



# Health and Healing: Trusting God While Living with Asthma



Seven days of Scripture and reflection to encourage strength, hope, and faith while managing asthma and trusting God's care.

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## Introduction

Living with asthma often brings daily challenges—breathlessness, anxiety, and physical limits—that affect how we experience life. Yet, within these struggles, God invites us to lean on Him fully, trusting His promises of peace, strength, and healing. This 7-day Bible study is designed to encourage and empower you to nurture your body and spirit. **Through Scripture, prayer, and reflection**, you will discover how God's Word ministers hope and resilience to those managing asthma or other health issues.

*Health* is a precious gift, but it can also be fragile. Our bodies remind us of our limitations, yet through faith, we discover God's sustaining power that transcends our circumstances. Each day brings a focused passage highlighting God's care for our health, His presence in our suffering, and the peace He offers amidst uncertainty.

This journey is not about denying the reality of illness but about embracing God's healing—not always physical, sometimes deeper spiritual restoration. ♥ As you move through the days, meditate on the Scriptures and open your heart to God's comfort and wisdom. Let this time strengthen your faith and remind you that your value and hope rest not in perfect health, but in the One who holds you securely in the palms of His hands.

Remember, you are **never alone** in your health journey. God walks with you through every breath and every challenge. May this study ignite a deeper trust in Him and offer peace to your soul.





## Day 1: Peace in Breathing Difficulties



## Day 1: ☞ Peace in Breathing Difficulties

## 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

- *Psalms 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."*



## Day 1: 🕊️ Peace in Breathing Difficulties

# Devotional: Finding God's Peace in Breathless Moments

Breathing can often be taken for granted, but when asthma restricts your breath, every inhale can feel like a victory or a struggle. **Jesus offers a peace different from any worldly comfort—a supernatural calm in the midst of life's storms.** When fear or anxiety about your asthma rises, Jesus invites you to lean into His peace. The peace He gives does not depend on your physical condition but on His power to calm your heart.

*Consider how often fear about your health tries to grip you.* God's Word reminds you that you are not alone and that His peace is greater than any distress. Let this truth settle in your heart today. When the breath feels tight, breathe in God's promises and exhale worry.

Lean into His presence. He is near the brokenhearted and will never abandon you even when your body feels weak. Rest in His peace, and let His words comfort your spirit.



Day 1: 🕊️ Peace in Breathing Difficulties

## Reflect and Apply

1. How does fear affect your experience of asthma or health challenges?

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2. In what ways can you invite God's peace into your breathing moments today?

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3. What practical steps could help you remember God's nearness during episodes of asthma?

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Day 1: ☞ Peace in Breathing Difficulties

# Journaling Prompts

1. Write about a recent time when fear or anxiety overwhelmed you due to asthma.

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2. List Scriptures or truths that bring you peace during difficult health moments.

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3. Describe how you experience God's presence when you feel breathless or weak.

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## Day 1: 🕊️ Peace in Breathing Difficulties

## Prayer for Today

**Dear Lord**, thank You for Your incredible peace that calms our hearts even when our breath feels tight. Help me to trust You deeply when asthma tries to steal my calm. Remind me that You are close, that You see my struggles, and that Your peace is greater than any fear I face. Breathe Your calm over me today. Fill me with hope and courage as I rely on Your unfailing love. *In Jesus' name, Amen.* 🕊️❤️🙏





## Day 2: 💪 Strength for Weakness



Day 2: 🍌 Strength for 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

- *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 2:  Strength for Weakness

## Devotional: God's Grace Strengthens Our Weakness

Living with asthma sometimes reveals the limits of our physical strength. However, God's grace covers our weaknesses and transforms them into spaces where His power shines most brilliantly. **Paul's testimony shows us that through our frailty, Christ's power is revealed.**

When you feel physically weak, remind yourself that God's grace is always enough. Your value does not rest on what your body can do but on the strength God supplies each day. Lean on Him and let His power carry you through moments of fatigue or breathlessness.

*Take comfort knowing that weakness is not a failure but an opportunity for God's glory.* Trust that He is equipping and strengthening you by His Spirit to face each challenge with courage and faith. God's power is perfected in your vulnerability.



## Reflect and Apply

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

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

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3. How can you lean more fully on God's grace through each breath and each struggle?

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## Journaling Prompts

1. Describe a moment when God's strength felt clear during a weak time.

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2. Write down ways you can invite God's power into your daily health challenges.

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3. Reflect on how your perspective about weakness has changed since following Christ.

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Day 2: 🏋️ Strength for Weakness

## Prayer for Today

**Heavenly Father**, thank You that Your grace is enough even when I feel physically weak because of asthma. Help me to rely on Your power, knowing it is perfected in my weakness. Fill me with courage and strength today. Teach me to boast in my weaknesses that Your glory may be revealed through me. I trust in Your sustaining grace every breath I take. *In Jesus' name, Amen.* 💪 ✨ 🙏





## Day 3: 🌿 God Heals and Restores





Day 3: 🌿 God Heals and Restores

## Your Verse

*Jeremiah 30:17 - "For I will restore health to you, and your wounds I will heal," declares the LORD.*

## Supporting Scriptures

- *Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."*
- *Exodus 15:26 - "I am the LORD, who heals you."*



Day 3: 🌿 God Heals and Restores

## Devotional: Trusting God's Promise to Heal and Restore

Asthma may bring physical discomfort or setbacks, but God's heart is always to restore and bring healing. His promises are not limited to physical healing alone but also to emotional and spiritual restoration. **God sees every wound—visible or unseen—and offers to mend and renew you.**

While healing may look different for each person, God promises to be with you through the process, bringing hope and comfort. His healing can bring peace amidst symptoms, emotional relief when frustration mounts, or spiritual renewal when weariness threatens to overwhelm.

*Invite God to heal all parts of your being.* Trust that His timing and methods are perfect even when healing feels slow or incomplete. He is a God who restores all things, and His love for you is unwavering.



## Reflect and Apply

1. What does 'healing' mean to you in your current health journey?

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2. In what ways has God brought restoration to your spirit despite physical challenges?

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3. How can trusting God's healing timing bring peace amid uncertainty?

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Day 3: 🌿 God Heals and Restores

## Journaling Prompts

1. Write about a time you experienced God's healing or restoration.

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2. List areas in your life where you long for God's healing touch today.

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3. Reflect on how trusting God's healing promise affects your faith and hope.

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Day 3: 🌿 God Heals and Restores

## Prayer for Today

**Lord God**, You are the Healer of all wounds and the Restorer of life. Thank You that Your love reaches into every ache and struggle I face. I trust in Your promise to heal and make all things new, even if healing takes time or looks different than I expect. Renew my body, mind, and spirit today, and fill me with hope. Strengthen my faith as I wait on You. *In Jesus' name, Amen.* 🌿❤️



## Day 4: 🔥 Strength in Trials



## Day 4: 🔥 Strength in Trials

## Your Verse

*James 1:2-4 - "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."*

## Supporting Scriptures

- *Romans 5:3-4 - "Suffering produces perseverance; perseverance, character; and character, hope."*
- *1 Peter 5:10 - "After you have suffered a little while, God will restore, support, strengthen, and establish you."*



## Day 4: 🔥 Strength in Trials

# Devotional: Finding Joy and Strength Through Trials

Asthma and other health struggles can feel like relentless trials, wearing down your body and spirit. Yet Scripture calls us to see these times as refining moments where faith and perseverance grow. **God uses trials to shape us, building endurance and deepening our hope.**

Consider how perseverance formed your character and faith during previous difficult seasons. Like a muscle strengthened by exercise, your spirit can grow stronger through patience and trust in God's presence.

*Rejoice in the hope that suffering is not pointless but purposeful.* You are not alone in your trial—God is working even now to equip and sustain you to face each day. His strength is made perfect in your weakness and His grace sufficient at every moment.





Day 4: 🔥 Strength in Trials

## Reflect and Apply

1. How has facing asthma shaped your faith and character so far?

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2. What helps you maintain hope when health challenges become overwhelming?

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3. How can you remind yourself of God's purpose when trials feel discouraging?

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Day 4: 🔥 Strength in Trials

# Journaling Prompts

1. Recall a specific trial and how it helped your spiritual growth.

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2. Write about ways God has supported or strengthened you in tough times.

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3. List encouragements or Scriptures that help you see joy in trials.

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## Day 4: 🔥 Strength in Trials

## Prayer for Today

**Gracious God**, thank You that You are near during the trials asthma brings. Teach me to find joy even when facing challenges, knowing You produce perseverance and hope in me. Strengthen my faith, sustain my spirit, and remind me that my suffering is not wasted. Help me hold tightly to Your promises today. *In Jesus' name, Amen.* 🔥💪🙏





## Day 5: ✨ Hope Beyond Symptoms



## Day 5: ✨ Hope Beyond Symptoms

## Your Verse

*Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."*

## Supporting Scriptures

- *Hebrews 6:19 – "We have this hope as an anchor for the soul, firm and secure."*
- *Psalms 42:11 – "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God..."*



Day 5: ✨ Hope Beyond Symptoms

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

Asthma symptoms often remind us of physical limits, but God invites us to anchor our hope beyond these temporary difficulties. True hope transcends symptoms and circumstances, rooted deeply in God's faithfulness and Spirit.

**Paul prays that believers will overflow with hope through the Holy Spirit's power.** This hope is not wishful thinking but confident assurance that God is working all things for good, even in difficult seasons.

*When symptoms flare, remind yourself of this unshakeable hope.* Anchor your soul in God, who never fails, and let the Holy Spirit fill you with joy and peace. This hope empowers you to face each breath and tomorrow with courage.



## Reflect and Apply

1. How do your asthma symptoms affect your sense of hope?

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2. What does it mean for your hope to be ‘an anchor for the soul’?

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3. In what ways can you experience the Holy Spirit’s peace amid physical challenges?

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## Journaling Prompts

1. Write about how your hope in God helps you through tough health days.

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2. Describe a moment when you felt the Holy Spirit's peace during asthma symptoms.

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3. List ways to remind yourself daily of God's hope and joy.

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Day 5: ✨ Hope Beyond Symptoms

## Prayer for Today

**Father of hope**, thank You for filling me with joy and peace as I trust You, even when asthma symptoms arise. Help me to anchor my soul in You—firm and secure. May Your Holy Spirit empower me to overflow with hope and courage today. Teach me to rest in Your faithfulness no matter what I face. *In Jesus' name, Amen.* ✨❤️🙏





## Day 6: God's Presence in Every Breath



## Day 6: 🕊️ God's Presence in Every Breath

## Your Verse

*Psalm 139:7-10 - "Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me."*

## Supporting Scriptures

- *Isaiah 43:2 - "When you pass through the waters, I will be with you..."*
- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid... for the LORD your God goes with you; he will never leave you nor forsake you."*



## Day 6: 🕊️ God's Presence in Every Breath

## Devotional: God's Constant Presence Sustains Us

With asthma's breathlessness comes a deep awareness of the gift of each breath. Yet even when it feels difficult, God's presence surrounds and sustains you intimately. **Psalm 139 beautifully captures the truth that God is never far from us—not even a single breath away.**

This divine presence gives reassurance amid uncertainty and frailty. No matter where your health journey leads, God is there—guiding, protecting, and holding you up. He knows your every breath and moment.

*Embrace the truth that you are never alone in your struggles.* God's Spirit is with you, offering comfort and strength with each inhalation and exhalation. Rest in His loving presence, which is your true source of life and peace.



Day 6: 🕊️ God's Presence in Every Breath

## Reflect and Apply

1. How does knowing God is with you in every breath change how you view your asthma?

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2. In what ways can you become more aware of God's presence daily?

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3. How does God's nearness provide peace during difficult health moments?

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Day 6: 🕊️ God's Presence in Every Breath

## Journaling Prompts

1. Write about a time you sensed God's presence during a health struggle.

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2. List practical ways to remind yourself that God is always with you.

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3. Reflect on what it means personally that God 'knows your every breath.'

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## Day 6: 🕊️ God's Presence in Every Breath

## Prayer for Today

**Lord God**, thank You that You are present in every breath I take, especially when asthma makes breathing difficult. Help me to feel Your loving presence close beside me at all times. Guide and uphold me today and always. Remind me that I am never alone or forsaken. Fill me with Your peace as I lean on You.

*In Jesus' name, Amen.* 🙌 🙏 ❤️





## Day 7: Hope for Tomorrow





Day 7:  Hope 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

- *Isaiah 40:31 - "Those who hope in the LORD will renew their strength."*
- *Revelation 21:4 - "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."*



Day 7:  Hope for Tomorrow

## Devotional: Embracing God's New Mercies Each Day

As you conclude this study, be reminded that God's compassion and faithfulness are fresh each day. Though living with asthma may feel exhausting today, tomorrow holds new mercies and renewed strength.

**The Lord's steadfast love sustains you not just in this moment but for every breath and step ahead.** His promises carry you forward with hope that transcends temporary pain or limitations.

*Take comfort in God's unfolding plan and everlasting presence. Each new morning is a gift filled with His grace, designed to restore and empower you.* Trust Him with your health and your future. Walk forward in faith, knowing He is faithful and will never leave you.



## Reflect and Apply

1. How has God shown His faithfulness to you throughout your health journey?

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2. What hope do you hold onto as you face each new day with asthma?

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3. How can you remind yourself daily of God's fresh mercies and compassion?

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## Journaling Prompts

1. Write about a recent experience of God's compassion or renewal.

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2. List hopes and prayers you have for your health and future.

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3. Reflect on how God's faithfulness strengthens your trust in Him.

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Day 7: 🌈 Hope for Tomorrow

## Prayer for Today

**Faithful Lord**, thank You that Your compassions never fail and Your mercies are new every morning. Help me to trust in Your faithfulness as I face each new day with asthma. Renew my strength and fill me with hope for the future. May I rest in Your unending love and walk confidently in Your care. *In Jesus' name, Amen.* 🌈💖🙏





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