## Healthy Boundaries: Embracing God's Opinion Over People's



Over 21 days, overcome fear of others' opinions and strengthen your health by centering on God's view of you.





#### Table of contents

<u>Introduction</u>	4
<u>Day 1: ☆ God's Unchanging Opinion of You</u>	5
<u>Day 2:  Turning Down People's Voices</u>	11
Day 3:  Guarding Your Mind for Health	17
Day 4: 6 Strength for the Weary Heart	23
Day 5: Protecting Your Heart From Fear	29
Day 6: A Serving God by Caring for Your Body	35
Day 7: Day 7: Day 7: Sp Loving Yourself as God Loves You	41
Day 8:  Finding Rest From Approval Addiction	47
Day 9: Speaking Truth Over Fear	53
Day 10: A Embracing Peace in God's Presence	59
Day 11: <b>%</b> Building Boundaries with God's Help	65
Day 12: B Nourishing Mind, Body, and Spirit	71
Day 13: Saying No Without Guilt	77
Day 14: P Listening to God Over People	83
Day 15: X Finding Identity in Christ Alone	89
Day 16: A Beginning Each Day with God	95











#### Introduction

Welcome to this 21-day journey focused on *Health*—not just physical, but emotional and spiritual well-being. Too often, the way we think others see us drives unhealthy habits and decisions. This Bible study plan invites you to turn down the volume of people-pleasing and turn up your focus on God's righteous and loving opinion of you. *You are fearfully and wonderfully made* (Psalm 139:14), valued infinitely by your Creator, and today is a new opportunity to align your identity with His truth.

People-pleasing can cause stress, anxiety, and physical weariness. It can leave us exhausted trying to gain approval from others while neglecting what truly matters—our health and relationship with God. Through daily scripture, devotional reflections, and prayer, you will learn to recognize the subtle ways fear of others' judgment affects your well-being and cultivate confidence rooted in God's acceptance.

**Each day will help you lean on God's perspective:** that you are loved unconditionally, that your worth isn't tied to human approval, and that honoring your body and spirit glorifies Him. As you progress, may you find peace, courage, and freedom to care for yourself as God intends.

Remember, this is a process fostered by grace—no perfection needed, only a willing heart to listen and grow. Embrace God's voice as your ultimate guide as you restore balance and health in your life.















#### Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### **Supporting Scriptures**

- Jeremiah 31:3 "I have loved you with an everlasting love; I have drawn you with unfailing kindness."
- Romans 8:38–39 "Nothing in all creation will be able to separate us from the love of God..."







#### Devotional: You Are Wonderfully Made by God

Begin by embracing the fundamental truth that God's opinion of you is what truly matters. In Psalm 139:14, David marvels at God's handiwork in creating him uniquely and wonderfully. This counters the lies we often hear that our worth depends on others' praise or acceptance.

God's view is stable and overflowing with love—it doesn't fluctuate with our successes or failures, nor with how many likes or affirmations we receive. Today, reflect on how choosing to internalize God's unchanging love and value can calm the fears that come from worrying what others think. It's a health boost for your soul.

Let His kindness and faithfulness be louder in your mind than criticism or rejection from people. Remember, You are perfectly made by the perfect Creator.







## Reflect and Apply

1.	How do I currently let others' opinions affect my peace and health?
	What feelings arise when I remember God's unchanging love and value for me?
	In what practical ways can I remind myself to trust God's opinion over others' today?







### **Journaling Prompts**

1.	Write about a time when people's opinions caused you stress or fear.
2.	List three qualities God uses to describe you in Scripture.
	Describe how your life might change if you fully believed God's opinion of you.







#### Prayer for Today

**Dear Lord,** help me to embrace Your unchanging love and value above all else. When I start worrying about what others think, remind me that You fearfully and wonderfully made me and love me with everlasting kindness. Strengthen my heart to rest in Your perfect opinion and to find peace in Your presence each day. Teach me to see myself through Your eyes and to care for my well-being as a reflection of Your love. In Jesus' name, *amen.*  $\bigwedge$ 







## Day 2: N Turning Down People's Voices









Day 2: 🕔 Turning Down People's Voices

#### Your Verse

Galatians 1:10 – "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

#### **Supporting Scriptures**

- Proverbs 29:25 "Fear of man will prove to be a snare..."
- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."







Day 2: **(4)** Turning Down People's Voices

#### Devotional: Choose God's Approval Over People's

People's opinions can be loud and persistent like background noise affecting our health. Galatians 1:10 calls us to evaluate whose approval we seek. Trying to please everyone is exhausting and leads away from God's intended path.

When we constantly adjust ourselves to what others might think, we lose focus on God's calling and on healthy habits that honor Him. This fear of man can entangle you in stress, anxiety, and spiritual fatigue.

Today is about intentionally lowering the volume of people's voices by anchoring yourself in God's truth. When you recognize that God's approval is all that matters, you begin freeing your mind and body from the strain of people-pleasing. Through this, you open space for God's peace and strength to grow.







Day 2: (1) Turning Down People's Voices

### Reflect and Apply

1.	What are some ways I seek approval from others that drain my energy?
2.	How does trying to please people affect my spiritual and physical health?
3.	What practical steps can I take to focus on pleasing God instead today?







Day 2: **(4)** Turning Down People's Voices

#### **Journaling Prompts**

	Reflect on a situation where you prioritized people's approval over God's guidance.
2.	Write a prayer asking God to help you resist the need for others' approval.
	List habits you can adopt to remind yourself daily to seek God's approval first.







Day 2: **(A)** Turning Down People's Voices

#### Prayer for Today

**Father,** I confess how often I try to please people instead of You. Help me to turn down the voices that cause anxiety and stress. Teach me to seek Your approval above all else and to live as Your servant with a joyful heart. Renew my strength to rest in Your peace rather than in people's praise. Guide me in healthy ways to care for my spirit, mind, and body today. In Jesus' name, amen. The Street is a people instead of You. Help me to turn down the voices that cause anxiety and stress. Teach me to seek Your approval above all else and to live as Your servant with a joyful heart. Renew my strength to rest in Your peace rather than in people's praise. Guide me in healthy ways to care for my spirit, mind, and body today. In Jesus' name,















#### Your Verse

Philippians 4:8 – "Finally, brothers and sisters, whatever is true, whatever is noble...think about such things."

#### **Supporting Scriptures**

- Romans 12:2 "Be transformed by the renewing of your mind..."
- 2 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."







#### Devotional: Renew Your Mind with God's Truth

Your thoughts influence your emotional and physical health. Philippians 4:8 encourages believers to focus on what is true, noble, right, pure, lovely, and admirable. This spiritual discipline shapes how we feel and how our body responds to stress.

When fear of others' opinions fills your mind with negative self-talk or anxiety, it affects your overall well-being. But by choosing to guard and renew your mind, you create space for peace, confidence, and healthy decisions.

Take captive every unhealthy thought that amplifies fear or insecurity and replace it with truth from God's Word. This will help you align your mind with God's loving opinion and improve your whole-person health.







### Reflect and Apply

What dominant thoughts do I have when fearing others' opinions?
How can Scripture help me renew my mind and reduce anxious hinking?
What practical ways can I train my thoughts to focus on God's truth coday?







### **Journaling Prompts**

	Write down negative thoughts you struggle with related to people-pleasing.
2.	Find and note Bible verses that counter those negative thoughts.
	Create a personal declaration based on God's truth to speak over your mind daily.







#### Prayer for Today

**Lord,** I ask You to help me take every thought captive and make it obedient to Christ. Teach me to dwell on what is true, noble, and lovely. Guard my mind against fears and unhealthy comparisons. Renew my thinking so I can live confidently in Your love and truth. May this renewal bring health to my mind, body, and spirit. In Jesus' name, *amen*.

















#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength..."

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened..."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart..."







#### Devotional: Refresh Your Strength in God's Hope

**Fear of judgment can be exhausting, leaving your heart and body tired.** Isaiah 40:31 promises renewed strength for those who hope in the Lord. This is not just physical strength but emotional and spiritual vigor.

When people-pleasing drains you, turning to God for rest and hope replenishes your soul. Jesus invites us in Matthew 11:28 to come to Him with burdens, offering rest and peace.

Allow yourself to pause and receive God's strength freely today. Your health flourishes when your heart is renewed by hope in Him, giving you courage to prioritize His approval above all.







## Reflect and Apply

1. When d	lo I feel most weary from fearing others' opinions?
2. How ha	eve I experienced God renewing my strength in difficult times?
3. What do	oes it look like for me to hope fully in the Lord today?







### **Journaling Prompts**

1.	Describe a time when God gave you strength in a weary season.
2.	Write about burdens you need to hand over to Jesus today.
3.	Plan a specific way to incorporate spiritual rest into your routine.







#### **Prayer for Today**

**Dear God,** I bring my weariness and fears to You today. Renew my strength as I place my hope fully in You. Help me to rest in Your presence and find peace from the burdens of people-pleasing. Fill my heart with courage to live for Your approval and care for my health holistically. In Jesus' name, *amen*.



















Day 5: Protecting Your Heart From Fear

#### Your Verse

Proverbs 4:23 - "Above all else, guard your heart..."

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted..."
- 2 Timothy 1:7 "God gave us a spirit not of fear but of power, love and self-control."







Day 5: Protecting Your Heart From Fear

#### Devotional: Guard Your Heart Against Fear

**Fear of others' opinions can wound your heart deeply.** Proverbs 4:23 reminds us to guard our hearts because the state of our inner life affects everything else.

When you put God's love at the center, you shield yourself from fear's damaging effects. God's nearness to the brokenhearted (Psalm 34:18) and His gift of power, love, and self-control (2 Timothy 1:7) equip you to protect your emotional health.

Today, cultivate heart-guarding habits like prayer, Scripture meditation, and healthy boundaries to guard against people-pleasing fears. Protecting your heart leads to greater emotional stability and physical wellness.







Day 5: **(**) Protecting Your Heart From Fear

## Reflect and Apply

1.	What fears do I notice threatening my emotional health?
2	How can Cod's promises help me protect my heart?
۷.	How can God's promises help me protect my heart?
3.	What boundaries might I need to set to guard my heart better?







Day 5: **(**) Protecting Your Heart From Fear

### **Journaling Prompts**

1.	List fears related to others' opinions you want to surrender to God.
2.	Write about how setting boundaries could improve your peace.
3.	Identify people or situations where you need God's protection most.







Day 5: Protecting Your Heart From Fear

#### Prayer for Today

**Lord,** please help me guard my heart above all else. Shield me from fear and the temptations to people-please. Fill me with Your power, love, and self-control. Draw near when my heart feels broken and teach me to establish healthy boundaries rooted in Your love. Protect my emotional and spiritual health so I can thrive for Your glory. In Jesus' name, *amen*.







# Day 6: Rerving God by Caring for Your Body









Day 6: 🎘 Serving God by Caring for Your Body

#### Your Verse

1 Corinthians 6:19-20 - "Your body is a temple of the Holy Spirit..."

#### **Supporting Scriptures**

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







### Devotional: Respecting Your Body as God's Temple

**Physical health is part of honoring God.** 1 Corinthians 6:19–20 reminds us that our bodies are temples of the Holy Spirit, entrusted to us to care for with respect and love.

Serving God includes nurturing your body—eating well, resting, exercising, and avoiding harmful behaviors. Romans 12:1 encourages presenting ourselves as living sacrifices, which includes bodily care as worship.

When fear of what others think tempts you to neglect yourself, remember that God desires your well-being spiritually and physically. Healthy habits empower you to serve Him more fully and confidently, free from self-doubt rooted in people's opinions.







# Reflect and Apply

1.	Do I view my physical health as part of worshiping God?
2.	How does people-pleasing affect my self-care habits?
3.	What changes can I make to honor God with my body today?







## **Journaling Prompts**

1.	Write about how caring for your body honors God.
2.	List unhealthy habits you want to change to prioritize wellness.
3.	Create a plan for one small physical health habit to develop this week.







### Prayer for Today

**Father God,** thank You for creating my body as Your temple. Help me to honor You by taking care of myself physically with love and intention. Give me strength to resist people–pleasing choices that hurt my health. Guide me to live as a living sacrifice, worshiping You with my whole being. Bless me with wellness to serve You fully. In Jesus' name, *amen*.

















#### Your Verse

Mark 12:31 - "Love your neighbor as yourself."

#### **Supporting Scriptures**

- Ephesians 5:29 "For no one ever hated their own body, but they feed and care for their body..."
- Psalm 103:14 "For he knows how we are formed, he remembers that we are dust."







#### Devotional: Embrace God's Love to Love Yourself

True love for others starts with loving yourself as God loves you. Jesus commands us to love our neighbors as ourselves, implying healthy self-love.

Just as you care for a friend, Scripture encourages caring for your own body and well-being (Ephesians 5:29). God understands our human weaknesses and calls us to treat ourselves with compassion and grace (Psalm 103:14).

When people's opinions cause self-doubt or unhealthy self-criticism, remember God's patient, loving view of you. Embrace His love today as the foundation to love and care for yourself rightly.







# Reflect and Apply

1.	How does God's love for me shape my view of myself?
2.	Do I struggle to extend that same love and care inward?
3.	What steps can I take to practice healthy self-love as God commands?







## **Journaling Prompts**

1.	Write down ways God has shown His love to you recently.
2.	List affirmations that reflect God's love for you.
3.	Describe how showing yourself grace improves your health.







### Prayer for Today

**Lord Jesus,** teach me to love myself as You love me—with grace, kindness, and truth. Help me to care for my body and heart as You do. Heal any self-hatred or harsh thoughts I carry. May Your perfect love be my guide to healthy living and relationships. In Your name, *amen.* 















#### Your Verse

Matthew 6:33 - "Seek first his kingdom and his righteousness..."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Hebrews 4:9-10 "There remains a Sabbath rest for the people of God..."







### Devotional: Rest Deeply in God's Presence

Rest is vital for health and healing from the exhausting pursuit of others' approval. Matthew 6:33 directs us to seek God's kingdom first, not human approval or validation.

Psalm 46:10 invites us to be still and recognize God's sovereignty, which helps quiet anxious thoughts. Hebrews reminds us of a spiritual Sabbath rest that God's people can enter, a rest that renews and restores.

Today, choose to step away from the addictive cycle of trying to please others and find rest in God's presence. Let this Sabbath moment renew your soul and body for the journey ahead.







# Reflect and Apply

Where do I seek approval instead of God's kingdom?
How can stillness and rest help my health?
What practical ways can I incorporate Sabbath rest into my routine?







## **Journaling Prompts**

1.	Reflect on moments when rest refreshed your body and spirit.
2.	Write about struggles with resting when people's opinions demand attention.
3.	Plan a personal Sabbath or quiet time this week.







### Prayer for Today

**God,** help me to seek Your kingdom first and rest in Your presence. Teach me to be still and trust You fully. Heal the places in me addicted to human approval and fill me with Your peace. Refresh my body and soul with Sabbath rest that sustains. In Jesus' name, *amen.*  $\nearrow$ 

















#### Your Verse

2 Timothy 1:7 - "God gave us a spirit not of fear but of power, love and self-control."

#### **Supporting Scriptures**

- Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears."
- Joshua 1:9 "Be strong and courageous... for the Lord your God will be with you wherever you go."







#### Devotional: Declare God's Truth Against Fear

Fear of others' opinions often silences your voice and weakens your health. God empowers you with a spirit of power, love, and self-control, not fear.

When you feel overwhelmed, Psalm 34:4 reminds you to seek God, who promises deliverance from fear. Joshua 1:9 encourages courage because God is always with you.

Practice speaking God's truth aloud over your fears today, replacing anxiety with confidence rooted in His promises. Your renewed spirit will fuel emotional and physical wellness.







# Reflect and Apply

1.	What fears about others' opinions silence my authentic self?
2.	How can God's spirit of power and love empower me daily?
3.	Which scriptures can I declare to fight fear?







## **Journaling Prompts**

1.	Write a list of fears you want to overcome through prayer.
2.	Note scriptures that encourage strength and courage for you.
3.	Script a spoken declaration of God's truth against fear to practice.







### Prayer for Today

**Father,** thank You for giving me a spirit of power, love, and self-control. Help me confront and overcome fears about what others think. Fill me with boldness and courage to live according to Your truth. Let Your spirit strengthen my heart and body today. In Jesus' name, *amen*.







# 









#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you..."

#### **Supporting Scriptures**

- Philippians 4:6–7 "Do not be anxious about anything..."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast..."







#### Devotional: Rest in the Peace Jesus Gives

**Peace is a powerful healer for fear and anxious thoughts.** Jesus promises His peace, unlike what the world gives, to calm our hearts in John 14:27.

Philippians encourages us not to be anxious but to bring every concern to God in prayer, and in response, God promises a peace guarding our hearts and minds. Isaiah reminds us that steady focus on God yields perfect peace.

Today, practice resting in God's peace, letting it breathe health into your emotions and body as you relax in His loving presence.







# Reflect and Apply

1.	What anxieties about others' opinions steal my peace?
2.	How can I practically lean into God's peace today?
3.	What does a steadfast mind look like when caring for my health?







## **Journaling Prompts**

1.	List worries you want to release into God's care.
2.	Describe moments when God's peace surrounded you.
3.	Plan a daily habit to pause and receive God's peace.







### Prayer for Today

**Lord Jesus,** thank You for Your perfect peace. Calm my anxious heart and help me to release worries about people's opinions. Teach me to fix my thoughts on You and receive Your peace daily. Restore my emotions and body with Your gentle presence. In Your name, *amen.* 







# Day 11: **%** Building Boundaries with God's Help









Day 11: K Building Boundaries with God's Help

#### Your Verse

Proverbs 25:28 - "Like a city whose walls are broken through is a person who lacks self-control."

#### **Supporting Scriptures**

- Galatians 5:22-23 "But the fruit of the Spirit is self-control..."
- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No.""







Day 11: K Building Boundaries with God's Help

#### Devotional: Strengthen Boundaries with God's Spirit

Healthy boundaries preserve your emotional and spiritual health. Proverbs illustrates that lacking self-control is like an unprotected city vulnerable to attack.

The fruit of the Spirit includes self-control (Galatians 5:22-23), which enables you to set clear boundaries in relationships and habits. Jesus teaches the power of honest and firm responses (Matthew 5:37) to maintain integrity.

Ask God to strengthen your self-control as you learn to say no to peoplepleasing and yes to God's desires for your health and well-being. Boundaries become shields that protect you.







Day 11: 🎇 Building Boundaries with God's Help

# Reflect and Apply

1.	Where do I struggle to say no in fear of others' opinions?
2.	How does a lack of boundaries harm my health?
3.	What does self-control look like supported by the Holy Spirit?







Day 11: 🎇 Building Boundaries with God's Help

# **Journaling Prompts**

1.	Identify one area where you need stronger boundaries.
2.	Write a prayer asking for the Holy Spirit's help in self-control.
3.	Practice drafting respectful ways to say no in upcoming situations.







Day 11: X Building Boundaries with God's Help

### Prayer for Today

Holy Spirit, fill me with self-control and courage to set healthy boundaries. Help me say yes to God and no to people-pleasing habits that hurt me. Protect my heart and mind through Your strength. Teach me to live with integrity and health for Your glory. In Jesus' name, *amen*.







# Day 12: Nourishing Mind, Body, and Spirit









Day 12: B Nourishing Mind, Body, and Spirit

#### Your Verse

3 John 1:2 - "I pray that you may enjoy good health and that all may go well..."

#### **Supporting Scriptures**

- Psalm 1:2-3 "Delight in the law of the Lord..."
- Matthew 4:4 "Man shall not live on bread alone, but on every word..."







Day 12: B Nourishing Mind, Body, and Spirit

## Devotional: Feed Yourself Spiritually and Physically

Whole health involves nourishing your mind, body, and spirit daily. The apostle John's prayer highlights God's desire for your good health and prosperity.

Psalm 1 encourages delight in God's Word, resulting in spiritual vitality. Jesus reminds us in Matthew 4:4 that spiritual nourishment from Scripture sustains us beyond physical food.

Today, commit to feeding your spirit with God's Word, caring for your body purposefully, and renewing your mind—each essential for lasting wellness.







Day 12: 🥬 Nourishing Mind, Body, and Spirit

# Reflect and Apply

1.	How balanced is my care of mind, body, and spirit currently?
2.	What spiritual habits nourish me and increase health?
3.	How does Scripture sustain me through people-pleasing fears?







Day 12: B Nourishing Mind, Body, and Spirit

# **Journaling Prompts**

1.	Make a list of current nourishing habits and areas to improve.
2.	Reflect on how Scripture has comforted or guided you lately.
3.	Plan one new habit to nourish yourself holistically.







Day 12: B Nourishing Mind, Body, and Spirit

# Prayer for Today

**God,** thank You for Your desire for my whole health. Teach me to nourish my mind, body, and spirit daily with Your Word, healthy habits, and rest. Help me grow stronger to resist unhealthy pressures and thrive in Your love. In Jesus' name, *amen*.

















#### Your Verse

Luke 5:16 - "Jesus often withdrew to lonely places to pray."

## **Supporting Scriptures**

- Exodus 33:14 "My presence will go with you..."
- Matthew 11:29 "Take my yoke upon you and learn from me..."







## Devotional: Set Boundaries Like Jesus Did

Learning to say no is essential for health and honoring God's rhythm. Even Jesus withdrew often to rest and pray despite demands on His time.

Exodus promises God's presence accompanies us when we rest and set boundaries. Jesus invites us in Matthew 11 to learn from Him the balance between work and rest.

Saying no to people-pleasing is not selfish but necessary self-care. It creates space for God's presence to refresh your whole being.







# Reflect and Apply

1.	When have I felt guilty saying no?
2.	How did Jesus model healthy boundaries and rest?
3.	What would saying no look like in my life today?







# **Journaling Prompts**

1.	Write about a time you felt relief after saying no.
2.	List reasons why saying no honors God and your health.
3.	Plan a polite but firm way to say no in an upcoming situation.







# Prayer for Today

**Jesus,** thank You for showing me the importance of rest and boundaries. Help me say no without guilt, trusting Your presence goes with me. Teach me to balance service with self-care so I can follow You faithfully. Refresh my body and soul today. In Your name, *amen.*  $\bigwedge$ 

















#### Your Verse

Isaiah 30:21 – "Whether you turn to the right or to the left, your ears will hear a voice behind you..."

#### **Supporting Scriptures**

- John 10:27 "My sheep listen to my voice..."
- Psalm 25:4-5 "Show me your ways, Lord..."







#### Devotional: Hear God's Voice Over All Noise

Discerning God's voice is key to healthily navigating others' opinions. Isaiah promises that God's voice will guide your steps when you listen carefully.

Jesus calls His followers sheep who hear and recognize His voice uniquely. Psalm 25 invites a posture of seeking and waiting for God's direction.

Practice quieting distractions and tuning your ears to God's guidance today, choosing His opinion above all others. This empowers wise decisions that protect your health and peace.







# Reflect and Apply

1.	How do I recognize God's voice amid many opinions?
2.	What practices help me listen attentively to God daily?
3.	How can hearing God's voice strengthen my health and choices?







# **Journaling Prompts**

1.	Describe a time God clearly guided you through a tough decision.
2	
2.	Write about challenges you face listening to God amid distractions.
3.	Plan a quiet time or space to practice hearing God's voice.







# Prayer for Today

**Lord,** open my ears and heart to hear Your voice clearly today. Help me discern Your guidance above all other opinions. Teach me to trust You fully and obey Your leading for my well-being. Quiet my mind and lead me in Your truth. In Jesus' name, *amen*. P T















#### Your Verse

Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come..."
- Ephesians 2:10 "We are God's handiwork...created in Christ Jesus to do good works."







## Devotional: Live Fully Rooted in Christ's Identity

Your true identity is found in Christ, not in others' opinions. Galatians 2:20 powerfully declares our old self dies so Christ can live through us.

Becoming a new creation (2 Corinthians 5:17) means your value, purpose, and health are anchored in Him, your Maker.

Rest in this identity, rejecting the lies that try to define you by external approval. Embracing who God made you empowers you to live healthily and free.







# Reflect and Apply

1.	How does my identity in Christ change my view of myself?
2.	What lies about my worth have I believed that hurt my health?
3.	How can knowing I am God's handiwork restore my confidence?







# **Journaling Prompts**

1.	Write down traits that define your identity in Christ.
2.	Reflect on how this identity frees you from people-pleasing.
3.	List ways you can live out your good works as God's creation.







# Prayer for Today

**Jesus,** thank You for making me a new creation and living in me. Help me to live rooted in my true identity in You, not defined by others' opinions. Strengthen my confidence and health as I embrace Your call and purpose. In Your name, *amen.* \( \mathcal{P} \)

















#### Your Verse

Psalm 5:3 - "In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly."

#### **Supporting Scriptures**

- Lamentations 3:22-23 "His mercies are new every morning..."
- Mark 1:35 "Very early in the morning...Jesus went to a solitary place to pray."







# Devotional: Start Your Day Focused on God

**Starting your day with God sets the tone for health and peace.** Psalm 5:3 shows David's habit of bringing everything to God early in the morning.

Each day brings new mercies (Lamentations 3:22–23), and Jesus modeled the importance of quiet time with the Father to prepare.

Developing a morning routine centered on God helps you resist peoplepleasing fears throughout the day and care for your emotional and spiritual health.







# Reflect and Apply

1.	How do my mornings currently shape my daily outlook and health?
2.	What might change if I begin each day with prayer and Scripture?
3.	How can morning time with God help reduce fear of others' opinions?







# **Journaling Prompts**

1.	Describe your ideal morning devotion time.
2.	Write a prayer asking for consistency in your mornings with God.
3.	Plan one small habit to add to your morning routine this week.







# Prayer for Today

**Father,** help me begin each day by seeking You first. Teach me to wait expectantly for Your presence and guidance. Let Your mercies fill my heart as the sun rises. Strengthen me to face daily fears, trusting Your sustaining love. In Jesus' name, *amen.* 

















Day 17: 👶 Cultivating Inner Calm Daily

#### Your Verse

Psalm 94:19 - "When anxiety was great within me, your consolation brought me joy."

#### **Supporting Scriptures**

- Isaiah 26:12 "You establish peace for us; all that we have accomplished you have done for us."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 17: 👶 Cultivating Inner Calm Daily

## Devotional: Let God's Comfort Replace Anxiety

**Anxiety disrupts health, but God's consolation brings joy and calm.** Psalm 94:19 reminds us that God's comfort can replace anxiety with joy.

Isaiah declares that God establishes peace for us, empowering all we accomplish. Philippians encourages relying on God's strength to face life's pressures.

Practice cultivating habits that calm your spirit—through meditation on His Word, quiet time, and prayer—to nurture your well-being against fear and stress.







Day 17: \delta Cultivating Inner Calm Daily

# Reflect and Apply

1.	What anxieties currently affect my health?
2.	How have I experienced God's consolation bringing joy?
3.	What calming habits can I start cultivating today?







Day 17: \delta Cultivating Inner Calm Daily

# **Journaling Prompts**

1.	Write about a time God comforted you in anxiety.
2.	List practical ways to invite God's peace into your daily life.
3.	Describe how relying on God's strength changes your perspective.







Day 17: 👶 Cultivating Inner Calm Daily

# Prayer for Today

**God,** replace my anxiety with Your consolation today. Fill my heart with joy and peace that surpasses understanding. Help me rely on Your strength in every challenge. Teach me to cultivate calmness and health through Your presence. In Jesus' name, *amen*. 🕸 😂 💪







# Day 18: Support: Healthy Relationships God's Way









Day 18: 🌣 Support: Healthy Relationships God's Way

#### Your Verse

Ecclesiastes 4:9-10 - "Two are better than one..."

## **Supporting Scriptures**

- Hebrews 10:24-25 "Encourage one another and spur one another on..."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 18: 🎔 Support: Healthy Relationships God's Way

#### Devotional: Surround Yourself with Godly Support

Healthy relationships provide support essential for overcoming fear of others' opinions. Ecclesiastes teaches that life is better with companion support.

Hebrews encourages believers to encourage and meet together regularly, and Proverbs describes the refining power of mutual sharpening.

Seek relationships that nurture your health, challenge unhealthy peoplepleasing, and reflect God's love. Support and be supported to grow spiritually and emotionally.







Day 18: 🌣 Support: Healthy Relationships God's Way

# Reflect and Apply

1.	Who in my life encourages me to trust God's opinion?
2.	Do I invest in relationships that promote my health and growth?
3.	How can I be a support for others struggling with people-pleasing?







Day 18: 🌣 Support: Healthy Relationships God's Way

## **Journaling Prompts**

1.	List trusted friends or mentors you can turn to for encouragement.
2.	Reflect on one relationship you want to strengthen or seek.
3.	Write how you can encourage someone else in their journey.







Day 18: 🌣 Support: Healthy Relationships God's Way

### Prayer for Today

**Lord,** thank You for placing people in my life to encourage and support me. Help me build healthy relationships rooted in Your love. Teach me to both give and receive support as I seek freedom from fear. Strengthen my community for Your glory. In Jesus' name, *amen*.







# Day 19: X Reflecting God's Glory Through Health









Day 19: 🎇 Reflecting God's Glory Through Health

#### Your Verse

1 Corinthians 10:31 – "So whether you eat or drink or whatever you do, do it all for the glory of God."

#### **Supporting Scriptures**

- Matthew 5:16 "Let your light shine before others..."
- Colossians 3:17 "Whatever you do, in word or deed, do everything in the name of the Lord Jesus..."







Day 19: 🎇 Reflecting God's Glory Through Health

#### Devotional: Honor God with Every Healthy Choice

Your health and choices reflect God's glory to the world. Paul exhorts believers to do everything for God's glory, reminding us that even daily habits matter.

Matthew encourages letting your light shine, drawing others to God by your example. Colossians reinforces doing all in Jesus' name, aware of the impact of your words and actions.

Embrace health choices that honor God and demonstrate His love visibly. Your freedom from fear and people-pleasing can inspire others.







Day 19: 🗱 Reflecting God's Glory Through Health

# Reflect and Apply

1.	How do my health habits reflect God's glory?
2.	Am I living visibly free from people-pleasing fears?
3.	What can I do to inspire others through my example?







Day 19: 🗱 Reflecting God's Glory Through Health

## **Journaling Prompts**

1.	Write about ways you already glorify God through your health.
2.	Plan one new healthy habit as a testimony of God's work in you.
3.	Describe how your health journey can encourage someone else.







Day 19: 🎇 Reflecting God's Glory Through Health

### Prayer for Today

**God,** help me to honor You with every choice I make for my health. Let my life be a shining example of Your love and freedom from fear. Use my journey to inspire others to seek You and live well. Glorify Your name through me. In Jesus' name, *amen.* \*\*

















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary..."
- Philippians 3:14 "I press on toward the goal for the prize of the heavenly call..."







#### Devotional: Run Your Race with Endurance

The journey to health and freedom can be long; perseverance matters.

Hebrews encourages running your race with endurance by focusing on Jesus, our ultimate example.

God strengthens the weary (Isaiah 40:29), empowering you to press on toward the heavenly goal (Philippians 3:14).

When fear tempts you to give up, fix your gaze on Jesus and keep moving forward in His strength, trusting the health of your body, mind, and spirit is worth the race.







# Reflect and Apply

1.	Where do I struggle to persevere in healthy living?
2.	How does focusing on Jesus encourage me during setbacks?
3.	What steps can I take to keep pressing on today?







## **Journaling Prompts**

1.	Write about a past victory where perseverance paid off.
2.	Reflect on ways Jesus models endurance and faithfulness.
3.	Plan encouragement strategies for when you face challenges.







### Prayer for Today

**Lord Jesus,** help me run the race You have set before me with perseverance. Strengthen me when I feel weary. Keep my eyes fixed on You and empower me to live healthily with courage and faith. I trust Your grace to sustain me. In Your name, *amen.* **2 5 1** 







# 









#### Your Verse

Romans 8:1 – "There is now no condemnation for those who are in Christ Jesus."

#### Supporting Scriptures

- 2 Corinthians 3:17 "Where the Spirit of the Lord is, there is freedom."
- Galatians 5:1 "It is for freedom that Christ has set us free..."







#### Devotional: Rejoice in Freedom Found in Christ

Celebrate the freedom you've gained by choosing God's opinion over fear of others. Romans 8 assures no condemnation for those in Christ, freeing you from guilt or shame linked to people-pleasing.

True freedom flows where God's Spirit dwells (2 Corinthians 3:17), empowering you to live fully in grace and health. Galatians reminds us Christ set us free so we won't be burdened again.

Rejoice in this liberty today, embracing your identity and health as a beloved child of God, free to walk boldly in His love.







# Reflect and Apply

1.	How has focusing on God's opinion changed my fear of others?
2.	What freedom do I experience in Christ that affects my health?
3.	How can I continue walking confidently in this freedom?







## **Journaling Prompts**

1.	Write a celebration of the freedom God has given you.
2.	List affirmations rooted in your identity in Christ.
3.	Plan how you will maintain this freedom moving forward.







### Prayer for Today

**Father God,** thank You for setting me free from condemnation and fear. Fill me with Your Spirit's freedom and joy. Help me walk boldly as Your beloved child, caring for my health and living for Your glory. May I continue to trust Your perfect opinion daily. In Jesus' name, *amen.* 







### Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- **፭ 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>.



Facebook • In

© 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.