



Restoring Health: God's Guidance for Adrenal Fatigue



A 7-day journey to find hope, healing, and strength
through Scripture while coping with adrenal
fatigue.

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Introduction

Welcome to this 7-day Bible study plan focusing on health and coping with adrenal fatigue through Scripture. Adrenal fatigue can leave us feeling drained, overwhelmed, and uncertain about our physical and emotional state. Yet God's Word offers comfort, hope, and practical wisdom for restoring our strength.

Throughout these seven days, we will explore Scripture passages that reveal God's promises of rest, renewal, and healing. You'll be encouraged to lean on His strength instead of your own and discover the peace that comes from surrendering your worries and weariness to Him.

Each day includes a primary scripture, supporting verses, and a devotional designed to inspire and motivate you on your journey toward recovery. Embrace this time for reflection and prayer, asking God to guide you through the challenges of adrenal fatigue and to renew your body, mind, and spirit.

Remember, true health comes not only from the care of our bodies but also through the restoration of our souls. May this study be a balm to your spirit and a roadmap back to vibrant health. Let's begin this hopeful journey together!





Day 1: 🌿 Finding Rest in God's Presence



Day 1: 🌿 Finding Rest in God's Presence

Your Verse

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

Supporting Scriptures

- *Psalm 62:1 – "Truly my soul finds rest in God; my salvation comes from him."*
- *Isaiah 40:31 – "But those who hope in the LORD will renew their strength."*



Day 1:  Finding Rest in God's Presence

Devotional: Embracing God's Rest in Weariness

Adrenal fatigue often manifests as overwhelming exhaustion, but Jesus invites us to find rest in Him. This rest is more than just sleep—it's a deep, soul-refreshing peace that calms our fears and renews our strength. When your body feels weak and your spirit tired, it's natural to try pushing through, but God calls us to stop and come to Him instead.

Matthew 11:28 offers a beautiful promise—if we bring our burdens to Jesus, He will give us rest. This rest nurtures both body and soul and helps us to recover from the weariness that adrenal fatigue brings. Today, focus on what it means to truly rest, not just physically but also spiritually. Let go of the pressure to perform and allow God's presence to fill your heart and mind.

Remember, resting in God is an act of faith. It is trusting that He will carry you through your healing and strengthen you in ways beyond what you can do alone. Lean into His embrace and receive His healing peace.



Day 1: 🌿 Finding Rest in God's Presence

Reflect and Apply

1. What burdens am I currently carrying that make me feel weary?

2. How can I practically come to Jesus for rest each day?

3. Do I believe that God's rest can renew my strength? Why or why not?



Day 1: 🌿 Finding Rest in God's Presence

Journaling Prompts

1. 1. Write about a time when you felt fully rested in God's presence.

2. 2. List the worries or burdens you want to hand over to Jesus today.

3. 3. Reflect on how you usually respond when you feel exhausted.



Day 1: 🌿 Finding Rest in God's Presence

Prayer for Today

Heavenly Father, thank You for offering rest to my weary soul. Help me to stop pushing myself and trust in Your promises to renew my strength. Teach me how to bring my burdens to You and receive Your peace during this struggle with adrenal fatigue. *Fill me with Your calm and restore my body and spirit.* May Your presence be my refuge and my source of healing today and always. In Jesus' name, Amen. 🙏❤️🌿✨





Day 2: 💧 Renewed Strength Through God's Power



Day 2: 💧 Renewed Strength Through God's Power

Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Nehemiah 8:10 - "The joy of the LORD is your strength."*



Day 2: 💧 Renewed Strength Through God's Power

Devotional: God's Strength Lifts the Weak

Feeling weak and fatigued is one of the hardest parts of adrenal fatigue, yet **God's Word reminds us that He empowers the weak.** Isaiah 40:29 promises that God does not leave us to muster strength on our own; He actively comes alongside us to increase our energy and endurance.

The Apostle Paul learned this truth deeply. Even in his weakness, God's grace was enough to sustain him and make His power clear. When you feel at your lowest, remember that God's power is not hindered by your fatigue. Instead, it is perfected through your reliance on Him.

Moreover, joy rooted in the Lord brings strength. This joy is not dependent on circumstances but arises from the assurance of God's love and care. Try to focus on small moments of gladness during your day and let that joy fuel your faith and energy.

Today, surrender your weakness to God and allow Him to fill you with His mighty power.



Day 2: 💧 Renewed Strength Through God's Power

Reflect and Apply

1. How have I tried to rely on my own strength during this illness?

2. In what ways can I invite God's power into my weakness?

3. What brings me joy even on difficult days, and how does that affect my strength?



Day 2: 💧 Renewed Strength Through God's Power

Journaling Prompts

1. 1. Write about moments when God's strength helped you in weakness.

2. 2. Identify areas where you need to stop striving and start trusting God's power.

3. 3. Reflect on how joy and gratitude affect your energy levels.



Day 2: 💧 Renewed Strength Through God's Power

Prayer for Today

Lord God, I confess my weakness and ask for Your strength to fill me. Please increase my power when I feel drained and let Your grace uphold me. Help me to find joy in You and allow that joy to be a source of strength during this journey. Remind me daily that Your power is made perfect in my weakness. Thank You for never leaving me alone. In Jesus' precious name I pray, Amen.





Day 3: 🌸 Embracing God's Healing Touch



Day 3: 🌸 Embracing God's Healing Touch

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 3: 🌸 Embracing God's Healing Touch

Devotional: Trusting God's Promise of Healing

Physical fatigue may make healing feel far away, but God's promise is clear: He restores health and heals our wounds. This includes not only visible injuries but the hidden fatigue and strain of adrenal exhaustion.

Jeremiah 30:17 gives reassurance that God intends to restore, not just temporarily patch, but fully heal. Such healing encompasses body, mind, and soul. Sometimes healing is immediate; other times, it is gradual and requires patience and faith.

Recognizing God as the ultimate healer can shift the perspective of your recovery. You are not alone, nor are you without hope. God invites us to come before Him with our brokenness and believe in His power to restore what feels lost.

Take time to be still today, ask God to touch your body and soul, and surrender your healing journey into His loving hands.



Day 3:  Embracing God's Healing Touch

Reflect and Apply

1. Do I truly believe God wants to heal me completely?

2. How can I become more patient and trusting during my healing process?

3. What wounds, physical or emotional, do I need God to heal right now?



Day 3: 🌸 Embracing God's Healing Touch

Journaling Prompts

1. 1. Describe what healing looks like for you personally.

2. 2. Write a letter to God expressing your hopes and fears about healing.

3. 3. List ways you can remind yourself daily of God's healing promises.



Day 3: 🌸 Embracing God's Healing Touch

Prayer for Today


Dear Lord, You are the ultimate healer, and I place my health and brokenness in Your hands. Restore what is weary and wounded in me. Give me patience and faith to trust Your timing and Your perfect care. Heal my body and renew my spirit daily. Thank You that Your love is steadfast and Your power never fails. In Jesus' name, Amen. 🙏❤️🌸🌿





Day 4: Peace That Transforms Fatigue



Day 4:  Peace That Transforms Fatigue

Your Verse

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

Supporting Scriptures

- *John 14:27 - "Peace I leave with you; my peace I give you."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 4: 🕊️ Peace That Transforms Fatigue

Devotional: God's Peace Guards Our Hearts

Anxiety and stress can worsen the symptoms of adrenal fatigue, but God offers peace that surpasses understanding. Philippians 4:6–7 encourages us to turn our worries into prayers and receive peace that acts as a protective guard over our minds and hearts.

God's peace is not passive; it actively shields us from the turmoil that depletes our strength. When fatigue brings frustration or despair, invite this peace into your spirit by consciously handing your concerns to God during prayer.

Jesus emphasized that His peace is a gift, different from what the world offers — it is lasting and complete. Meditate on this peace today, asking God to replace your anxiety with calm and confidence in His care.



Reflect and Apply

1. What worries do I carry that drain my energy?

2. How can I practice turning those worries into prayer?

3. Have I experienced God's peace guarding my heart during difficult times?



Journaling Prompts

1. 1. Write about a recent situation where you felt God's peace.

2. 2. List fears or anxieties you want to give to God today.

3. 3. Plan practical ways to incorporate prayer into your daily routine.



Day 4: 🕊️ Peace That Transforms Fatigue

Prayer for Today

Gracious Father, help me to release my anxieties and bring all my concerns to You in prayer. Surround my heart and mind with Your perfect peace that protects and calms me. Teach me to trust You deeply even when fatigue threatens my hope. Let Your peace reign in every part of my being today and always. In Jesus' comforting name, Amen. 🌿 🕊️ ❤️ 🙏





Day 5: Balancing Rest and Activity



Day 5: 📖 Balancing Rest and Activity

Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- *Mark 6:31 - "Come with me by yourselves to a quiet place and get some rest."*
- *Psalms 23:2 - "He makes me lie down in green pastures, he leads me beside quiet waters."*



Day 5: 📖 Balancing Rest and Activity

Devotional: Learning God's Rhythm for Our Bodies

Managing adrenal fatigue requires wisdom to balance rest and activity according to God's timing. Ecclesiastes 3:1 reminds us there is a season for every activity and a season for rest. Understanding and honoring these seasons can aid in healing.

Jesus Himself modeled rest by inviting His disciples to withdraw from busyness and replenish their strength. Listening to our bodies in alignment with God's rhythm prevents pushing too hard and promotes sustainable recovery.

Today, seek God's guidance on how to pace yourself. Embrace rest without guilt and be mindful of gentle activity that brings refreshment. Trust that your value is not measured by productivity but by God's love for you.



Day 5:  Balancing Rest and Activity

Reflect and Apply

1. How well do I listen to my body's need for rest?

2. What activities bring me renewal versus exhaustion?

3. How can I better align my daily routine with God's timing?



Day 5:  Balancing Rest and Activity

Journaling Prompts

1. 1. Reflect on your current balance between rest and activity.

2. 2. Plan a daily schedule that incorporates intentional rest.

3. 3. Write a prayer asking God for wisdom to know when to rest.



Day 5: 🛏️ Balancing Rest and Activity

Prayer for Today

Dear Lord, teach me to live according to Your seasons and rhythms. Help me honor the need for rest and not feel guilt when I pause. Guide me in balancing my days so that I may heal and flourish. Thank You for offering peace in quietness and strength in rest. In Jesus' name, Amen. 🌿 🛏️ ❤️ 🙏





Day 6: ☀️ Renewing Mind and Spirit



Day 6: ☀️ Renewing Mind and Spirit

Your Verse

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

Supporting Scriptures

- *Philippians 4:8 - "Think about things that are true, noble, right, pure, lovely, admirable..."*
- *Colossians 3:2 - "Set your minds on things above, not on earthly things."*



Day 6: ☀️ Renewing Mind and Spirit

Devotional: Transforming with God's Truth

Healing adrenal fatigue is not only physical but mental and spiritual. God invites us to transform through a renewed mind. Romans 12:2 challenges us to replace negative, fearful, or fatigued thoughts with God's truth and hope.

Choosing to dwell on what is pure, lovely, and praiseworthy helps to refresh the spirit and reduce stress. As you renew your mind with Scripture, your perspective shifts from weakness to strength, from despair to hope.

Today, practice focusing on God's promises and reject worry or negativity. This mental renewal aligns you closer to God's perfect plan for your health and wellbeing.



Reflect and Apply

1. What negative thoughts do I need to replace with God's truth?

2. How can Scripture guide my thinking daily?

3. In what ways does renewing my mind impact my physical health?



Day 6: 🌻 Renewing Mind and Spirit

Journaling Prompts

1. 1. Write down common discouraging thoughts and replace them with Scripture.

2. 2. Keep a gratitude journal focusing on God's blessings.

3. 3. Plan intentional moments for Scripture meditation today.



Day 6: 🌞 Renewing Mind and Spirit

Prayer for Today

Heavenly Father, renew my mind with Your truth and transform my thoughts. Help me to focus on what is good and noble instead of fears or doubts. Guide me in fixing my eyes on You as I walk the path of healing. Refresh my spirit and bring peace to my heart and body. In Jesus' name, Amen. 🌞 📖 ❤️ 🙏





Day 7: ✨ Hope for a New Beginning



Day 7: ✨ Hope for a New Beginning

Your Verse

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."

Supporting Scriptures

- *2 Corinthians 4:16 - "Though outwardly we are wasting away, yet inwardly we are being renewed day by day."*
- *Psalms 30:5 - "Weeping may stay for the night, but rejoicing comes in the morning."*



Day 7: ✨ Hope for a New Beginning

Devotional: God's Faithfulness Brings Renewal

As you close this week of reflection and healing, hold on to the confident hope found in God's faithfulness. Lamentations 3:22-23 assures us that His mercies are new every morning, fresh and unwavering regardless of our circumstances.

Adrenal fatigue may feel like a long night, but God promises a morning of joy and renewal. Though the body weakens, the spirit can be renewed continually by God's sustaining love.

This renewal is not dependent on yesterday's progress but on God's steadfast compassion and faithfulness. Each day brings a new opportunity for healing, growth, and strength. Embrace this hopeful perspective and step forward confident that God walks with you in every moment.



Day 7: ✨ Hope for a New Beginning

Reflect and Apply

1. How does God's daily mercy encourage me in my healing journey?

2. In what ways can I embrace hope despite physical challenges?

3. How can I celebrate small victories along the path to health?



Day 7: ✨ Hope for a New Beginning

Journaling Prompts

1. 1. Write about what renewal means to you today.

2. 2. Reflect on God's faithfulness during this 7-day study.

3. 3. Set goals for continuing your health and spiritual journey.



Day 7: ✨ Hope for a New Beginning

Prayer for Today

Loving Father, thank You for Your never-ending compassion and faithfulness. Help me to remember that Your mercies are new every morning and that You renew my spirit daily. Give me hope and strength as I continue my healing journey. Let me walk forward with confidence, knowing You are by my side. In Jesus' name, Amen. 🙏🌅❤️✨





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