Living Strong: Health and God's Strength in Colitis



Discover God's sustaining power and hope while living with colitis. Embrace spiritual and physical health through Scripture in this 7-day journey.





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Introduction

Living with **colitis** presents many challenges—pain, unpredictability, and a daily struggle to maintain physical and emotional strength. It's natural to feel overwhelmed, but the Bible offers profound encouragement for those navigating chronic illness. Throughout Scripture, God reveals Himself as our *Healer, Comforter*, and *Strength* in times of weakness.

This 7-day study invites you to engage deeply with God's Word as you encounter the realities of living with colitis. You will explore practical spiritual truths and promises that can bring peace amid discomfort and uncertainty. Each day is designed to inspire hope, foster trust, and remind you that your worth and health are ultimately held in God's loving hands.

Health here extends beyond physical well-being to include mental and spiritual sustenance. As we depend on God's strength, we recognize that challenges do not define us; rather, His presence sustains and uplifts us. Whether you are just beginning to face colitis or have journeyed with it for some time, these reflections will offer comfort and encouragement.

Let us step together into this time of study, meditating on God's promises and finding solace in His care, learning how to live strong with colitis through His power and grace. Remember, you are never alone — God walks faithfully alongside you. \triangle









Day 1: V God Is Our Strength









Your Verse

Psalm 46:1 - God is our refuge and strength, an ever-present help in trouble.

Supporting Scriptures

- Isaiah 40:29 He gives strength to the weary and increases the power of the weak.
- 2 Corinthians 12:9 My grace is sufficient for you, for my power is made perfect in weakness.







Devotional: Finding Strength in God's Presence

When living with colitis, days may feel like mountains of exhaustion and pain. Yet God promises to be our **refuge and strength** in the midst of trouble. Psalm 46:1 reminds us He is an ever–present help, never distant or indifferent to your struggles. *Your physical weakness is an invitation to lean into His strength.*

Isaiah 40:29 offers hope that when your body is drained, God replenishes your inner strength. This is not a mere platitude but a divine truth—strength beyond natural capacity is available. Apostle Paul's testimony in 2 Corinthians 12:9 highlights how God's grace meets us precisely in our weakness, transforming vulnerability into power.

Today, embrace God's assurance. When colitis saps your energy, remember that His presence empowers you to keep going. Let these Scriptures anchor your heart and mind, lifting your spirit beyond pain into peace.







Reflect and Apply

How have you experienced God's strength during times of physical weakness?
What does it mean to you that God is an ever-present help in your struggles?
In what ways can you rely more on God's power rather than your own energy today?







Journaling Prompts

1.	Describe a recent moment when you felt God's strength during a difficult symptom flare-up.
	List three ways you can remind yourself of God's constant presence each day.
	Write a prayer asking God to help you depend fully on His power in your weakness.







Prayer for Today

Lord, in moments when my body feels weak and fatigue overwhelms me, help me to lean fully on Your strength. Remind me that You are my refuge, an ever-present help. Fill me with Your grace that meets me in my weakness. I surrender my fears and pain to You, trusting Your power to sustain me through every challenge. Thank You for never leaving my side. Strengthen my heart and grant me Your peace today. *Amen.* \bigwedge \hookrightarrow \diamondsuit









Day 2: B God Restores and Heals









Day 2: **God Restores and Heals**

Your Verse

Jeremiah 30:17 – "I will restore you to health and heal your wounds," 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 2: **God Restores and Heals**

Devotional: Trusting God's Healing Power

Chronic illness can often make us feel broken and weary, but God's healing power reaches beyond physical symptoms. Jeremiah 30:17 holds a beautiful promise: God offers restoration and healing. This may not always mean a complete cure, but a deep, sustaining healing that strengthens your spirit and renews hope.

Psalm 147:3 assures that God cares for the brokenhearted, those who feel wounded inside and out. This tenderness extends to every ache and frustration you experience because of colitis. Exodus 15:26 makes clear that God alone is the true healer, able to bring wholeness to body, mind, and soul.

Lean into this delivering grace today. Allow God to gently bind your wounds and restore your health bit by bit. Healing may look different for each person, but the heart of it is always found in His faithful love and power.







Day 2: **B** God Restores and Heals

Reflect and Apply

1.	How do you define healing in your current journey with colitis?
2.	Where in your life do you need God's restoration right now?
3.	How does trusting God as your healer impact your view of your illness?







Day 2: **B** God Restores and Heals

Journaling Prompts

	Write about a time when you felt God's healing, whether physically, emotionally, or spiritually.
2.	Identify areas in your life where you want to invite God's restoration.
3.	Journal a prayer of surrender, asking God to heal in His timing and way.







Day 2: **God Restores and Heals**

Prayer for Today

Father God, You are the Great Healer. I bring before You my pain, the wounds of my body and heart, trusting Your promise to restore and heal. Help me to rest in Your care and surrender my fears to You. May Your healing grace flow through every part of me, renewing strength and hope. Thank You for Your steadfast love and faithfulness on this healing journey. *Amen.*

















Day 3: Renewing the Mind in Trials

Your Verse

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

Supporting Scriptures

- Philippians 4:8 Think about whatever is true, noble, right, pure, lovely, admirable.
- 2 Corinthians 10:5 Take captive every thought to make it obedient to Christ.







Day 3: Renewing the Mind in Trials

Devotional: Mind Renewal for Emotional Health

Living with colitis often includes emotional and mental challenges like anxiety, frustration, or discouragement. Romans 12:2 encourages believers to be transformed through the renewing of their minds. This transformation is essential to navigate chronic illness with peace and hope.

Philippians 4:8 offers a guidepost for what to focus on—truth, purity, and things worthy of praise. The thoughts we dwell on shape our emotional health and spiritual outlook. 2 Corinthians 10:5 tells us to deliberately take captive negative or destructive thoughts, making them obedient to Christ.

Today, reflect on your mental patterns. What thoughts about your illness are dominating? Choose to redirect your mind toward God's truth and promises. This renewal is a powerful step toward emotional strength and resilience.







Day 3: Q Renewing the Mind in Trials

Reflect and Apply

1.	What negative thoughts about your health do you need to surrender to God?
2.	How can you practically focus on the positive and truthful in your circumstances?
3.	What role does your faith play in transforming your mindset?







Day 3: Q Renewing the Mind in Trials

Journaling Prompts

	List common worries or fears you have related to colitis and rewrite them as prayers or positive truths.
	Describe how changing your thoughts impacts your emotions and daily life.
	Pray for God to help you take captive any unhelpful thoughts and replace them with His peace.







Day 3: Q Renewing the Mind in Trials

Prayer for Today

Lord, my mind sometimes feels overwhelmed by worry and pain, but You call me to a higher perspective. Help me to renew my thoughts and dwell on what is true and good. Teach me to take captive every anxious or discouraging thought and bring it into obedience to You. Fill my heart with Your peace that transcends understanding. Strengthen my mind for this journey. *Amen.* \bigcirc











Day 4: 🍑 Support in Community









Day 4: 🌣 Support in Community

Your Verse

Galatians 6:2 - Carry each other's burdens, and in this way you will fulfill the law of Christ.

Supporting Scriptures

- Ecclesiastes 4:9 Two are better than one, because they have a good reward for their toil.
- Romans 15:5 May the God of endurance and encouragement grant you to live in harmony with one another.







Day 4: 🌣 Support in Community

Devotional: Strength in Godly Community

Colitis can feel isolating, but God never intended for us to journey alone. Galatians 6:2 exhorts believers to carry each other's burdens, fulfilling Christ's law of love. Sharing our struggles invites healing and encourages mutual strength.

Ecclesiastes 4:9 highlights the value of companionship in our toil, reminding us that community can provide practical help and emotional comfort. Romans 15:5 prays that God grants endurance and encouragement in unity, which is vital when living with a chronic condition.

Consider how God might use people around you—friends, family, church—to walk alongside you. Don't hesitate to reach out; support is a God-ordained part of health and healing.







Day 4: 🎔 Support in Community

Reflect and Apply

1.	Who in your life encourages and supports you through your illness?
2.	How can you be more open about your struggles to receive help?
3.	In what ways might God use you to support others facing difficulties?







Day 4: 🎔 Support in Community

Journaling Prompts

	Write about someone who has been a significant source of encouragement in your health journey.
2.	Reflect on ways you can foster deeper community connections.
3.	Pray for courage to seek and accept support when needed.







Day 4: 🎔 Support in Community

Prayer for Today

Father, thank You for placing caring people in my life to support me. Help me to lean on them when I am weak and to be an encouragement to others as well. Teach me to carry burdens gently and with love. May Your Spirit bind us together in harmony and strength. *Amen.*



















Your Verse

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

Supporting Scriptures

- Proverbs 3:7–8 Honor the Lord with your body, and it will bring health to your body.
- 3 John 1:2 I pray that you may enjoy good health and that all may go well.







Devotional: Honoring God Through Self-Care

God has given you a precious body, a temple of the Holy Spirit. Living with colitis means that honoring this temple may require intentional care and compassion towards yourself. 1 Corinthians 6:19–20 reminds us that our bodies are not our own but belong to God.

Proverbs 3:7–8 encourages wisdom and reverence in how we care for ourselves, promising that honoring God with our bodies brings health. This can include rest, proper nutrition, and stress management—key factors in living well with a chronic illness. Furthermore, 3 John 1:2 contains a heartfelt wish for your good health and wellbeing from a fellow believer, highlighting God's desire for you to thrive physically and spiritually.

Commit today to honoring God through mindful self-care. Your health matters deeply to God, and as His steward, you can glorify Him through how you nurture your body.







Reflect and Apply

	What does honoring your body as God's temple look like in your daily choices?
	How might you improve your self-care routine in light of your spiritual calling?
3.	Where can you seek God's guidance in balancing rest and activity?







Journaling Prompts

	List healthy habits you can implement that honor your body and serve your well-being.
2.	Reflect on how your faith informs your approach to physical care.
	Pray for wisdom and discipline to care well for the body God entrusted to you.







Prayer for Today

Lord, thank You for the gift of my body, Your temple. Help me to honor You by caring for myself with love and wisdom. Teach me to listen to my body's needs, seek rest, and make healthful choices. May my life glorify You in all aspects, including my physical wellbeing. *Amen.*











Day 6: 🗱 Hope Beyond Today









Day 6: 🎇 Hope Beyond Today

Your Verse

Romans 8:18 - I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Supporting Scriptures

- Revelation 21:4 God will wipe every tear from their eyes; there will be no more death or mourning.
- Isaiah 41:10 Do not fear, for I am with you; I will strengthen you and help you.







Day 6: 🗱 Hope Beyond Today

Devotional: A Future Filled with Hope

Chronic illness often focuses our attention on pain and limitations, but Romans 8:18 offers a powerful perspective—our present sufferings pale in comparison to the glorious future God promises. This eternal hope provides a foundation to persevere with joy amid hardship.

Revelation 21:4 paints a comforting image of a time when all pain, sickness, and sorrow will cease. This promise assures us that suffering is temporary, and God will bring ultimate restoration. Isaiah 41:10 reinforces this by telling us not to fear because God is with us, strengthening and helping us daily.

Clinging to hope is vital for emotional and spiritual health. Let God's promises shine brightly in your heart, reminding you that your journey has divine purpose and a future filled with peace and healing.







Day 6: 🞇 Hope Beyond Today

Reflect and Apply

	How does the hope of eternal restoration affect how you view your current struggles?
2.	What fears can you surrender to God's sustaining presence today?
	In what ways can hope motivate you to keep moving forward despite challenges?







Day 6: 🞇 Hope Beyond Today

Journaling Prompts

	Write about what the promise of no more pain or suffering means to you personally.
2.	Reflect on how future hope can influence your daily attitude and actions.
3.	Pray for faith to embrace God's promises fully amid uncertainty.







Day 6: 🎇 Hope Beyond Today

Prayer for Today

















Your Verse

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

Supporting Scriptures

- Philippians 4:7 The peace of God, which transcends all understanding, will guard your hearts.
- Colossians 3:15 Let the peace of Christ rule in your hearts.







Devotional: Accepting God's Peace Daily

Peace can often feel elusive when living with a chronic illness like colitis, yet Jesus offers a peace that is profound and enduring. John 14:27 records Jesus' promise of peace—a peace unlike anything the world can give. This gift calms fears and soothes restless hearts.

Philippians 4:7 describes this peace as transcending all understanding, serving as a guardian over your emotions even during turmoil. Colossians 3:15 urges us to let Christ's peace rule in our hearts, a daily choice to surrender worry and embrace calm.

Today, receive God's peace freely given. Trust that despite physical challenges, your inner life can be still and anchored in Christ. This peace is part of your health journey—a balm that refreshes soul and spirit.







Reflect and Apply

1.	What barriers keep you from fully accepting God's peace?
2.	How can you cultivate a habit of inviting God's peace into daily struggles?
3.	In what ways does peace impact your physical and emotional well-being?







Journaling Prompts

1.	Describe moments when you have experienced God's peace amidst difficulty.
2.	Write about steps you can take to nurture peace in your life regularly.
3.	Pray for the ability to surrender anxiety and receive God's calming presence.







Prayer for Today

Jesus, thank You for the peace You freely give. In my fear, pain, or uncertainty, help me to accept and let Your peace rule in my heart. Guard my mind and emotions, calming all unrest. Teach me to rest deeply in Your presence each day. *Amen.* 😂 🙏 🞾







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