



# Restoring Peace: God's Care for Mental Health



Explore God's comfort and healing for mental health struggles, focusing on eating disorders and control issues through Scripture and reflection.

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## Introduction

**Mental health** is a vital aspect of our well-being, often silently challenged by struggles such as anxiety, depression, or eating disorders. For individuals wrestling with *eating disorders and control issues*, the journey toward healing can feel overwhelming and isolating. Yet, the Bible offers profound insights and hope, reminding us that God is intimately aware of our deepest battles and invites us into His peace.

Throughout this five-day study, we will explore Scriptures that address anxiety, control, identity, and God's sustaining grace. We will uncover how Jesus' compassion extends not only to our physical and spiritual needs but also to our mental and emotional challenges. Recognizing that eating disorders often come from a desire to control our circumstances or bodies, this study will guide you to surrender those struggles to God's loving authority.

**God's Word** does not dismiss the pain but acknowledges it with empathy and invites us into rest. As you reflect on these passages and devotional insights, may you find assurance that you are not alone, and that true freedom begins in trusting God's perfect love. Let this time be a sanctuary for your mind, heart, and soul, drawing you closer to the One who heals completely.





## Day 1: 🧠 Finding Rest in God's Peace



Day 1: 🧠 Finding Rest in God's Peace

## Your Verse

*Matthew 11:28-30 NIV - 'Come to me, all you who are weary and burdened, and I will give you rest...'*

## Supporting Scriptures

- *Philippians 4:6 - 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'*
- *Psalms 34:18 - 'The LORD is close to the brokenhearted and saves those who are crushed in spirit.'*



Day 1: 🧠 Finding Rest in God's Peace

## Devotional: Accepting Jesus' Invitation to Rest

**Many battling eating disorders and control issues carry heavy burdens of anxiety and exhaustion.** Jesus' invitation in Matthew 11:28–30 offers rest to the weary. This rest is not only physical but deeply spiritual and emotional. It is a call to lay down the relentless striving for control and perfection that so often accompanies these struggles.

*What does it mean to take Jesus' yoke upon you?* A yoke connects two animals to work together harmoniously. Jesus invites you to partner with Him, leaning on His strength rather than struggling alone. When you submit your anxieties and controlling impulses to the gentle guidance of Christ, you find peace that surpasses understanding.

This peace does not mean your challenges vanish instantly, but you gain a profound sense of rest and hope amid them. God's closeness to the brokenhearted means He understands your pain intimately and stands ready to walk alongside you.



Day 1: 🧠 Finding Rest in God's Peace

## Reflect and Apply

1. How do you typically respond to feelings of anxiety or loss of control?

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2. What does Jesus mean to you when He promises rest for the weary?

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3. In what areas of your life can you begin to surrender control to God today?

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Day 1: 🧠 Finding Rest in God's Peace

## Journaling Prompts

1. Describe a time when you felt overwhelmed by control or anxiety. How might Jesus' invitation bring relief?

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2. Write a prayer asking Jesus to help you take His yoke upon you.

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3. List ways you can remind yourself daily to rely on God's peace.

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Day 1: 🧠 Finding Rest in God's Peace

## Prayer for Today

Dear Lord, You know the struggles I carry that others cannot see. I am weary from anxiety and the need to control every part of my life. *Help me* to come to You now and find rest for my soul. Teach me to rely on Your gentle strength and trust Your loving care. Surround me with Your peace that calms my mind and heart. Thank You for never leaving me alone in my battles. In Jesus' name, Amen. 🙏❤️🕊️





## Day 2: 🏛️ Letting Go of Control and Trusting God



Day 2: 📖 Letting Go of Control and Trusting God

## Your Verse

*Proverbs 3:5-6 NIV - 'Trust in the LORD with all your heart and lean not on your own understanding...'*

## Supporting Scriptures

- *Psalm 46:10 - 'Be still, and know that I am God.'*
- *Isaiah 41:10 - 'Do not fear, for I am with you; do not be dismayed, for I am your God.'*



## Devotional: Trusting God When Control Feels Necessary

Struggles with eating disorders often stem from a deep desire to control our bodies and environment to feel safe or worthy. **Proverbs 3:5-6 challenges us to redirect that trust away from our own understanding toward God's unfailing wisdom.** Trust means intentionally choosing to surrender control, even when it feels uncertain or scary.

*'Be still, and know that I am God,'* reminds us that peace begins with pause and recognition of God's sovereignty. When control feels like the only solution, God invites you to rest in His presence, where fear and anxiety lose their grip.

By surrendering the urge to micromanage your life, you open space for God's guidance and healing. This does not mean passively giving up but actively choosing faith that God is working all things for your good, even when the path is unclear.



## Reflect and Apply

1. What control issues do you struggle with most, and how do they affect your peace?

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2. How can you practice 'being still' to experience God's presence more deeply?

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3. What fears arise when you consider surrendering control to God?

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## Day 2: 📖 Letting Go of Control and Trusting God

## Journaling Prompts

1. Write down areas where you feel the need to control outcomes. Pray about surrendering these to God.

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2. Reflect on a time God showed faithfulness when you felt uncertain.

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3. Describe what 'trusting God with all your heart' looks like in your daily life.

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Day 2: 🙏 Letting Go of Control and Trusting God

## Prayer for Today

**God**, I confess how hard it is to trust You fully when I feel out of control. Please forgive me for leaning on my own understanding instead of Yours. Teach me to be still and recognize Your power and love surrounding me. Give me courage to surrender my fears and control issues into Your hands. Strengthen my faith and calm my restless heart. I want to trust You more each day. **Amen.**





## Day 3: ❤️ Embracing Your God-Given Identity





## Your Verse

*Psalms 139:13-14 NIV – 'For you created my inmost being; you knit me together in my mother's womb...'*

## Supporting Scriptures

- *Ephesians 2:10 – 'For we are God's handiwork, created in Christ Jesus to do good works.'*
- *Jeremiah 29:11 – 'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you.'*



## Devotional: Discovering Value Beyond Control and Appearance

Eating disorders can distort how we see our bodies and worth, leading to self-criticism and shame. **Psalm 139:13–14 reveals a beautiful truth: you are fearfully and wonderfully made by God Himself.** Your inherent value is not determined by appearance or control but by God's intentional craftsmanship.

*Understanding and embracing your identity in Christ* brings freedom from the destructive cycle of comparison and control. You are God's masterpiece, uniquely designed with purpose and love. This knowledge offers a foundation for healing as you learn to appreciate your body as a sacred temple and yourself as deeply beloved.

Remember, God's plans for you are hopeful and good. Let these truths anchor your self-worth and shape your journey toward mental and emotional well-being.



## Reflect and Apply

1. How do you currently view your body and identity?

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2. What lies about yourself do you need to replace with God's truth?

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3. In what ways can recognizing yourself as God's masterpiece transform your mindset?

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## Journaling Prompts

1. Write about what it means to be 'fearfully and wonderfully made.'

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2. List qualities God has given you that reflect His handiwork.

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3. Reflect on God's plans for your future and how they encourage hope.

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Day 3: ❤️ Embracing Your God-Given Identity

## Prayer for Today

**Heavenly Father**, thank You for creating me with love and care, intricately woven together in Your image. Help me to see myself through Your eyes, not the world's. Heal the wounds caused by comparison and control, and fill me with confidence rooted in Your truth. Remind me daily that I am Your masterpiece, precious and valued. Guide me to walk in the freedom of this identity. **Amen.** ❤️ 🙏 ✨





## Day 4: 🛡️ Overcoming Fear and Anxiety with God's Strength



Day 4: 🛡️ Overcoming Fear and Anxiety with God's Strength

## Your Verse

*Isaiah 41:10 NIV - 'So do not fear, for I am with you; do not be dismayed, for I am your God...'*

## Supporting Scriptures

- *2 Timothy 1:7 - 'For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.'*
- *Romans 8:38-39 - 'Nothing can separate us from the love of God.'*



## Day 4: 🛡️ Overcoming Fear and Anxiety with God's Strength

## Devotional: God's Strength Defeats Fear and Anxiety

Fear and anxiety are common companions to those managing eating disorders and control issues. **Isaiah 41:10 offers a powerful reminder: God is present with you, providing strength and courage.** You are not fighting alone or in your own power. God's Spirit infuses you with love and self-discipline to face each challenge.

*When fear threatens to paralyze, recall that God's love is unshakeable and unending.* This assurance empowers you to confront anxious thoughts and replace them with faith and hope.

Practicing self-discipline as the Spirit enables brings greater control—not over your body—but over destructive habits rooted in fear. Embrace God's strength daily, knowing He is your refuge and reliable source of courage.





Day 4: 🛡️ Overcoming Fear and Anxiety with God's Strength

## Reflect and Apply

1. What fears frequently dominate your thoughts regarding control or appearance?

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2. How can God's promises in Isaiah 41:10 encourage you today?

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3. What does living by the Spirit's power and self-discipline look like for you?

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Day 4: 🛡️ Overcoming Fear and Anxiety with God's Strength

# Journaling Prompts

1. Write about a fear you want to surrender to God.

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2. List ways the Holy Spirit has helped you in moments of weakness.

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3. Pray for increased courage and love to overcome anxiety.

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Day 4: 🛡️ Overcoming Fear and Anxiety with God's Strength

## Prayer for Today

**Lord**, fear often overwhelms me and makes me feel weak. But Your Word reminds me that You are with me and that I do not have to be afraid. Fill me with Your Spirit's power, love, and self-discipline so I can face each day confidently. Help me to embrace Your presence as my shield and refuge. Thank You for never leaving me and for loving me unconditionally. **Amen.** 💪





## Day 5: 🌱 Healing and Renewal Through God's Grace



Day 5: 🌿 Healing and Renewal Through God's Grace

## Your Verse

*2 Corinthians 12:9 NIV - 'My grace is sufficient for you, for my power is made perfect in weakness.'*

## 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.'*
- *John 14:27 - 'Peace I leave with you; my peace I give you.'*



Day 5: 🌿 Healing and Renewal Through God's Grace

## Devotional: Embracing God's Grace for Renewal and Strength

Healing from mental health struggles, especially eating disorders and control issues, is often a journey marked by ups and downs. The Apostle Paul's words in 2 Corinthians 12:9 are a profound encouragement: God's grace is enough, even in your weakness.

**This grace empowers you not to rely on your own strength but to depend on the sustaining power of God.** His compassion renews you every morning, offering fresh hope no matter yesterday's battles.

*Receiving God's peace* is a key step in renewal. It transcends circumstances and fills you with calm assurance that you are deeply loved and cared for. Embrace God's grace today, knowing it covers all your imperfections and provides the strength to keep moving forward in healing.



## Reflect and Apply

1. How do you experience God's grace in your moments of weakness?

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2. What does renewal mean to you in the context of your mental health journey?

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3. How can you invite God's peace more fully into your daily life?

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## Journaling Prompts

1. Write about ways God has shown grace in your healing process.

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2. Reflect on the promise that compassion is new every morning.

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3. Pray for continuous renewal and strength through God's grace.

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Day 5: 🌿 Healing and Renewal Through God's Grace

## Prayer for Today

**Gracious Father,** Your power is made perfect in my weakness. Thank You for Your never-ending compassion and grace that renews me each day. Help me to rest in Your sufficient grace and receive Your peace, even amidst struggles. Teach me to walk forward with hope, knowing You are with me every step. Strengthen my heart and mind as I continue healing through You. **Amen.** 🌿





## Where God's Word Meets Your Daily Life

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