# Health and Hope: Living with Costochondritis in God's Strength



Discover God's sustaining power to face the challenges of costochondritis and embrace health in His grace and strength.





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#### Introduction

Living with a chronic health condition like costochondritis can often feel overwhelming. The persistent chest pain, the limits it places on daily activity, and the uncertainty of flare-ups challenge both our physical and emotional strength. Yet, for believers, this journey is not one taken alone. We have a source of strength, hope, and healing that transcends our circumstances—the presence and promises of God.

Costochondritis, an inflammation of the cartilage that connects ribs to the breastbone, brings discomfort and strain, but it can also lead us to a deeper reliance on God's grace. Each day brings opportunities to live intentionally and trust that His power is made perfect in our weakness.

This 7-day Bible study plan invites you to explore Scripture that speaks directly to health struggles, suffering, and God's sustaining strength. You'll find encouraging passages that reassure us that God is close to the brokenhearted and bears our burdens. Through reflective devotionals and prayer, you will be equipped to face chronic pain with courage, peace, and renewed hope.

As you study these passages, you'll gain insights on how to care for your body, nurture your spirit, and invite God's healing presence into your pain. Remember, His strength is our refuge, His love our comfort, and His grace our sustaining power. May this study bring encouragement, healing, and a renewed sense of purpose to your journey.















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







#### Devotional: God's Nearness in Our Pain

When pain and frustration strike, where do you turn? Psalm 34:18 reminds us that God is not distant or indifferent; He is close to the brokenhearted. Living with costochondritis often means moments of discouragement or feeling emotionally crushed by the constant discomfort. Yet God promises His nearness and salvation for those who suffer.

Isaiah's reassurance not to fear because God is with us is a powerful balm. Even when physical health declines or pain intensifies, God's presence is our unshakeable foundation. In 2 Corinthians, Paul echoes this by showing that God's grace empowers us in our weaknesses, including chronic illness.

Today, let these truths sustain your heart. You are not alone in your pain. God is working through your struggles to demonstrate His perfect power and grace. Lean into Him and trust that each day He is your refuge and strength.







# Reflect and Apply

	How does knowing God is close to the brokenhearted affect how you view your pain?
2.	What fears about your health can you hand over to God today?
3.	In what ways have you experienced God's grace in your weakness?







Day 1:  $\blacksquare$  Trusting God in Health Struggles

#### **Journaling Prompts**

1.	Write about a time you felt God's comfort during physical pain.
2.	List areas in your health where you need to trust God more.
	Describe what it means for you personally that God's power is made perfect in weakness.







#### Prayer for Today

**Lord,** thank You for being close to my broken heart and for never leaving me alone in this struggle. Help me to trust Your presence even when pain feels overwhelming. May Your grace strengthen me each day and Your peace guard my heart. Teach me to rely fully on Your power, especially when my own strength fades. Surround me with Your love and give me hope to face today. *In Jesus' name, amen.* 😂 🍑 🙏















#### 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."







#### Devotional: Embracing God's Power in Our Weakness

Paul's words in 2 Corinthians 12:9 offer profound encouragement for those living with chronic conditions like costochondritis. When our bodies feel frail, and our energy is low, God's grace steps in to fill the gaps.

#### God's power isn't just for the strong—it is most evident in our weakness.

When you feel drained and frustrated by persistent chest pain, remember that these moments are where God's sustaining strength shines brightest. Isaiah assures us that He gives strength to the weary, empowering us for daily living.

Philippians reminds us that through Christ, we can face hardships and continue on because He is the source of strength beyond what we can muster alone. Your weakness is not a barrier to God's work in you but a gateway for His power.

Let today be a day to lean fully into God's strength, acknowledging your limitations and embracing His superabundant grace that fuels endurance and hope.







#### Reflect and Apply

1.	What weaknesses do you find most frustrating in your health journey?
2.	How can you invite God's grace into those weak moments?
3.	In what practical ways can you rely more on God's strength daily?







#### **Journaling Prompts**

1.	List times when God's strength helped you overcome weakness.
2.	Write a prayer asking God to renew your strength today.
3.	Describe how embracing your weakness opens you to God's power.







#### Prayer for Today

Father, in moments of weakness, remind me that Your grace is all I need. Renew my strength when I am weary and empower me to persevere with joy and hope. Help me to remember that Your power is perfect in my weaknesses and that through You, I can face each challenge. Thank You for being my constant source of endurance and peace. *Amen.* \(\text{P}\) \(\text{\text{\text{\text{\text{\text{P}}}}}\)















#### Your Verse

1 Corinthians 6:19–20 – "Do you not know that your bodies are temples of the Holy Spirit... therefore honor God with your bodies."

#### **Supporting Scriptures**

- 3 John 1:2 "Dear friend, I pray that you may enjoy good health and that all may go well with you."
- Romans 12:1 "Offer your bodies as a living sacrifice, holy and pleasing to God."







#### Devotional: Honoring God Through Body Care

Our physical health is deeply connected to our spiritual well-being. Paul's reminder that our bodies are temples of the Holy Spirit calls us to honor God through how we care for ourselves. Living with costochondritis requires intentional care and respect for your body's limits and needs.

God desires good health for His children, as expressed in 3 John. While chronic conditions sometimes challenge this, God's heart is for wholeness—body, mind, and spirit. Romans encourages offering our bodies as living sacrifices, which includes practicing rest, healing, and nourishment.

Honoring your body despite pain is an act of worship. Listen to what your body needs and steward it with grace and wisdom. This can include gentle activity, proper rest, seeking medical help, and trusting God throughout the process.







# Reflect and Apply

1.	How do you currently care for your body amid chronic pain?
2.	What changes can you make to honor God with your health?
	How does viewing your body as God's temple influence your daily choices?







#### **Journaling Prompts**

1.	Write about how you can better listen to your body's signals.
2.	List healthy habits that bring you peace and honor God.
3.	Reflect on what it means to offer your body as a living sacrifice.







#### Prayer for Today







# Day 4: 🗱 Finding Peace in God's Presence









Day 4: 🔁 Finding Peace in God's Presence

#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you... Do not let your hearts be troubled or 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."
- Psalm 46:10 "Be still, and know that I am God."







Day 4: 🔁 Finding Peace in God's Presence

#### Devotional: Resting in God's Peace

Chronic conditions often bring anxiety and fear about what the future holds. Yet Jesus offers a peace unlike the world's—a peace that calms troubled hearts and sets us free from fear.

John 14 reminds us of this divine gift of peace. Even when pain fluctuates or uncertainty clouds your mind, God's presence is your anchor and shelter. Philippians instructs us not to be anxious, but to come to God with our worries—promising peace that defies explanation and guards our hearts.

Psalm 46 calls for stillness. In the midst of suffering, taking moments to be still and recognize God's sovereignty can refresh the soul and renew hope.

Let God's peace settle over you today, calming your spirit even when your body hurts.







Day 4: 😂 Finding Peace in God's Presence

# Reflect and Apply

What anxieties about your health do you need to release to God?
How can you cultivate moments of stillness to experience God's peace?
In what ways has God's peace protected your heart recently?







Day 4: 😂 Finding Peace in God's Presence

#### **Journaling Prompts**

1.	Describe a time God's peace comforted you during illness.
2.	List fears you want to surrender to God today.
3.	Write about ways to practice stillness and trust in God's sovereignty.







Day 4: 🛱 Finding Peace in God's Presence

#### Prayer for Today

**Dear Jesus,** thank You for Your gift of peace that quiets my troubled heart. Help me to release fear and anxiety into Your loving hands. Teach me to be still and trust Your control over my life and health. Fill me with Your calm presence now and always, that I may face each day with faith and hope. *Amen.* 🔾 🔾 🙏

















#### Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."
- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."







#### Devotional: Seeking God's Wisdom for Health Choices

Living with costochondritis requires daily decision-making: how to manage pain, when to rest, what treatments to pursue. God provides wisdom generously when we ask Him, guiding us through each challenge with His loving counsel.

James encourages believers to seek God's wisdom without hesitation. Proverbs reminds us to trust God fully, especially when our own understanding feels limited by our condition. Psalm 32 reassures us that God watches over us tenderly, ready to teach and direct our path.

Pray today for God's guidance in every choice. Trust that He knows what you need and will provide the insight to care well for your body and mind.







#### Reflect and Apply

1.	In what areas of your health do you need God's wisdom most?
2.	How do you typically make decisions about managing your condition?
3.	What prevents you from fully trusting God's guidance?







#### **Journaling Prompts**

1.	Write a prayer asking God for wisdom in caring for your health.
	Describe how you can lean more on God than on your own understanding.
3.	Reflect on a situation where God's guidance was clear to you.







#### Prayer for Today

**Lord,** I confess I don't always know how to navigate the complexities of my health. I ask for Your generous wisdom to guide every choice and step I take. Help me trust You completely and lean not on my limited understanding. Thank You for watching over me and instructing my path. May I walk confidently with Your counsel today. *Amen.* ?









# Day 6: Pain Beyond the Pain









#### Your Verse

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

#### **Supporting Scriptures**

- Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







#### Devotional: Anchored in God's Hope and Promise

Hope is the anchor of the soul, especially amid chronic illness. Romans reminds us that God is the very source of hope, ready to fill us with joy and peace when we place our trust in Him.

Jeremiah communicates God's good plans for our lives—even when pain makes that hard to believe. God's intentions are for our welfare, not harm, and His plans offer a future full of promise.

Isaiah's promise that those who hope in the Lord will renew their strength is especially powerful for those facing daily health challenges. Hope propels us forward, reminding us that God's power can restore and sustain us beyond what we see.

Let hope rise in your heart today as you trust God's faithful love and plans for you.







# Reflect and Apply

1.	How does hope influence your outlook on living with chronic pain?
2.	What promises from God give you the most encouragement right now?
3.	How can you cultivate a deeper trust in God's plans for your life?







#### **Journaling Prompts**

1.	Write about a time when hope lifted you during difficult health moments.
2.	List God's promises that bring you peace and strength.
3.	Reflect on how trusting God affects your experience of pain.







#### **Prayer for Today**

**God of hope,** fill me with joy and peace as I trust in You. Help me to hold firmly onto Your promises and to look beyond present pain to the bright future You have prepared. Renew my strength and lift my spirit so I can face each day with courage and faith. Thank You for Your unfailing love and faithful plans. *In Jesus' name, Amen.* 😝 🐒















#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength." They will soar on wings like eagles."

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 23:1-3 "The Lord is my shepherd; I shall not want. He makes me lie down in green pastures."







#### Devotional: Soaring on God's Wings of Rest

On this final day, let's embrace the profound rest and strength God offers amidst our trials. Isaiah promises renewal of strength for those who hope in Him, lifting us above weariness like eagles soaring on mighty wings.

Jesus personally invites the weary to come to Him for rest—not just physical, but deep soul-rest that restores and refreshes.

Psalm 23 paints a beautiful picture of God's shepherding care, leading us to peaceful places and renewing our souls. Even in the season of chronic illness, God provides rest and strength to continue the journey.

Today, accept Jesus' invitation to rest fully in Him, finding peace, restoration, and courage to face the road ahead.







# Reflect and Apply

1.	What does true rest in God look like for you?
2.	How can you practically accept Jesus' invitation to come to Him weary and burdened?
3.	In what ways have you experienced God's renewal in the midst of pain?







#### **Journaling Prompts**

1.	Write about what being renewed by God's strength means to you.
2.	List ways you can incorporate times of rest into your daily routine.
3.	Reflect on the comfort of God as your Shepherd during difficult times.







#### Prayer for Today

**Lord Jesus,** I come to You weary and burdened, grateful for Your invitation to find rest in Your presence. Renew my strength and lift my spirit so that I may soar on wings like eagles. Help me to trust You fully as my Shepherd who cares deeply and leads me to peace. Thank You for Your unfailing love and rest for my soul. *Amen.*







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