending to physical healing. Let your heart be open to God's grace, and may this be a time of renewed faith and enduring peace. **Remember, health is multidimensional, and God's healing encompasses all aspects of life.**





## Day 1: 🌿 Trusting God in the Midst of Pain



Day 1: 🌿 Trusting God in the Midst of Pain

## Your Verse

*Psalm 34:18 NIV – The LORD is close to the brokenhearted and saves those who are crushed in spirit.*

## Supporting Scriptures

- *Psalm 147:3 NIV – He heals the brokenhearted and binds up their wounds.*
- *Isaiah 41:10 NIV – So do not fear, for I am with you; do not be dismayed, for I am your God.*



Day 1: 🌿 Trusting God in the Midst of Pain

## Devotional: God's Presence in Your Pain

**Beginnings are often marked by struggle.** When experiencing pancreatitis or any chronic illness, pain and uncertainty can press heavily upon the heart. The psalmist reminds us that God is not distant; rather, *He is especially close to those who are brokenhearted and crushed in spirit.* This truth invites us to trust Him even when physical suffering seems overwhelming.

God's presence is a comforting reality, not just a hopeful idea. When you are feeling weak and vulnerable, remember that God heals not only physical wounds but also emotional and spiritual pain. His promise to be with you frees you from fear. You are not alone in this journey—He carries your pain and sustains your spirit.

Today, focus on inviting God into your pain. He encourages you to lean on Him, to bring honest prayers of struggle and hope. **Your trust is a powerful expression of faith, a declaration that He is your refuge despite your circumstances.**



Day 1: 🌿 Trusting God in the Midst of Pain

## Reflect and Apply

1. How does knowing God is close to you in times of pain change your perspective on your illness?

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2. What fears about your health can you honestly bring before God today?

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3. In what ways can you express your trust in God despite physical challenges?

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Day 1: 🌿 Trusting God in the Midst of Pain

## Journaling Prompts

1. Write about a time when God comforted you during a difficult health challenge.

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2. List the fears and hopes you currently have regarding your pancreatitis.

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3. Record a prayer inviting God to be near in your pain.

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Day 1: 🌿 Trusting God in the Midst of Pain

## Prayer for Today

**Dear Lord**, thank You for being near to me when I am hurting and feeling overwhelmed. Help me to recognize Your presence in every moment of pain and to trust that You are with me, even when I feel broken. Carry me through my fears and strengthen my spirit. May Your healing touch extend over my body and soul. Teach me to rely on You completely, and fill me with Your peace that surpasses all understanding. *In Jesus' name, Amen.* ❤️ 🙏 ✨ 🕊️





## Day 2: 💪 Strength for the Weary



Day 2:  Strength for the Weary

## Your Verse

*Isaiah 40:29 NIV – He gives strength to the weary and increases the power of the weak.*

## Supporting Scriptures

- *Psalm 73:26 NIV – My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*
- *2 Corinthians 12:9 NIV – 'My grace is sufficient for you, for my power is made perfect in weakness.'*



Day 2:  Strength for the Weary

## Devotional: God's Power Lifts You Up

Living with pancreatitis can leave you feeling exhausted and weak. Isaiah reminds us that **God provides strength where we have none left**. This is a promise for both body and soul. When your physical capabilities falter, God's power is ready to fill the gap.

Paul's words in 2 Corinthians emphasize that God's grace is not just enough but is actually perfect when we are weak. This invites us to lean into God's empowering presence instead of striving in our own strength. When you feel depleted today, remember that inviting God's strength allows you to face each challenge with renewed vigor.

*Strength may look different each day—sometimes it is simply taking another breath, sometimes it is enduring through pain or fear.* Whatever it looks like for you, God offers His power freely to support and uphold you. Receiving this strength involves a humble heart willing to admit our need and trust Him fully.



Day 2:  Strength for the Weary

## Reflect and Apply

1. What areas of your health journey leave you feeling the weakest?

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2. How can you practically invite God's strength into these moments?

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3. What does it mean to you that God's grace is 'sufficient' during weakness?

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Day 2:  Strength for the Weary

# Journaling Prompts

1. Describe what it feels like to depend fully on God's strength rather than your own.

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2. Write about a moment where God empowered you in weakness.

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3. List ways you can remind yourself daily that God provides strength.

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Day 2: 💪 Strength for the Weary

## Prayer for Today

**Heavenly Father**, I come before You acknowledging my weakness. My body and spirit feel weary, but I ask for Your strength to fill me up. Help me to rest in Your grace and find power in Your presence. Teach me to let go of striving on my own and to lean fully on Your sustaining love. Thank You for never leaving me or forsaking me. May Your strength carry me through each difficult moment today. *In Jesus' name, Amen.* 💪 🙏 ❤️ ✨





## Day 3: Peace Beyond Understanding



## Day 3: 🕊️ Peace Beyond Understanding

## Your Verse

*Philippians 4:7 NIV – And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

## Supporting Scriptures

- *John 14:27 NIV – Peace I leave with you; my peace I give you. I do not give to you as the world gives.*
- *Psalms 29:11 NIV – The LORD gives strength to his people; the LORD blesses his people with peace.*



## Day 3: 🕊️ Peace Beyond Understanding

## Devotional: Invite God's Peace to Guard You

Illness often stirs anxiety, fear, or restlessness. Yet God offers a peace that is not dependent on our circumstances. Paul's letter to the Philippians reminds us that **God's peace is beyond human understanding**—it guards our hearts and minds when we trust Him.

This peace can become your refuge when pancreatitis symptoms flare or when you feel overwhelmed by medical decisions and uncertainties. Jesus also promised this peace, one that the world cannot give or take away. It is a supernatural calm that settles deep within your soul, holding you steady amidst life's storms.

Your focus today can be on welcoming God's peace to guard your heart from worry. *Practicing awareness of His presence and confessing your fears can invite Jesus' calming presence to guide your thoughts and emotions.*



Day 3:  Peace Beyond Understanding

## Reflect and Apply

1. What worries or fears tend to crowd your mind regarding your health?

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2. How can you practice receiving God's peace in moments of anxiety?

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3. In what ways does God's peace differ from what the world offers?

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Day 3:  Peace Beyond Understanding

# Journaling Prompts

1. Write down the worries you want to surrender to God today.

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2. Record moments when you've experienced God's peace during struggles.

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3. List verses or prayers that remind you of God's calming presence.

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## Day 3: 🕊️ Peace Beyond Understanding

## Prayer for Today

**Lord Jesus**, I ask for Your peace to fill my heart and mind right now. When anxiety and fear arise, help me to remember that Your peace surpasses all understanding. Guard my thoughts and emotions so they may rest in Your perfect calm. Help me to trust You deeply, regardless of my circumstances. Thank You for being my refuge and strength. *In Your holy name, Amen.* 🕊️





## Day 4: Healing and Restoration



## Day 4: 💧 Healing and Restoration

## Your Verse

*Jeremiah 30:17 NIV – But I will restore you to health and heal your wounds, declares the LORD.*

## Supporting Scriptures

- *Exodus 15:26 NIV – I am the LORD, who heals you.*
- *Psalms 103:2-3 NIV – Praise the LORD, who forgives all your sins and heals all your diseases.*



## Day 4: 💧 Healing and Restoration

## Devotional: God's Promise to Restore Your Health

When battling pancreatitis, longing for restoration is natural. The prophet Jeremiah captures God's promise to not only heal but also restore health. Sometimes healing feels slow or incomplete, but this verse reminds us that restoration is God's declared intention.

God identifies Himself as the healer who can mend wounds that medicine may not fully reach. His healing encompasses body, soul, and spirit. Celebrating the healing God has already begun in you can build faith that He is actively working toward complete restoration.

**Trusting in God's healing does not negate the need for medical care but complements it.** Accepting this promise also means letting God work in His timing, even when progress is difficult to see. Open your heart for His renewing touch today and ask Him to reveal evidence of healing in your life.



## Day 4: 💧 Healing and Restoration

## Reflect and Apply

1. What does restoration mean to you personally in the context of your illness?

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2. How do you balance faith in God's healing with practical health care?

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3. Where have you seen small signs of God's restoration in your journey?

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## Day 4: 💧 Healing and Restoration

# Journaling Prompts

1. Write about experiences where you felt God's healing presence.

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2. Make a list of medical and spiritual steps you are taking toward health.

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3. Describe how trusting God's restoration helps you persevere.

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## Day 4: 💧 Healing and Restoration

## Prayer for Today

**Dear Healer,** I embrace Your promise to restore and heal me. Even when my body feels weak and my progress slow, I trust You are at work. Help me to cooperate with the care I receive and to remain patient in Your timing. Renew my hope and strengthen my faith so I may see Your goodness daily. Thank You for Your unfailing love and healing power. *In Jesus' name, Amen.* 💧 🙏 ❤️ 🌿





## Day 5: ✨ Hope That Endures



## Day 5: ✨ Hope That Endures

## Your Verse

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

## Supporting Scriptures

- *Lamentations 3:22-23 NIV – Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning.*
- *Hebrews 6:19 NIV – We have this hope as an anchor for the soul, firm and secure.*



## Day 5: ✨ Hope That Endures

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

Hope sustains us, especially on days when illness makes the future seem uncertain. Paul's prayer in Romans offers a beautiful reminder that God is the very source of hope, ready to fill you with joy and peace as you trust Him.

Hope rooted in God doesn't depend on how you feel. It rests on His unwavering character and promises. The book of Lamentations reminds us that God's mercies are new every morning — even when today is difficult, healing and peace can be renewed with each sunrise.

This hope is described as an anchor—something stable and secure that holds us steady even in life's storms. Cling to this hope today. Let it inspire your prayers and empower your spirit.



## Day 5: ✨ Hope That Endures

## Reflect and Apply

1. How can hope renew your perspective about your illness?

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2. What practical ways can you nurture hope on tough days?

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3. In what ways has God's mercy renewed you recently?

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## Day 5: ✨ Hope That Endures

# Journaling Prompts

1. Write a prayer asking God to fill you with hope and peace.

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2. List things that help you remember God's faithfulness each day.

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3. Describe how hope acts as an anchor in your life.

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Day 5: ✨ Hope That Endures

## Prayer for Today

**God of Hope**, fill me with joy and peace as I put my trust in You. When I feel overwhelmed, remind me that Your mercies are new each day. Anchor my soul firmly in Your promises and help me to live in hope even when healing seems distant. Renew my spirit and sustain me with Your unfailing love. *In Jesus' name, Amen.* ✨ 🙏 ❤️ ⚓





## Day 6: 🙏 Praying for Healing and Comfort



Day 6: 🙏 Praying for Healing and Comfort

## Your Verse

*James 5:14-15 NIV – Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well.*

## Supporting Scriptures

- *Matthew 8:17 NIV – He took up our infirmities and bore our diseases.*
- *Mark 11:24 NIV – Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.*



Day 6: 🙏 Praying for Healing and Comfort

## Devotional: Faith-Filled Prayer Brings Healing

James encourages believers to bring their sickness to the community of faith for prayer and support. Prayer is a powerful channel through which God brings healing and comfort. Jesus Himself bore our diseases and infirmities, making it possible for us to experience wholeness even amid struggle.

As you pray today, embrace the confidence that *God hears and answers faith-filled prayers*. Healing may come in many forms—physical restoration, peace in your heart, or strength to carry on. Whatever you need, bring it honestly before God.

Don't hesitate to involve trusted friends, family, or church leaders in your healing prayer. There is power in communal intercession, and no one is meant to walk the healing journey alone.



Day 6: 🙏 Praying for Healing and Comfort

## Reflect and Apply

1. How does community prayer impact your healing journey?

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2. What do you feel when approaching God with your needs in prayer?

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3. In what ways can you strengthen your faith while waiting for healing?

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Day 6: 🙏 Praying for Healing and Comfort

## Journaling Prompts

1. Write a prayer asking God for healing and comfort right now.

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2. Describe how you might invite others to pray with you.

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3. Reflect on past experiences of answered prayer in your life.

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Day 6: 🙏 Praying for Healing and Comfort

## Prayer for Today

**Father God**, I bring my illness and pain to You today, trusting in Your healing power. Strengthen my faith as I pray and seek Your comfort. Surround me with a community that uplifts and encourages me. May Your will be done in my life, and may I experience Your peace as I wait. Thank You for hearing my prayers. *In Jesus' name, Amen.* 🙏 ❤️ 🌿 ✨





## Day 7: 🌈 Living with Faith and Hope



## Your Verse

*Hebrews 11:1 NIV – Now faith is confidence in what we hope for and assurance about what we do not see.*

## Supporting Scriptures

- *2 Timothy 4:7 NIV – I have fought the good fight, I have finished the race, I have kept the faith.*
- *Romans 8:28 NIV – And we know that in all things God works for the good of those who love him.*



Day 7:  Living with Faith and Hope

## Devotional: Hold Fast to Faith and Hope

As this study concludes, the writer of Hebrews reminds us that faith is confidence in what we hope for and assurance in what we cannot yet see. Living with pancreatitis challenges our capacity to see the full picture, yet God calls us to hold fast to faith and hope.

**Faith involves trusting God's plan even when healing is slow or uncertain,** and it empowers us to 'fight the good fight' with courage and perseverance. Remember that God works all things together for good for those who love Him, including your health journey.

Today, recommit to walking forward with faith. Embrace hope as an active force that sustains you through uncertainty. Let your confidence in God be the foundation for every step you take.



## Reflect and Apply

1. What does ‘fighting the good fight’ look like for you in illness?

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2. How can faith give you confidence in your healing journey?

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3. In what ways do you see God working good through your challenges?

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Day 7:  Living with Faith and Hope

# Journaling Prompts

1. Write about how faith has changed your perspective on your illness.

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2. Journal your hopes for the future, grounded in God's promises.

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3. Reflect on the ways God has been faithful during your health struggles.

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Day 7: 🌈 Living with Faith and Hope

## Prayer for Today

**Lord**, I commit my journey to You with faith and hope. Help me to trust in Your plan and keep confident in the promises You have given. Even in uncertainty, let me fight the good fight with perseverance and peace. Thank You for working all things for my good. Strengthen my heart to walk forward with courage and joy. *In Jesus' name, Amen.* 🌈 🙏 💪 ❤️





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