Renewed Strength: Encouragement for Stroke Survivors



A 7-day Bible study offering hope and strength for stroke survivors seeking healing and encouragement in their journey.





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Introduction

Welcome to "Renewed Strength," a 7-day Bible study designed specifically to encourage and uplift stroke survivors. The journey after a stroke can be challenging physically, emotionally, and spiritually. This study is crafted to walk alongside you during this season, reminding you of God's unwavering presence, healing power, and hope for restoration.

Each day, we will explore Scriptures that emphasize God's care for our bodies, His strength in weakness, and His promise to renew our spirit. We want to encourage you that healing is not just physical, but also spiritual and emotional. God's Word offers profound comfort and encouragement that can sustain your heart even on the toughest days.

Whether you are newly on this path or have been walking it for some time, these reflections aim to renew your strength like the eagle's (Isaiah 40:31). We invite you to engage deeply with the Scriptures, pray boldly, and journal honestly your thoughts and feelings. Remember, recovery and healing take time, but you are not alone. God goes with you every step of the way, offering grace and mercy abundant enough to meet all your needs. May this study become a source of hope, peace, and encouragement as you embrace each new day.

















Your Verse

Psalm 147:3 - He heals the brokenhearted and binds up their wounds.

Supporting Scriptures

- Psalm 34:18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- Jeremiah 30:17a I will restore you to health and heal your wounds.







Devotional: God's Tender Care for Our Brokenness

Stroke survivors often experience deep brokenness—in body and spirit. But Psalm 147:3 reminds us that God is intimately aware of our pain and actively involved in healing us. He doesn't just watch from a distance but binds up our wounds with tender care.

This divine healing includes physical restoration but also emotional and spiritual mending. The Lord's nearness to the brokenhearted (Psalm 34:18) means we are never alone in our struggle. God Himself draws close to comfort, strengthen, and renew us. Jeremiah 30:17 promises restoration and healing — a reminder that healing is both a present hope and future reality.

Take heart in knowing that God sees your pain and is working to bring healing in every area of your life. Trust Him to gently bind what is broken and restore what feels lost.







Reflect and Apply

1.	How have you experienced God's presence during your healing journey?
	What emotions or wounds do you feel God is inviting you to surrender to Him today?
	In what ways can you allow God's comfort to shape your perspective on recovery?
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Journaling Prompts

1.	Write about a specific way God has comforted you recently.
2.	Describe your current feelings about your healing process.
3.	List things you want to entrust to God's care today.







Prayer for Today

Lord, thank You for being close to me in my brokenness. Help me to feel Your healing presence whenever I feel weak or discouraged. Please bind my wounds—body, mind, and spirit—with Your gentle touch. Strengthen my heart to trust Your process and lean on You fully as I walk this path of healing. Renew my hope and give me peace that surpasses all understanding. *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: God's Power Shines Through Our Frailty

Living with the aftermath of a stroke often means facing physical limitations and unexpected weakness. Yet 2 Corinthians 12:9 assures us that God's grace is enough for every moment and His power becomes perfect precisely in our weakness.

This means that when our strength fails, God's strength is released in and through us. Isaiah 40:29 encourages the weary by reminding us that God actively renews our energy and uplifts those who feel powerless. Philippians 4:13 echoes that through Christ, we are empowered beyond our own abilities.

Rather than despairing over what we cannot do, we can embrace God's enabling power. Our limitations invite God's unlimited grace to work powerfully in our lives. Allow this truth to inspire courage and perseverance today.







Reflect and Apply

1.	Where in your life are you feeling weak or limited right now?
2.	How can recognizing God's power in your weakness change your outlook?
3.	What are ways you can rely more fully on God's strength today?







Journaling Prompts

	Reflect on a moment when God's strength helped you overcome a challenge.
2.	Write about your feelings regarding your current physical abilities.
3.	List practical steps to lean on God's power rather than your own.







Prayer for Today

Dear God, thank You that Your grace covers my weaknesses. Help me to stop striving in my own strength and instead rest fully in Your power. Build my faith to trust that You are enough for every challenge I face. Renew my courage and fill me with Your peace as I remember You are my strength and hope. *In Jesus' mighty name, Amen.*

















Your Verse

Isaiah 43:19 – See, I am doing a new thing! Now it springs up; do you not perceive it?

Supporting Scriptures

- 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.
- Romans 8:28 In all things God works for the good of those who love him.







Devotional: Embracing God's New Work in You

Healing after a stroke often means adjusting to a new normal—a life changed in unexpected ways. Isaiah 43:19 promises that God is at work, doing something new in your life. His new beginnings can bring hope and purpose even through difficult seasons.

Each day God's mercies are fresh (Lamentations 3:22–23), inviting us to step forward with trust, leaving behind despair or regret. Romans 8:28 reassures us that God can use every part of our journey, including hardships, for good. Your current season is not an end, but the start of a new masterpiece God is creating. Anchor your hope in His faithfulness and look for the subtle ways He is renewing your life today.







Reflect and Apply

1.	What new things might God be doing in your life right now?
2.	How can you cultivate hope in the midst of ongoing challenges?
3.	What past hardships do you see God turning toward good purposes?







Journaling Prompts

1.	Write about a new beginning you sense God is inviting you toward.
2.	List ways God has demonstrated faithfulness to you recently.
3.	Describe how you can shift your focus toward hope today.







Prayer for Today

















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.

Supporting Scriptures

- Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
- Psalm 29:11 The Lord gives strength to his people; the Lord blesses his people with peace.







Devotional: God's Unshakable Peace in Trials

Recovery from stroke can bring emotional storms like anxiety, frustration, and fear. Yet Jesus offers a peace unlike anything the world can provide (John 14:27). This peace transcends circumstances and guards our hearts and minds.

Philippians 4:6-7 encourages us to replace anxiety with prayer, trusting God with our worries. As we surrender concerns to Him, His peace floods into us, calming our spirit. Psalm 29:11 reminds us that God strengthens His people and blesses them with peace—a powerful foundation amid uncertainty.

Allow God's presence to quiet your troubled thoughts today. Invite Him to replace fear with His supernatural peace.







Reflect and Apply

1.	What anxieties or fears are you bringing to God today?
2.	How have you experienced God's peace during difficult times?
3.	What practical steps can you take to nurture peace in your heart?







Journaling Prompts

1.	Describe a time God's peace comforted you deeply.
2.	Write about your current fears and hand them over to God in prayer.
3.	List ways to foster peace through prayer and thanksgiving.







Prayer for Today

Jesus, thank You for Your peace that calms my soul. When storms rage inside me, help me to fix my eyes on You and trust in Your calming presence. Replace my anxiety with Your perfect peace and guard my heart today. Teach me to pray continually and give thanks amid my struggles. *In Your precious name, Amen.* 🔾 🙏 🗳









Day 5: 🗱 Strength Renewed Daily









Day 5: X Strength Renewed Daily

Your Verse

Isaiah 40:31 - Those who hope in the Lord will renew their strength.

Supporting Scriptures

- Nehemiah 8:10 The joy of the Lord is your strength.
- Psalm 73:26 My flesh and my heart may fail, but God is the strength of my heart.







Day 5: 🎇 Strength Renewed Daily

Devotional: Hope and Joy as the Source of Renewal

Every day brings new challenges, but also fresh opportunities to experience God's renewing strength. Isaiah 40:31 promises that those who place their hope in God will rise on wings like eagles, renewed in strength.

Nehemiah 8:10 reminds us that joy found in the Lord fuels our perseverance. It's not merely a feeling but a deep-rooted strength that empowers us. Even when our bodies falter, Psalm 73:26 affirms that God remains the strength and sustainer of our heart.

Choose hope and joy today as you lean into God's power to renew your strength. Each small step, rooted in trust, is a victory in your healing journey.







Day 5: 🗱 Strength Renewed Daily

Reflect and Apply

1.	How can hope in God refresh your spirit today?
2.	In what ways have you experienced joy amid trials?
	What does it mean to rely on God as your strength when your body feels weak?







Day 5: 🎇 Strength Renewed Daily

Journaling Prompts

1.	Write about something that brings you hope today.
2.	Reflect on how God's joy has encouraged you recently.
3.	List moments when you felt God's strength sustaining you.







Day 5: 🎇 Strength Renewed Daily

Prayer for Today

Father, help me to place my hope fully in You. Renew my strength daily as I face physical and emotional challenges. Teach me to find joy in Your presence and to trust You as the unwavering strength of my heart. I praise You for being my constant help and source of endurance. *In Jesus' name, Amen.*

















Your Verse

2 Corinthians 1:3-4 - The God of all comfort, who comforts us in all our troubles.

Supporting Scriptures

- Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.
- Psalm 23:4 Even though I walk through the darkest valley, I will fear no evil, for you are with me.







Devotional: Finding Rest in God's Tender Care

The path of recovery often brings moments of weariness and emotional burden. Yet 2 Corinthians 1:3–4 beautifully describes God as the ultimate source of comfort who is with us in every trouble.

Jesus' invitation in Matthew 11:28 to come to Him when weary shows His deep compassion for our weariness. We can find rest not only for our bodies but also for our souls. Psalm 23:4 assures us that even in the darkest valleys, God's presence dispels fear and brings peace.

Allow yourself to rest in God's compassion today. Let Him carry your burdens and soothe your spirit with His loving care.







Reflect and Apply

1.	How do you experience God's comfort during tough times?
2.	What burdens do you need to release to God today?
3.	In what ways can you rest more in God's presence this week?







Journaling Prompts

1.	Describe a moment when you felt God's comforting presence deeply.
2.	Write about what it means to find rest in Jesus' invitation.
3.	List burdens you want to surrender to God.







Prayer for Today

Lord, You are the God of all comfort. Thank You for walking with me through every trial and burden. Help me to come to You with all my weariness and find rest for my soul. Hold me close and fill me with Your peace that calms every anxious thought. Teach me to lean on Your tender care. *In Jesus' name, Amen.*



















Your Verse

Jeremiah 29:11 - For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you.

Supporting Scriptures

- Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him.
- Psalm 31:24 Be strong and take heart, all you who hope in the Lord.







Devotional: Trusting God's Good Plans Ahead

As this study comes to a close, be encouraged that God holds your future securely in His hands. Jeremiah 29:11 is a powerful reminder that God's plans for you are good—filled with hope and purpose beyond what you can see now.

Romans 15:13 prays for us to abound in joy and peace as we trust God's hope. Trust is a daily choice, a posture that opens us to God's promises. Psalm 31:24 exhorts us to be strong and courageous, knowing our hope is anchored firmly in the Lord.

Embrace the future with confidence and hope, knowing God is working all things together for your good and His glory. No matter where your recovery leads, God's steadfast love never wavers.







Reflect and Apply

1.	How does knowing God's plans are for your good encourage you?
2.	What future hopes do you want to place in God's hands?
3.	How can you cultivate a heart of strength and courage today?







Journaling Prompts

Write a letter of hope to your future self rooted in God's promises.
List ways God has prepared you for this season of life.
Reflect on how trusting God changes your outlook on the future.







Prayer for Today







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