Resting in God's Peace: A 21-Day Journey for Women Awaiting Test Results



Discover God's peace and strength through
Scripture as you navigate the uncertainty of medical
waiting, anchoring your faith in His unfailing
presence.





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Introduction

Waiting can be one of the hardest seasons of life, especially for women facing medical uncertainty. In those long hours spent in waiting rooms, the anxious moments before scans, and the silent moments alone with your thoughts, it's easy to feel overwhelmed and afraid. Yet, God's Word offers a sanctuary of peace and hope that transcends all understanding.

This 21-day Bible study plan is designed specifically for women living in the tension of medical limbo—those precious moments of waiting on test results where the unknown feels heavy. Through carefully chosen Scriptures and heartfelt reflections, you will be gently guided to *rest in God's peace*, learning how His promises and presence can sustain you even when peace feels elusive.

Thousands of women have walked this path before you, and God's faithfulness remains the same. As you journey day-by-day through God's Word, let the truths of His love, power, and presence anchor your soul. This study encourages you to be honest about your fears and hopes, to lean into God's grace, and to allow His Spirit to renew your strength.

Take this time to slow down, breathe deeply, and encounter the God who is with you—in every scan, every wait, and every whispered prayer. Let these 21 days be a space of spiritual renewal and deep peace, where faith rises stronger than fear and hope outshines uncertainty.















Day 1: 59 Embracing God's Peace in Uncertainty

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything..."

Supporting Scriptures

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed..."
- John 14:27 "Peace I leave with you; my peace I give you..."







Devotional: Choosing Peace Over Anxiety

Waiting for medical results often stirs up a storm of anxiety and fear. Paul's words to the Philippians invite us to approach God with our worries, replacing anxiety with prayer and thanksgiving. Even amid uncertainty, God's peace—his supernatural calm—guards our hearts and minds.

This peace isn't dependent on circumstances changing immediately. It is a promise rooted in God's unchanging character. When you feel overwhelmed, bring your concerns to Him honestly. Let prayer be your lifeline, and thanksgiving open your heart to God's faithfulness already at work.

Remember, embracing God's peace is a choice—one you can make even while in the waiting room, trusting He is near and attentive to every heartbeat and whispered prayer.







Reflect and Apply

1.	What worries or fears am I holding onto right now about my health?
2.	How can I practically bring these anxieties to God in prayer today?
3.	In what ways have I experienced God's peace in difficult times before?







Journaling Prompts

1.	Write about a time when God brought you peace during uncertainty.
2.	List verses or promises from Scripture that help calm your heart.
3.	Describe what it feels like to hand over your fears to God.







Day 1: 🤋 Embracing God's Peace in Uncertainty

Prayer for Today

Lord, in this moment of waiting, I surrender my anxious thoughts to You. Please fill my heart with Your perfect peace that surpasses all understanding. Help me to trust Your presence even when I cannot see the way ahead. *Thank You for being my refuge and strength in every uncertainty.* Guide my mind, calm my spirit, and remind me I am never alone. In Jesus' name, Amen.















Your Verse

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

Supporting Scriptures

- Exodus 33:14 "My presence will go with you..."
- Isaiah 43:2 "When you pass through the waters, I will be with you..."







Devotional: God Is Here With You Always

In the waiting room or the quiet of your home, you are never truly alone. God promises His constant presence, especially when we face trials. When fears creep in about unknown results, remember God is your refuge—a safe shelter amid storms.

It's comforting to know that your waiting is not unnoticed. God's presence goes before you and accompanies you, no matter what the outcome. You can anchor your heart in this truth and draw strength from His nearness. As you wait, invite God into your space and lean into His sustaining power.

Let this truth soak into your soul: You do not face any uncertainty without the Lord walking beside you every step of the way.







Reflect and Apply

	How does knowing God's presence is always with me change my perspective on waiting?
2.	What are some ways I can sense or acknowledge God's nearness daily?
	Where do I tend to try to face challenges alone rather than leaning on God?







Journaling Prompts

	Describe a moment recently when you felt God's presence during hardship.
	Write a prayer asking God to make His presence known during your waiting.
3.	List practical ways you can remind yourself of God's constant company.







Prayer for Today

Dear God, thank You for being my ever-present help in this time of waiting. When the unknown feels heavy, remind me You are right here with me. Strengthen me with Your presence and remind me I do not have to face this alone. Fill me with Your peace and courage for each moment. In Jesus' name, Amen.









Day 3: O Casting Anxiety on God









Day 3: O Casting Anxiety on God

Your Verse

1 Peter 5:7 - "Cast all your anxiety on Him because He cares for you."

Supporting Scriptures

- Psalm 55:22 "Cast your cares on the Lord and He will sustain you."
- Matthew 11:28 "Come to Me, all you who are weary and burdened..."







Day 3: Casting Anxiety on God

Devotional: Surrendering Burdens to God's Care

Anxiety about test results can feel like a heavy weight on your shoulders.

Peter's encouragement reminds us there is freedom in surrendering those heavy burdens to God. He deeply cares for you and is inviting you to release your worries into His capable hands.

When the anticipation is overwhelming, pause and intentionally cast your anxieties on Him. This is not a one-time act but a continual offering of your fears and concerns. God doesn't tire of hearing your heart or carrying your burdens.

Give your worries over to Him today and experience the relief that comes from His loving care.







Day 3: O Casting Anxiety on God

Reflect and Apply

What worries am I currently holding tightly instead of giving to God?
How can I practice daily casting my anxieties on God, not just once?
What does God's care really mean to me in my current situation?







Day 3: Casting Anxiety on God

Journaling Prompts

1.	Write about a burden you are ready to hand over to God.
2.	List scripture verses that remind you God cares deeply.
3.	Describe how it feels to entrust your worries to God's hands.







Day 3: O Casting Anxiety on God

Prayer for Today

Holy Father, I lay my fears and burdens at Your feet. Thank You for caring so deeply for me and inviting me to cast my anxiety on You. Help me release control and trust You to carry what I cannot. Fill me with peace as I rest in Your loving arms today. In Jesus' name, Amen. \lozenge \swarrow







Day 4: 🛱 God's Strength Made Perfect in Weakness









Day 4: God's Strength Made Perfect 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..."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart."







Day 4: 🛱 God's Strength Made Perfect in Weakness

Devotional: Power in Our Vulnerability

Feeling weak or vulnerable during medical waiting is natural. Yet, God promises His power is most evident precisely where we are weakest. When you feel overwhelmed, God's grace meets you there—offering strength beyond your own capabilities.

This day, embrace your weakness as a sacred place where God's power shines brilliantly. Your feelings of frailty are not a sign of failure but an open door for God's miraculous strength to flow.

Lean into God's grace, and allow His power to sustain you when your own resources run dry.







Day 4: 🎡 God's Strength Made Perfect in Weakness

Reflect and Apply

1.	In what areas of waiting do I feel the most weak or vulnerable?
	How do I respond to God's promise that His power shines in my weakness?
3.	Can I surrender my self-reliance and accept God's grace today?







Day 4: 🎡 God's Strength Made Perfect in Weakness

Journaling Prompts

1.	Write about moments when God's strength carried you unexpectedly.
2.	Describe what it means to you for God's grace to be sufficient.
3.	List times when admitting weakness opened you to God's power.







Day 4: 💮 God's Strength Made Perfect in Weakness

Prayer for Today

Gracious God, thank You that Your power is made perfect in my weakness. When I feel weary and fragile, remind me to lean fully on Your grace. Strengthen my heart and renew my spirit as I wait on You. Help me to surrender pride and accept Your sustaining love. In Jesus' name, Amen. ☼ ↓

















Your Verse

Romans 8:28 - "And we know that in all things God works for the good..."

Supporting Scriptures

- Jeremiah 29:11 "For I know the plans I have for you..."
- Proverbs 3:5-6 "Trust in the Lord with all your heart..."







Devotional: God's Good Plans in Waiting

It's hard to watch uncertainty from the human perspective. Will the news be good or bad? But God's sovereignty means that He is actively working all circumstances—even waiting periods—for our ultimate good.

Trusting God doesn't mean ignoring fears but choosing to believe His love and wisdom guide your life's story. His plans carry hope and purpose, even when you cannot yet see the full picture.

Place your hope in God's good plans, knowing He is trustworthy and in control of every detail.







Reflect and Apply

1.	What fears surface when I consider God's sovereignty over my situation?
2.	How can I practically choose to trust God with the unknown outcomes?
3.	In what ways has God previously worked good through hardships?







Journaling Prompts

Describe a past time when trusting God led to unexpected good.
Write a prayer surrendering control to God's sovereign plan.
List promises that encourage you to trust God fully today.







Prayer for Today

Lord God, I confess my desire to control outcomes and my fear of the unknown. Help me to trust Your good plans above my fears. Remind me that You are working all things for my good even now. Strengthen my faith and help me rest in Your sovereignty. In Jesus' name, Amen. \bigcirc \bigwedge

















Day 6: A Renewing Hope Each Morning

Your Verse

Lamentations 3:22–23 – "Because of the Lord's great love we are not consumed..."

Supporting Scriptures

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Devotional: Hope That Revives the Soul

Waiting often brings daily waves of discouragement. Yet God promises His faithful love each morning is new, an unending source of hope. When the night feels long, morning brings fresh opportunity to place your hope in Him.

Hope is not wishful thinking; it is a confident expectation rooted in God's character. Renewing hope daily helps to strengthen your spirit, carry you through moments of despair, and remind you that God's mercy never runs out.

Choose to hope in God afresh today, allowing His steadfast love to restore your soul.







Reflect and Apply

1.	How do I typically respond to discouragement in waiting seasons?
2.	What does it look like to renew hope every morning practically?
3.	How can God's steadfast love help revive me when I feel weary?







Journaling Prompts

1.	Write a prayer asking God to renew your hope each day.
2.	List ways to remind yourself of God's mercy in hard moments.
3.	Describe how hope affects your outlook on your current situation.







Prayer for Today

Merciful God, thank You for Your steadfast love that is new every morning. When discouragement comes, help me to look to You for renewed hope. Strengthen my heart to trust Your faithfulness daily, and revive my soul with the promise of Your mercy. In Jesus' name, Amen. \triangle

















Day 7: 4 God's Comfort in the Waiting

Your Verse

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

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 7: 😂 God's Comfort in the Waiting

Devotional: Finding Comfort When Fear Grows

Fear and grief often accompany waiting periods, especially in medical uncertainty. Yet God is described as the God of all comfort, tenderly near to the brokenhearted. He doesn't leave you alone in your pain but brings solace and peace to your soul.

Allow yourself to lean into God's comfort today. Be honest with Him about your fears and sorrows. God promises to wrap you in His love and uphold you through every tear and restless night.

In the waiting, find refuge in the tender arms of a God who understands and never abandons you.







Day 7: 😂 God's Comfort in the Waiting

Reflect and Apply

1.	What fears or sorrows do I need to bring to God for comfort?
2.	How have I experienced God's comfort in past difficulties?
3.	Who in my life can I reach out to for support during this waiting?







Day 7: 😂 God's Comfort in the Waiting

Journaling Prompts

Write about ways God has comforted you when you felt brokenhearted.
Describe what God's comfort looks like in your current experience.
List practical steps you can take to find peace amidst fear.







Day 7: 4 God's Comfort in the Waiting

Prayer for Today

Heavenly Father, thank You for being my refuge and comfort in times of fear and sorrow. When my heart feels heavy, wrap me in Your loving arms. Help me to rest in Your peace and to trust Your unfailing presence every moment. Heal my wounded spirit, Lord. In Jesus' name, Amen. 😩 🙏 😂















Your Verse

Hebrews 6:19 - "We have this hope as an anchor for the soul..."

Supporting Scriptures

- Psalm 119:114 "You are my refuge and my shield..."
- Romans 15:13 "May the God of hope fill you with joy..."







Devotional: Hope That Holds You Steady

Medical waiting can feel like being adrift in a stormy sea of emotion. The writer of Hebrews reminds us that we have an anchor for the soul—our hope in Jesus. Anchoring your heart in God's promises provides stability when everything else feels uncertain.

This anchor is not a vague wish but a confident expectation rooted in God's faithfulness. As you meditate on His promises today, allow yourself to hold tightly to this hope, drawing strength and joy from God's Word, which never fails.

In moments of doubt, remember you are anchored firmly in the unshakable hope of Christ.







Reflect and Apply

1.	What hopes or assurances anchor my soul during this waiting?
2.	How can I remind myself daily of God's promises to remain steady?
3.	What doubts arise, and how might anchoring in Scripture address them?







Journaling Prompts

1.	Write out a favorite promise of God that brings you hope.
2.	Describe how hope acts as an anchor in your daily life.
3.	List fears you can replace with God's promises today.







Prayer for Today

Loving God, thank You for being my eternal anchor through every trial. When waves of fear come, hold me steady in Your hope. Fill me with peace and joy as I cling to Your promises. May my soul rest securely in You today and always. In Jesus' name, Amen. 💸 🙏 🚯

















Your Verse

Romans 8:38–39 – "Neither death nor life... can separate us from the love of God..."

Supporting Scriptures

- Psalm 36:7 "How precious is Your unfailing love..."
- Ephesians 3:18-19 "To grasp how wide and long and high and deep is the love of Christ."







Devotional: Unfailing Love Through Every Trial

During times of medical limbo, it's easy to feel isolated or unloved. But God's love is constant and immeasurable, surrounding you no matter what the outcome. Nothing in this world separates you from His affectionate care.

This love is the foundation on which you can stand firm during your waiting. Lean into the depth and width of God's love—let it fill your heart and cast out fear.

May this truth comfort you today: God loves you with an everlasting and unshakable love.







Reflect and Apply

How do I know God's love is truly unfailing in my life?
What fears might I be able to release by resting in God's love?
How can I share or demonstrate God's love to others amid my waiting?







Journaling Prompts

1.	Write about ways you've experienced God's love recently.
2.	Reflect on how God's love impacts your health journey.
3.	List ways to remind yourself daily of God's unfailing love.







Prayer for Today

Faithful God, thank You for Your unchanging and boundless love. In moments of doubt and fear, remind me of Your presence and affection for me. Help me to rest fully in Your love's security and to share this love with others. In Jesus' name, Amen.

















Day 10: Learning Patience in the Waiting

Your Verse

James 1:4 – "Let perseverance finish its work so that you may be mature and complete."

Supporting Scriptures

- Galatians 6:9 "Let us not become weary in doing good..."
- Psalm 27:14 "Wait for the Lord; be strong and take heart..."







Day 10: 🐚 Learning Patience in the Waiting

Devotional: Growing in Patience and Faith

Waiting can test your patience and resilience. The Bible encourages us to see waiting as an opportunity for spiritual growth. When patience matures, it produces endurance and deepens your faith.

This day, choose to persevere, understanding that God uses waiting to shape you into a person of strength and character. Though difficult, this period is part of His refining process.

Embrace the waiting with courage, knowing that patience is producing a lasting spiritual maturity.







Day 10: 🍆 Learning Patience in the Waiting

Reflect and Apply

1.	What areas of my life need greater patience during this season?
2.	How can I shift my mindset to see waiting as growth?
3.	What spiritual practices help me develop perseverance most effectively?







Day 10: 🐚 Learning Patience in the Waiting

Journaling Prompts

1.	Write about lessons patience has taught you before.
2.	Describe ways you can nurture patience during current troubles.
3.	List Scriptures that encourage perseverance and hope.







Day 10: 🍆 Learning Patience in the Waiting

Prayer for Today

Patient God, I ask for Your help in cultivating perseverance and patience as I wait for answers. Strengthen my faith and help me take heart and not grow weary. Use this time to mold me into all You desire. In Jesus' name, Amen.



















Day 11: 👸 Being Still Before the Lord

Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- Exodus 14:14 "The Lord will fight for you; you need only to be still."
- Isaiah 30:15 "In quietness and trust is your strength."







Day 11: 餐 Being Still Before the Lord

Devotional: Resting in God's Sovereign Care

In the anxious moments of waiting, God invites you to be still and trust His power. Stillness is not passivity but a powerful spiritual posture of surrender and confidence in God's control.

Practice pausing today. Let go of the urge to control outcomes and rest in the knowledge that God is sovereign and fighting for you. Quiet your heart and mind in His presence and receive renewed courage.

Stillness opens space to experience God's peace deeply in your soul.







Day 11: 👸 Being Still Before the Lord

Reflect and Apply

1.	When is it hardest for me to be still and trust God?
2.	How can I cultivate moments of stillness amid the busyness of waiting?
	What changes when I rest in God's sovereignty instead of my own efforts?







Day 11: 餐 Being Still Before the Lord

Journaling Prompts

1.	Describe a peaceful moment of stillness with God you've had.
2.	Write a prayer asking God to help you be still today.
3.	List practical ways to create stillness throughout your day.







Day 11: 👸 Being Still Before the Lord

Prayer for Today

Lord, teach me to be still and know You are God. Help me to release control and rest in Your sovereign care. Calm my anxious heart and renew my trust in Your power and timing. In Jesus' name, Amen. 🔌 🙏 😂







Day 12: 🗱 Finding Joy in God's Presence









Day 12: 😂 Finding Joy in God's Presence

Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

Supporting Scriptures

- Psalm 16:11 "In Your presence there is fullness of joy."
- Philippians 4:4 "Rejoice in the Lord always."







Day 12: 🍪 Finding Joy in God's Presence

Devotional: Strengthened by God's Joy

Waiting for test results can dampen your spirit, but God offers a joy that transcends circumstances. This joy is a source of strength, energizing your soul and renewing your hope.

Today, seek God's presence joyfully even amidst uncertainty. Bring a heart of praise and gratitude to Him, knowing joy is not dependent on your situation but on His unchanging goodness.

Allow God's joy to be a wellspring of strength as you face waiting with courage and hope.







Day 12: 😂 Finding Joy in God's Presence

Reflect and Apply

1.	What hinders me from experiencing joy in difficult times?
2.	How can I choose joy as a spiritual discipline during waiting?
3.	What role does gratitude play in cultivating joy in my heart?







Day 12: 😂 Finding Joy in God's Presence

Journaling Prompts

1.	Write about moments you felt God's joy despite difficulties.
2.	List things you are grateful for today as a source of joy.
3.	Describe what joy in God means to you personally.







Day 12: 🔁 Finding Joy in God's Presence

Prayer for Today

Joyful God, thank You for the strength Your joy brings. Help me to find fullness of joy in Your presence, even when circumstances are painful. Teach me to rejoice always and to trust Your goodness. Fill my heart with praise today. In Jesus' name, Amen. 😂 🙏 🔈

















Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace..."

Supporting Scriptures

- Jeremiah 17:7 "Blessed is the one who trusts in the Lord..."
- Psalm 39:7 "My hope is in You."







Devotional: Anchored in Eternal Hope

Though waiting feels heavy, God offers hope that extends beyond present fears and outcomes. This hope brings joy, peace, and a confident expectation of God's goodness and faithfulness.

By focusing on God's eternal promises, you can face the present with a heart anchored in hope. No matter the news, God's hope sustains you and points you toward a future filled with His love.

Let hope be your compass, guiding you through moments of uncertainty with steady faith.







Reflect and Apply

1.	What hopes sustain me beyond the medical uncertainties I face?
2.	How can I nurture a hopeful outlook rooted in God's promises?
3.	What difference does eternal hope make in my daily waiting?







Journaling Prompts

1.	Write about the kind of hope God gives that never disappoints.
2.	List promises from Scripture that nurture hope in your heart.
3.	Describe how hope influences your attitude toward the future.







Prayer for Today

God of Hope, fill me with all joy and peace as I trust You. Help me fix my eyes on Your eternal promises, so that hope anchors my soul securely. Strengthen me to face each day with confident expectation of Your goodness. In Jesus' name, Amen.

















Your Verse

Ecclesiastes 3:1 - "To everything there is a season and a time for every matter..."

Supporting Scriptures

- Habakkuk 2:3 "For still the vision awaits its appointed time..."
- Psalm 27:14 "Wait for the Lord; be strong and take heart..."







Devotional: Resting in God's Perfect Schedule

Waiting involves patience with God's timing, which often differs from our own. Recognizing that God's timing is perfect helps us surrender our impatience and anxiety.

Trust that God is working behind the scenes even when nothing seems to move. He sees what we cannot and has set a perfect time for every outcome.

Choose today to rest in the assurance that God's timing is wise, good, and for your ultimate blessing.







Reflect and Apply

1.	How do I react when God's timing feels slow or unclear?
2.	What have I learned about God's timing from past experiences?
3.	How can I cultivate trust in God's perfect schedule during waiting?







Journaling Prompts

Write about a time when waiting on God's timing resulted in good.
List ways you can be patient and trust God today.
Describe your feelings about timing and surrender them to God.







Prayer for Today

Dear Lord, teach me to trust Your perfect timing. When waiting feels hard and uncertain, remind me that You have planned everything wisely. Help me surrender my impatience and rest peacefully in Your schedule. In Jesus' name, Amen. \nearrow \nearrow \nearrow







Day 15: God's Faithfulness in Every Season









Day 15: 💮 God's Faithfulness in Every Season

Your Verse

Lamentations 3:22 - "Because of the Lord's great love we are not consumed..."

Supporting Scriptures

- Psalm 89:1 "I will sing of the Lord's great love forever."
- Deuteronomy 7:9 "The Lord your God is faithful..."







Day 15: 💮 God's Faithfulness in Every Season

Devotional: Remembering God's Unfailing Loyalty

In times of waiting, it's vital to recall God's faithfulness throughout your life and history. His steadfast love never fails, even when circumstances are hard to bear.

Reflect on moments when God has been faithful to you—bringing healing, guidance, or peace. Remember His promises are enduring and anchored in His character.

Rest today in the assurance that God's loyalty to you is unshakable and enduring across every season.







Day 15: 🎡 God's Faithfulness in Every Season

Reflect and Apply

What examples of God's faithfulness can I recall from my past?
How does remembering God's loyalty impact my current waiting?
What promises of faithfulness in Scripture encourage me most?







Day 15: 💮 God's Faithfulness in Every Season

Journaling Prompts

1.	Write about a specific time God showed His faithfulness to you.
2.	List ways God's faithfulness brings you hope today.
3.	Describe how you can celebrate God's loyalty in waiting.







Day 15: 💮 God's Faithfulness in Every Season

Prayer for Today

Faithful God, thank You for Your unwavering love and loyalty. As I face uncertainty, help me remember all You have done and trust You to be faithful now. Strengthen my heart with Your promises and keep me secure in Your care. In Jesus' name, Amen. ② 🙏 🔲















Your Verse

Psalm 51:12 - "Restore to me the joy of Your salvation..."

Supporting Scriptures

- Galatians 5:22 "The fruit of the Spirit is love, joy, peace..."
- Nehemiah 8:10 "The joy of the Lord is your strength."







Devotional: Inviting Joy to Renew Your Soul

Times of waiting can dull your joy and weigh heavily on your spirit. Yet God's Spirit is active, cultivating joy and peace within even the hardest hearts.

Invite the Holy Spirit to restore your joy and refresh your soul today. Through worship, praise, and trust, you can experience renewed vitality and hope despite your circumstances.

Let God's joy be your strength and the light guiding you through waiting.







Reflect and Apply

1.	What has diminished my joy recently during waiting?
2	How can I open my heart to the Holy Spirit's renewing work?
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3.	What activities or practices invite God's joy into my life?







Journaling Prompts

1.	Write a prayer asking God to restore your joy.
2.	List times you have felt the fruit of the Spirit in waiting.
3.	Describe how joy impacts your faith and wellbeing.







Prayer for Today

Holy Spirit, come and restore the joy of Your salvation in my heart. Help me to experience Your fruits daily, especially joy and peace. Strengthen me during waiting and fill me with Your life-giving presence. In Jesus' name, Amen. 🛂



















Your Verse

Philippians 4:7 - "The peace of God, which transcends all understanding... guard your hearts..."

Supporting Scriptures

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast..."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Devotional: Peace That Protects and Calms

God's peace is more than just calm feelings—it actively guards and protects your heart. This peace transcends our knowledge and understanding and is available even amid fear or uncertainty.

Choose today to let God's peace reign in your heart, guarding your mind and emotions from anxiety and despair. This peace is a gift to embrace through trust and prayer.

Allow God's peace to be your shield and resting place during waiting.







Reflect and Apply

What anxieties can I surrender to experience God's peace today?
How does God's peace protect my heart in practical ways?
What steps can I take to keep my mind focused on God's peace?







Journaling Prompts

1.	. Write about moments when God's peace has calmed your fears.
2.	List things that steal your peace and ways to guard against them.
3.	Describe what it feels like to have God's peace rule your heart.







Prayer for Today

Prince of Peace, thank You for a peace that surpasses all understanding. Guard my heart and mind as I wait for answers. Help me to rest in Your calming presence and choose trust over fear. Fill me with Your peace today. In Jesus' name, Amen. **3**









Day 18: & God's Comfort in Tears









Day 18: 🚨 God's Comfort in Tears

Your Verse

Psalm 56:8 – "You keep track of all my sorrows. You have collected all my tears..."

Supporting Scriptures

- John 11:35 "Jesus wept."
- Revelation 21:4 "He will wipe every tear from their eyes..."







Day 18: 🚨 God's Comfort in Tears

Devotional: Healing in God's Compassion

It's okay to cry and bring your sorrows honestly to God. Scripture shows that tears are not signs of weakness but expressions of deep trust that God cares intimately.

He sees every tear and cherishes your heartache. Allow yourself freedom to grieve and rest in God's compassionate presence. His healing touch brings comfort beyond words.

Let your tears flow as you experience God's tender love embracing your pain.







Day 18: 😂 God's Comfort in Tears

Reflect and Apply

1.	How comfortable am I being honest with God about my pain?
2.	What does it mean that God collects my tears and sees my sorrows?
3.	How can embracing grief open me to God's healing and comfort?







Day 18: 😂 God's Comfort in Tears

Journaling Prompts

1.	Write about a time God comforted you in sorrow.
2.	Describe your emotions honestly in this waiting period.
3.	List ways you can invite God's healing into your heart.







Day 18: 🚨 God's Comfort in Tears

Prayer for Today

Compassionate God, thank You for seeing my tears and feeling my sorrows. Help me to bring my pain to You openly and find healing in Your embrace. Wrap me in Your loving arms and restore my soul with Your comfort. In Jesus' name, Amen. 😩 🙏 💍







Day 19: 🎇 Hope That Cannot Be Shaken









Day 19: 🗱 Hope That Cannot Be Shaken

Your Verse

Hebrews 10:23 - "Let us hold unswervingly to the hope we profess..."

Supporting Scriptures

- Psalm 62:5 "Find rest, O my soul, in God my hope."
- 1 Peter 1:3 "A living hope through the resurrection of Jesus."







Day 19: 🗱 Hope That Cannot Be Shaken

Devotional: Unshakable Hope in Christ

The hope you have in Christ is living, powerful, and unshakable. It anchors your soul through every wave of doubt or fear during waiting.

Hold tightly to this hope today, professing your faith in God's promises. Let it be the foundation that steadies your heart and renews your faith with energy and confidence.

Believe deeply that God's hope will not fail you, no matter the outcome.







Day 19: 🞇 Hope That Cannot Be Shaken

Reflect and Apply

1.	How do I maintain hope when fears threaten to overwhelm me?
2.	What spiritual disciplines help me keep my hope anchored in Christ?
3.	How can I encourage others with this unshakable hope?







Day 19: 🞇 Hope That Cannot Be Shaken

Journaling Prompts

1.	Write about the living hope Jesus provides you.
2.	List ways hope changes your perspective on medical waiting.
3.	Describe how you can hold firmly to hope each day.







Day 19: 🗱 Hope That Cannot Be Shaken

Prayer for Today

God of Hope, help me to hold unswervingly to the hope I have in You. Strengthen my faith and steady my soul in times of uncertainty. Fill me with Your peace and confidence as I trust in Your unfailing promises. In Jesus' name, Amen. 💸 🙏 🖴







Day 20: Celebrating God's Faithful Presence









Day 20: 🖁 Celebrating God's Faithful Presence

Your Verse

Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid... for the Lord your God goes with you."

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous... the Lord your God is with you."
- Psalm 23:4 "Your rod and Your staff, they comfort me."







Day 20: 🖁 Celebrating God's Faithful Presence

Devotional: God Goes Before You Always

As you near the end of this waiting journey, be encouraged by God's faithful presence. He goes before you, strengthening and comforting you every step of the way.

Celebrate God's companionship and courage now dwelling in your heart. You are never alone, and His faithful presence enables you to face whatever comes with hope and strength.

Rejoice in the God who never leaves or forsakes you.







Day 20: • Celebrating God's Faithful Presence

Reflect and Apply

1.	What fears remain as I prepare to receive results?
2.	How does God's constant presence empower my courage today?
3.	How can I hold onto this truth when facing future uncertainties?







Day 20: • Celebrating God's Faithful Presence

Journaling Prompts

1.	Write a letter to God expressing your gratitude for His presence.
2.	List ways God has strengthened your courage in challenging times.
3.	Describe how knowing God goes before you affects your outlook.







Day 20: Q Celebrating God's Faithful Presence

Prayer for Today

Holy God, thank You for walking with me through every season. As I face new challenges, fill me with courage and assurance that You never leave my side. Help me to rest confidently in Your faithful presence always. In Jesus' name, Amen.















Your Verse

John 16:33 – "In this world you will have trouble. But take heart! I have overcome the world."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace..."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast..."







Devotional: Peace and Victory Through Christ

Even after waiting, life may still hold uncertainty, but Jesus has already overcome every battle. His victory offers you peace and confidence to face what comes with hope.

Take heart in God's promises today. Choose to live in peace, knowing you are held by the One who conquered the world's troubles. Your faith and confidence in Him will sustain you beyond the waiting room into every future moment.

Step forward with courage, resting in the peace and victory Christ provides.







Reflect and Apply

1.	How has this 21-day journey strengthened my peace and confidence?
2.	What truths will I hold onto when facing future uncertainties?
3.	How can I share this hope and peace with others in similar situations?







Journaling Prompts

1.	Write about the ways God has changed your perspective during waiting.
2.	Describe how Jesus' victory influences your confidence today.
3.	List ways to continue living in God's peace moving forward.







Prayer for Today

Victorious Savior, thank You for overcoming the world and bringing me peace that lasts. Help me to live with bold confidence, regardless of outcomes. Fill me with joy and hope as I step forward, anchored in Your victory and love. In Jesus' name, Amen.







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