



# Overcoming Fear: Embracing Health in God's Healing Hands



A 7-day plan to combat fear through Scripture,  
focusing on God's peace and healing amid a skin  
cancer diagnosis.

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## Introduction

Facing a health crisis like a skin cancer diagnosis can be a moment filled with fear, uncertainty, and anxiety. It often challenges not only our physical well-being but also our emotional and spiritual stability. During these difficult times, turning to Scripture can provide not just comfort, but powerful hope and encouragement.

*This 7-day Bible study plan is crafted specifically to help those navigating fear related to health challenges. Each day focuses on God's promises of peace, protection, healing, and steadfast love, guiding participants to overcome fear and embrace trust in God's plan.*

As you journey through these devotionals, you will be encouraged to meditate deeply on God's Word, reflect on His character, and find practical ways to anchor your heart in His truth. Through the power of prayer, reflection, and Scripture, you can face the uncertainties ahead with renewed courage and hope.


**Remember, you are not alone.** God's presence is a constant refuge, and His healing extends beyond physical restoration to bring peace that surpasses all understanding. Let this study help you surrender your fears and lean fully into His unfailing love.





## Day 1: 🛡️ God Is Our Refuge



Day 1:  God Is Our Refuge

## Your Verse

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

## Supporting Scriptures

- *Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God.*
- *2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*



Day 1:  God Is Our Refuge

## Devotional: God's Ever-Present Help in Fear

When facing the overwhelming fear of a skin cancer diagnosis, one of the first places we can turn is to recognize God as our refuge. Psalm 46:1 reminds us that God is not distant or indifferent; He is an ever-present help in times of trouble. Fear often comes from feeling alone or helpless, but here we are assured that God stands ready to protect, strengthen, and uphold us.

*The promise in Isaiah 41:10 is equally comforting: we are not to fear because God is with us. God's presence dispels dread and replaces it with confidence.* In moments when your mind races with "what ifs," remember that the Spirit within you is powerful and loving, not fearful (2 Timothy 1:7). You can lean on God's strength rather than your own.

Today, meditate on God as your shield and shelter from fear. Visualize Him surrounding your heart as you face this journey. Let His presence calm your soul and steady your steps.



## Reflect and Apply

1. In what ways have you experienced God as a refuge in past hardships?

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2. What fears do you need to surrender to God today?

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3. How can remembering God's presence change the way you face your diagnosis?

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## Journaling Prompts

1. Write about a time when God's presence comforted you in fear.

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2. List your fears related to your health and imagine handing them over to God.

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3. Describe how Psalm 46:1 makes you feel about your current situation.

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Day 1: 🛡️ God Is Our Refuge

## Prayer for Today

**Lord, You are my refuge and strength in every trial.** Help me to lean deeply on Your presence when fear tries to overwhelm me. Remind me that I am never alone and that Your Spirit empowers me with love and courage. Calm my anxious heart and fill me with Your peace. In Jesus' name, Amen. 🙏❤️🙌🌟





## Day 2: 🌿 God's Healing Hands



Day 2: 🌿 God's Healing Hands

## Your Verse

*Jeremiah 30:17 – I will restore you to health and heal your wounds.*

## Supporting Scriptures

- *Exodus 15:26 – I am the Lord, who heals you.*
- *James 5:14–15 – Pray over the sick and they will be healed.*



## Day 2: 🌿 God's Healing Hands

## Devotional: Trusting God's Promise to Heal

**Fear often grows when we focus on the illness rather than on God's power to heal.** Jeremiah 30:17 offers a powerful promise of restoration and healing. While every person's healing journey differs, God's desire is to restore us — not only physically but emotionally and spiritually.

*Recognize that God's healing is not limited to physical cure. Sometimes healing is about reassurance, peace, and hope in what is unseen but deeply felt.* In Exodus 15:26, God declares Himself the healer, emphasizing His personal involvement in our care. The New Testament encourages us to pray and seek community support, trusting God's work through those prayers (James 5:14-15).

As you face your diagnosis, bring your wounds before the Lord and ask Him to touch every part of your being with His healing power. Let hope replace fear as you trust in the God who restores.



Day 2: 🌿 God's Healing Hands

## Reflect and Apply

1. How does knowing God is the ultimate healer affect your outlook?

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2. What kinds of healing do you need besides physical restoration?

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3. How can prayer and faith influence your health journey?

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Day 2: 🌿 God's Healing Hands

# Journaling Prompts

1. Write a letter to God asking Him to heal your fears and wounds.

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2. Reflect on a time when God brought healing or peace in a difficult circumstance.

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3. List ways you can invite God's healing into your daily life.

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Day 2: 🌿 God's Healing Hands

## Prayer for Today

**Heavenly Father, You are the God who heals.** I bring my body, mind, and spirit to You, asking for Your healing touch. Restore what is broken and grant me peace amidst the unknown. Help me to trust Your timing and goodness, knowing You are with me each day. In Your name, Amen. 🌿 🙏 🤝 ❤️





## Day 3: 💡 Overcoming Fear with Faith





## Day 3: 💡 Overcoming Fear with Faith

## Your Verse

*Isaiah 43:1 – Do not fear, for I have redeemed you; I have called you by name, you are mine.*

## Supporting Scriptures

- *Psalm 56:3 – When I am afraid, I put my trust in you.*
- *John 14:27 – Peace I leave with you; my peace I give you. Do not let your hearts be troubled.*



## Day 3: 🕯 Overcoming Fear with Faith

## Devotional: Faith Anchors Us in Fearful Times

**Fear can be paralyzing, but Scripture offers a remedy—faith rooted in God's personal and powerful love.** Isaiah 43:1 is an intimate reminder that God has called you by name and claimed you as His own. When you feel insignificant or overwhelmed by your illness, God's personal care is your anchor.

*Psalm 56:3 encourages us that trusting God is the antidote to fear. Instead of succumbing to anxiety, choose faith, recalling past moments when God has been faithful.* Jesus promises in John 14:27 that His peace is a gift, one that quells the deepest fears and troubles of the heart.

Today, rehearse God's promises aloud and let faith overshadow your fears. Lean on His peace which is unlike anything the world offers.



## Reflect and Apply

1. What fears does your heart struggle with most right now?

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2. How does knowing God calls you by name affect your identity?

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3. In what ways can you claim God's peace today?

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Day 3: 💡 Overcoming Fear with Faith

# Journaling Prompts

1. Write down fears you are handing over to God.

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2. List Bible verses that remind you of God's loving call and peace.

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3. Describe what faith looks like for you in practical, daily terms.

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## Day 3: 💡 Overcoming Fear with Faith

## Prayer for Today

**Dear Lord, thank You for calling me by name and claiming me as Your own. When fear creeps in, help me to put my trust fully in You. Replace my anxiety with Your perfect peace, and teach me to rest in Your unfailing love. May my faith grow stronger each day as I walk with You through this health journey.**

**Amen.** 💡 🙏 🤝 ❤️





## Day 4: 🕊️ Peace Beyond Understanding



Day 4: 🕊️ Peace Beyond Understanding

## Your Verse

*Philippians 4:6-7 – Do not be anxious about anything, but in every situation, by prayer and petition... the peace of God will guard your hearts and minds.*

## Supporting Scriptures

- *Matthew 11:28 – Come to me, all who are weary and burdened, and I will give you rest.*
- *Colossians 3:15 – Let the peace of Christ rule in your hearts.*



Day 4: 🕊️ Peace Beyond Understanding

## Devotional: Receiving God's Peace in Anxiety

**The journey through illness is often accompanied by anxiety and restlessness, yet God's Word beckons us to a peace that transcends worldly circumstances.** Philippians 4:6-7 teaches us that when we replace anxiety with prayer and thanksgiving, God's peace will guard our hearts and minds like a sentinel.

*Jesus extends an invitation in Matthew 11:28 to all who are weary and burdened to come to Him for rest. This rest is not merely physical but also a deep spiritual calm and reassurance.* Colossians 3:15 encourages us to let Christ's peace be the ruling force in our hearts, controlling our emotions and perspectives even amid uncertainty.

Today, entrust your worries to God through prayer. Allow His peace to envelop you, silencing the noise of fear.





Day 4:  Peace Beyond Understanding

## Reflect and Apply

1. What anxieties are most pressing in your heart today?

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2. How have you experienced God's peace in difficult moments before?

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3. What practices help you to invite God's peace into your daily life?

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Day 4:  Peace Beyond Understanding

## Journaling Prompts

1. Write a prayer handing over your worries to God.

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2. Describe what 'rest' looks like for your soul right now.

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3. List ways you can incorporate prayer and thanksgiving amid fear.

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Day 4: 🕊️ Peace Beyond Understanding

## Prayer for Today

Gracious God, I bring all my anxieties and fears to You. Teach me to pray in trust and gratitude, and let Your peace flood my heart and mind. Guard me when fear tries to take hold, and grant me restful assurance in Your presence. In Jesus' name, Amen. 🕊️ 🙏 📖 🌿





## Day 5: ✨ Strength in Weakness



Day 5: ✨ Strength in Weakness

## 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.*
- *Psalms 73:26 – My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*



Day 5: ✨ Strength in Weakness

# Devotional: God's Power Shines Through Our Weakness

**Illness can make us feel weak, vulnerable, and frustrated.** Yet God's Word reminds us that His strength is made perfect in our weakness (2 Corinthians 12:9). When we feel emptied by fear or pain, God's grace fills us abundantly.

*Isaiah 40:29 encourages us by affirming that God renews strength even in weariness, empowering us beyond human limits.* Psalm 73:26 echoes this truth that even when our bodies and emotions fail, God remains our enduring source of strength and hope.

Today, embrace your limitations as an opportunity for God's power to shine through. Let His grace be your sustenance and courage as you move forward, step by step.



Day 5: ✨ Strength in Weakness

## Reflect and Apply

1. How have you experienced God's strength when you felt weak?

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2. What areas of weakness can you surrender to God today?

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3. How does relying on God's grace change your perspective on strength?

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Day 5: ✨ Strength in Weakness

## Journaling Prompts

1. Write about moments when God gave you strength in difficult times.

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2. Reflect on your weaknesses and ways God might use them.

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3. Describe how God's grace sustains you in your health journey.

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Day 5: ✨ Strength in Weakness

## Prayer for Today

**Lord, my strength falters but Your grace is enough.** Help me to rely on Your power, especially when I feel weak and fearful. Let Your grace fill my heart and carry me through each challenge. Thank You for being my lasting strength. Amen. ✨💪🙏❤️





## Day 6: 💛 God's Comfort in Times of Trial



Day 6: 🧡 God's Comfort in Times of Trial

## Your Verse

*2 Corinthians 1:3-4 - God comforts us in all our troubles, so that we can comfort others.*

## Supporting Scriptures

- *Psalm 34:18 - The Lord is close to the brokenhearted.*
- *Matthew 5:4 - Blessed are those who mourn, for they will be comforted.*



Day 6: 🧡 God's Comfort in Times of Trial

## Devotional: Embracing God's Comfort in Sorrow

**Receiving a diagnosis often brings a season of mourning and deep emotions.** God is not distant in our sorrow. 2 Corinthians 1:3-4 tells us that God is the Father of compassion who comforts us in every trouble. His comfort is so abundant that it equips us to comfort others.

*The Psalms assure us that the Lord is very near when our hearts are broken, and Jesus' Beatitudes promise comfort to those who grieve.* This is a profound reminder that we do not walk alone, even in our darkest hours.

Today, allow God's comfort to embrace your grieving heart. Trust Him to heal the pain and use it to deepen empathy and compassion in your life.



## Reflect and Apply

1. In what ways have you felt God's comfort recently?

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2. How can your experience of God's comfort help others?

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3. What sorrow or grief are you willing to bring honestly to God?

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Day 6: 🧡 God's Comfort in Times of Trial

## Journaling Prompts

1. Write about your feelings related to your diagnosis and grief.

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2. List ways you have experienced God's comforting presence.

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3. Consider how this comfort might inspire you to support others.

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Day 6: 🧡 God's Comfort in Times of Trial

## Prayer for Today

**Compassionate God, thank You for Your nearness in my pain.** Comfort my broken heart and fill me with Your peace. Help me to accept Your love and to extend that same comfort to others. Guide me through this journey with grace. Amen. 🧡💖🙏🕊️





## Day 7: 🌈 Hope Anchored in God's Promises





Day 7: 🌈 Hope Anchored in God's Promises

## 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.*
- *Lamentations 3:22-23 – His mercies are new every morning.*



Day 7: 🌈 Hope Anchored in God's Promises

## Devotional: Holding Fast to Hope Through Trust

**As this study concludes, the call is to anchor your hope firmly in God's promises.** Romans 15:13 blesses us with the assurance that God, as the source of all hope, will fill us with joy and peace through trust in Him.

*Jeremiah 29:11 reminds us that God's plans are for our welfare and future, even when current circumstances are difficult.* And in Lamentations, we find daily renewal in God's mercy, an ever-present source of strength and encouragement.

Moving forward, hold tightly to this hope. Let it light your path, lift your spirit, and fuel your faith. Your journey with health challenges does not have to be defined by fear, but by trusting in God's continual love and faithfulness.



## Reflect and Apply

1. What does hope look like as you face your health journey?

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2. How can trusting God's plans provide you with peace?

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3. In what ways can you cultivate joy even during difficulty?

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## Journaling Prompts

1. Write about your hopes and dreams for the future with God's help.

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2. Reflect on a promise from God that gives you encouragement.

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3. Describe practical steps to nurture hope and peace daily.

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Day 7: 🌈 Hope Anchored in God's Promises

## Prayer for Today

**God of hope, fill me with joy and peace as I trust You.** Help me to rely on Your plans, confident in Your unconditional love and mercy renewed each day. Strengthen my heart to face the future with courage and hope. In Jesus' name, Amen. 🌈 🙏 ❤️ 🌿





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