



Rest and Renewal: Embracing God's Gift of Health



Explore biblical guidance on health and find
spiritual comfort and practical hope for those
dealing with sleep apnea.



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Introduction

Welcome to this 7-day journey exploring health through the lens of Scripture, especially for those living with sleep apnea. Sleep apnea can rob you of rest, peace, and vitality, but the Bible offers profound insights about God's desire for our wholeness—body, mind, and spirit.

Throughout this study, *you'll discover God's care for your physical needs*, His invitation to find true rest in Him, and practical encouragement to support your health journey. Though the Bible doesn't mention sleep apnea by name, many verses speak to God's protection over our rest and His power to renew our strength.

In these pages, you'll engage with passages that highlight God's peace that surpasses understanding, His promise to sustain you, and the importance of trusting Him with every aspect of your health challenges. With gentle encouragement and Scriptural hope, this study invites you to lean into God's love and seek both spiritual and physical renewal.

As you take each day, may you sense God's presence surrounding your struggles and uplifting your soul. Whether you face restless nights or health concerns, God's Word assures you are never alone.

Let us embark together on this path toward rest, healing, and health—as we embrace the restorative power of the Lord.





Day 1: 🛏 Resting in God's Peace



Day 1: 🛏 Resting in God's Peace

Your Verse

Psalm 4:8 - "In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety."

Supporting Scriptures

- *Psalm 127:2 - "In vain you rise early and stay up late, toiling for food to eat — for he grants sleep to those he loves."*
- *Proverbs 3:24 - "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."*



Day 1: 🛏 Resting in God's Peace

Devotional: God's Peace as the Foundation for Rest

Sleep is a vital gift from God, one that brings restoration to our bodies and souls. For those with sleep apnea, rest can feel elusive or incomplete. Yet, Psalm 4:8 reminds us of a profound spiritual reality: God's peace is the foundation for true rest. Even amid physical difficulties, God invites us to lie down in peace because He alone provides safety.

Sometimes our minds race, and our bodies resist rest, but God's presence calms our fears and cares for our health at every level. It can be encouraging to remember that God grants sleep and invites us to cast our anxieties upon Him. No matter how fragmented or restless your sleep may be, God's promise holds true—He watches over you and desires to give you peace.

As you reflect today, consider how God's peace might ease your night's rest and how you can invite Him into every part of your health journey. Remember, rest is not just physical; it's deeply spiritual.



Day 1: 🛏 Resting in God's Peace

Reflect and Apply

1. How have you experienced God's peace during times of restless nights?

2. In what ways can inviting God into your health struggles bring comfort?

3. What are practical ways you can cultivate peace before bedtime?



Day 1: 🛏 Resting in God's Peace

Journaling Prompts

1. Describe a night you felt God's protection during sleep.

2. Write down any worries that keep you awake and how you can give these to God.

3. Make a list of verses or prayers to recite when struggling to rest.



Day 1: 🛏 Resting in God's Peace

Prayer for Today

Dear Lord, thank you for being my refuge and giving me peace in the midst of **restless nights**. Help me to trust you with my health challenges like sleep apnea and find calm in Your presence. May Your peace guard my heart and mind, and may I rest safely in Your care. Renew my strength each day and grant me hope as I navigate this journey. *Amen.* 🙏 🌙 🛏 💖





Day 2: 🙏 God Understands Our Struggles



Day 2: 🧘‍♀️ God Understands Our Struggles

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."*
- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 2: 🧘 God Understands Our Struggles

Devotional: Finding Comfort in God's Compassion

Living with sleep apnea can be discouraging and emotionally taxing. The constant interruptions in sleep can leave you feeling exhausted, frustrated, and even brokenhearted. But Scripture reminds us that God is especially close to those who suffer mental and physical burdens.

Psalm 34:18 reassures us of God's nearness when our spirits feel crushed. He sees every struggle and understands the pain of sleepless nights. You are not alone in your journey; God's compassionate heart reaches out to comfort you.

Jesus also invites the weary and burdened to find rest in Him. This rest is deeper than physical—it is a spiritual refreshing that can sustain you even on difficult days. Lean into God's promises today, knowing He grasps your pain and offers hope beyond your circumstances.



Reflect and Apply

1. What feelings do you carry about your health struggles right now?

2. How does knowing God understands change your view of those struggles?

3. What might it look like to 'come to Jesus' with your weariness today?



Day 2: 🧘‍♀️ God Understands Our Struggles

Journaling Prompts

1. Write a letter to God expressing your feelings about sleep difficulties.

2. Recall a time when God's comfort felt especially real for you.

3. List ways you can draw near to God when feeling brokenhearted.



Day 2: 🧘‍♀️ God Understands Our Struggles

Prayer for Today

Lord Jesus, thank you that you understand my weariness and pain. When I am crushed in spirit by sleep challenges, remind me of your nearness and compassion. Help me to cast my burdens on you and receive your rest for my soul. Strengthen me for each day and bring healing to my body and mind. *In Your precious name, Amen.* ❤️ 🙏 🕊️ ✨





Day 3: 🕊️ Peace That Surpasses Understanding



Day 3: 🕊️ Peace That Surpasses Understanding

Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- *John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 3:  Peace That Surpasses Understanding

Devotional: Experiencing God's Protective Peace

Sleep apnea often causes anxiety about health and restless nights, but God offers a peace beyond human comprehension. Philippians 4:7 promises a supernatural peace that guards our hearts and minds, even when our circumstances feel overwhelming.

This peace is not dependent on perfect health or uninterrupted sleep but on trusting Jesus as our protector and provider. When you feel fear creeping in because of your condition, turn to the Lord in prayer and meditation on His promises. God's peace can steady your racing thoughts and bring calm to your spirit.

Today, practice surrendering your worries to God and leaning into His peace. This spiritual peace creates a sanctuary within you, shielding you from fear and fostering rest and healing.



Day 3: 🕊️ Peace That Surpasses Understanding

Reflect and Apply

1. What fears or worries about sleep apnea currently affect your mind?

2. How can you practically invite God's peace to guard your heart today?

3. In what ways has God's peace surprised you before during hardship?



Day 3: 🕊️ Peace That Surpasses Understanding

Journaling Prompts

1. Describe what God's peace feels like to you.

2. Write down worries you want to give to God and pray over them.

3. List scriptures about peace that encourage you to trust God.



Day 3: 🕊️ Peace That Surpasses Understanding

Prayer for Today

Heavenly Father, thank you for the peace that defies understanding. Guard my heart and mind today as I face health challenges and uncertainties. Help me to trust You completely, resting in Your protective love. Let Your peace calm my soul and bring me deep rest. In Jesus' name, Amen. 🕊️ 🙏 🌿 ✨





Day 4: 💪 Strength for the Weary



Day 4:  Strength for the Weary

Your Verse

Isaiah 40:31 – "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary."

Supporting Scriptures

- *Psalm 73:26 – "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*
- *Nehemiah 8:10 – "The joy of the LORD is your strength."*



Day 4:  Strength for the Weary

Devotional: Hope in God Brings Renewed Strength

Chronic health issues like sleep apnea can leave us feeling drained and weak. However, Isaiah 40:31 offers powerful hope: waiting on God revitalizes our strength.

Though physical exhaustion may come, spiritual renewal is available when we place our hope in the Lord. God does not promise an easy journey but does promise that His strength will sustain us when we depend on Him.

Today, reflect on how hope in the Lord fuels your perseverance. The imagery of soaring like eagles reminds us that God empowers us to rise above challenges. Trust today that God's strength is made perfect in your weakness.



Day 4:  Strength for the Weary

Reflect and Apply

1. When have you felt worn out and yet experienced God's strength?

2. What does it mean for you to hope in the LORD during health struggles?

3. How can you embrace God's joy as a source of strength?



Day 4:  Strength for the Weary

Journaling Prompts

1. Write about a time God refreshed your strength in difficulty.

2. List ways you can place hope in God's power daily.

3. Journal what 'soaring like eagles' looks like in your life now.



Day 4: 🏋️ Strength for the Weary

Prayer for Today

Lord, I am weary, but I choose to hope in You. Renew my strength when my body is weak or restless. Lift my spirit so I can face each day with courage and faith. Fill me with Your joy, which is my true strength and help me soar above my challenges. In Jesus' name, Amen. 💪 🙏 🦅 ✨





Day 5: 🙏 Trusting God with Our Health



Day 5: 🙏 Trusting God with Our Health

Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- *Jeremiah 17:7 - "But blessed is the one who trusts in the LORD, whose confidence is in him."*
- *Psalms 46:10 - "Be still, and know that I am God."*



Day 5: 🙏 Trusting God with Our Health

Devotional: Choosing to Trust God Fully

Managing a health condition like sleep apnea can tempt us to depend on our own plans and efforts. Yet, Proverbs 3:5-6 calls us to wholehearted trust in God rather than relying on our limited understanding.

Submitting our health worries and treatment plans to God invites His guidance and peace. Trusting Him means embracing uncertainty with confidence that He is sovereign over every detail of our lives.

Taking moments to be still and recognize God's authority helps lessen anxiety about the future. Let today be a day to intentionally surrender your health into God's capable hands and believe He will direct your path toward healing and care.



Day 5: 🙏 Trusting God with Our Health

Reflect and Apply

1. How do you currently handle uncertainty related to your health?

2. What does it look like for you to 'lean not on your own understanding'?

3. How can stillness before God strengthen your trust in Him?



Day 5: 🙏 Trusting God with Our Health

Journaling Prompts

1. Write about a challenge you find hard to trust God with.

2. List ways you can practice trusting God more fully each day.

3. Describe your feelings when you 'be still and know God' in prayer.



Day 5: 🙏 Trusting God with Our Health

Prayer for Today

Father, help me to trust You completely with my health and decisions. When my understanding fails, guide me by Your wisdom and peace. Teach me to be still and confident in Your power and love. Direct my steps and calm my heart as I walk this journey. In Jesus' name, Amen. 🙏❤️🕊️✨





Day 6: 🌿 Healing and Wholeness in Christ



Day 6: 🌿 Healing and Wholeness in Christ

Your Verse

Jeremiah 30:17 - "But I will restore you to health and heal your wounds," declares the LORD."

Supporting Scriptures

- *Isaiah 53:5 - "By his wounds we are healed."*
- *3 John 1:2 - "I pray that you may enjoy good health and that all may go well with you."*



Day 6: 🌿 Healing and Wholeness in Christ

Devotional: God's Promise of Healing and Restoration

God is the ultimate healer and restorer of both body and spirit. Jeremiah 30:17 offers a beautiful promise of restoration and healing, reminding us that God cares deeply about our physical well-being.

Even when full healing may seem distant, God's presence brings wholeness that transcends symptom relief. Jesus' sacrifice secured spiritual healing, and His love continues to bring hope and renewal to our physical health journeys.

As you reflect today, remember that God's desire is for your restoration and flourishing. This encourages us to pursue treatments and healthy practices while trusting God's perfect timing and grace in healing.



Day 6: 🌿 Healing and Wholeness in Christ

Reflect and Apply

1. What does healing mean to you in the context of your health challenges?

2. How can you hold onto hope for God's restoration during difficult times?

3. How do Jesus' wounds bring comfort in your healing journey?



Day 6: 🌿 Healing and Wholeness in Christ

Journaling Prompts

1. Write a prayer of hope for your physical and spiritual healing.

2. List specific ways you can support your health faithfully.

3. Reflect on God's promises for restoration in your life.



Day 6: 🌿 Healing and Wholeness in Christ

Prayer for Today

Lord, thank You for Your promise to restore and heal. Strengthen my faith as I face health difficulties and help me to trust Your timing and grace. Bring wholeness to my body and spirit and guide me toward wellbeing. May Your healing presence surround me now and always. In Jesus' name, Amen. 🌿 🙏





Day 7: ✨ Living with Hope and Gratitude



Day 7: ✨ Living with Hope and Gratitude

Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Supporting Scriptures

- *Psalm 118:24 – "This is the day the LORD has made; let us rejoice and be glad in it."*
- *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; great is your faithfulness."*



Day 7: ✨ Living with Hope and Gratitude

Devotional: Embracing Hope and Joy Daily

As this study concludes, we look forward with hope and gratitude for each day God grants us. Romans 15:13 reminds us that the God of hope is the source of joy and peace, even amid ongoing health challenges.

Choosing to overflow with hope is not denial of hardship but a courageous trust in God's faithful love and renewing mercies. Each day is a gift, full of opportunities to rejoice and find strength in God's presence.

Living with sleep apnea or other health concerns may never be easy, but God equips us with His Spirit to embrace life fully, grounded in hope and thankfulness. May you carry this encouragement forward and continue to seek God's sustaining grace in all areas of your health.



Reflect and Apply

1. How has your perspective on health and hope shifted during this study?

2. What practices will help you stay grounded in gratitude despite challenges?

3. How can you share God's hope with others facing health struggles?



Day 7: ✨ Living with Hope and Gratitude

Journaling Prompts

1. Write a gratitude list focused on your health and daily blessings.

2. Journal about what fills you with hope for the future.

3. Plan one way to encourage someone else in their health journey.



Day 7: ✨ Living with Hope and Gratitude

Prayer for Today

God of hope, fill me with joy and peace as I trust in You daily. Help me to rejoice in each day You give and to overflow with hope by Your Spirit's power. May gratitude fill my heart, and may I reflect Your faithfulness in all I do. Thank You for Your never-ending love and compassion. Amen. ✨ 🙏 ❤️ 🎉





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