



Strength for Women: Holding On When You Feel Like Giving Up



A 21-day Bible study journey offering hope and practical encouragement for women battling suicidal thoughts, grounded in God's love and strength.

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Introduction

Welcome to a journey of hope, strength, and healing. *When life feels overwhelming and the darkness of despair whispers lies, know that you are not alone.* This 21-day Bible study is crafted especially for women who wrestle with feelings of giving up — a tender path that cries out for assurance and the steadfast love of God.

Throughout these days, we will walk through Scripture to find stories of God's unending compassion and healing. Women in the Bible faced trials, fears, and discouragement, yet God's presence held them steady. Their courage, faith, and God's promises offer us guidance and light.

Each day features a primary scripture to anchor your thoughts, supporting verses for encouragement, a devotional that speaks to the heart, reflection questions to deepen your understanding, journaling prompts to express your soul, and a prayer to connect you with God's sustaining power.

Remember: you are wonderfully made, deeply loved, and precious in God's sight. No matter how heavy the burden, His grace is sufficient, and His strength is made perfect in weakness (2 Corinthians 12:9). This plan is designed not just to provide comfort but practical ways to hold on to life, discover purpose, and experience God's healing hand.

Take each day one step at a time. Allow the Holy Spirit to speak gently to you; lean on trusted friends, mentors, or counselors when you need support. You



are valuable beyond measure, and this study invites you to embrace that truth and cultivate hope.

May this time of reflection and prayer ignite a renewed passion for living, awaken joy in your heart, and remind you that *your story is not over*.





Day 1: 🌅 Embraced by God's Love



Day 1: 🌞 Embraced by God's Love

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."*
- *Romans 8:38-39 - "Nothing can separate us from the love of God..."*



Day 1: ☀️ Embraced by God's Love

Devotional: God Draws Near to the Brokenhearted

Feeling broken or crushed in spirit can feel unbearable, but the Bible assures us that we are not abandoned. Psalm 34:18 reminds us that *God is especially close to those who are hurting*. When despair creeps in and threatening thoughts arise, cling to the truth that the Creator of the universe draws near.

God's love is not distant or indifferent. He is present in your pain, ready to carry you through the darkest moments. Isaiah 41:10 gives a beautiful promise — you do not face your battle alone. No matter how insurmountable the struggle feels, God is there to strengthen and uphold you.

Romans 8 confirms that nothing can separate you from His love — not depression, not fear, not the lies of suicide. Embrace this hope and let it anchor your soul. Today, receive God's loving embrace. Let the protection and nearness of His heart bring quiet to your storm.



Day 1:  Embraced by God's Love

Reflect and Apply

1. In what ways can you sense God's nearness when your spirit is crushed?

2. How does God's promise to never leave you change your perspective on difficult feelings?

3. What lies do suicidal thoughts try to convince you of, and how can God's love counteract them?



Day 1: 🌞 Embraced by God's Love

Journaling Prompts

1. Write about a time you felt God's presence during a tough moment.

2. List ways God has shown His love to you in your life.

3. Describe what comfort looks and feels like to you.



Day 1: 🌅 Embraced by God's Love

Prayer for Today

Dear Lord, thank You for being close to me even when I feel broken or alone. Help me sense Your presence and hold onto Your promises when darkness tries to overwhelm me. I need Your strength and Your love that never fails. Remind me that nothing can separate me from You. Wrap Your arms around my heart today and give me peace. *In Jesus' Name, Amen.* ❤️ 🙏 ✨





Day 2: Hope in Every New Day



Day 2: 🌱 Hope in Every New Day

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

- *Psalm 30:5 - "Weeping may stay for the night, but rejoicing comes in the morning."*
- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*



Day 2: 🌱 Hope in Every New Day

Devotional: God's Mercies Bring Hope Each Morning

When the weight of despair feels crushing, it's comforting to know God renews His mercy every morning. Lamentations 3:22-23 reminds us that God's compassion never runs dry, and with every sunrise comes fresh hope.

It is natural to experience moments of sadness and tears — Psalm 30 acknowledges this — but these are not permanent. The dawn brings renewed strength and the promise that God's faithfulness does not waver.

Romans 15:13 encourages believers to be filled with joy and peace through trusting God's hope. Even in the midst of struggles, you can lean on Him to replenish your spirit daily. Today, invite God to cover yesterday's pain with His new mercies and awaken hope for tomorrow.



Day 2: 🌱 Hope in Every New Day

Reflect and Apply

1. How can recognizing new mercies each morning help you face the day?

2. What does trusting God's faithfulness look like when you feel hopeless?

3. In what ways can daily hope transform how you view your struggles?



Day 2: 🌱 Hope in Every New Day

Journaling Prompts

1. Write about a time a new day brought unexpected hope.

2. Describe what morning hope means to your heart.

3. List practical ways you can invite God's hope in each morning.



Day 2: 🌱 Hope in Every New Day

Prayer for Today

Heavenly Father, thank You for Your unfailing compassion and faithfulness that are new every morning. When I feel overwhelmed, remind me that each day is a fresh start filled with hope. Fill me with Your joy and peace as I trust in You. Help me see beyond my pain to the bright future You have planned. Renew my spirit today. Amen. 🌻 🌿 ❤️





Day 3: Finding Peace Amidst the Storm



Day 3: 🕊 Finding Peace Amidst the Storm

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. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- *Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and minds."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 3: 🕊 Finding Peace Amidst the Storm

Devotional: Jesus Offers Unshakable Peace Today

When emotions rage like a storm inside, God offers a peace that calms and restores. Jesus promises in John 14:27 a unique peace unlike anything the world gives. It's a gift available amid fear, anxiety, and pain.

Philippians tells us to bring our worries to God through prayer and thanksgiving, opening the door for His peace to guard our hearts and minds. Isaiah reminds us that steadfast trust in God secures perfect peace.

Today, try to surrender your troubled heart to God. Invite His tranquility to fill you—no matter how fierce the storm seems. This peace will not erase pain instantly but will become a foundation to hold on to when giving up feels tempting.



Reflect and Apply

1. What are the fears or anxieties weighing on your heart right now?

2. How can you practically bring these worries to God in prayer?

3. What does steadfast trust in God mean for you personally?



Day 3:  Finding Peace Amidst the Storm

Journaling Prompts

1. Describe a time when God's peace calmed your fears.

2. Write a prayer asking Jesus to grant His peace over your heart.

3. List practical steps that help you trust God more each day.



Day 3: 🕊️ Finding Peace Amidst the Storm

Prayer for Today

Lord Jesus, thank You for the peace You give that the world cannot offer. When my heart feels troubled and afraid, help me to lean into Your promise. Teach me to bring every worry into Your presence with prayer. Calm my spirit and guard my mind with Your peace. I trust in You today and always. Amen.





Day 4: 🔥 Strength in Weakness



Day 4: 🔥 Strength in Weakness

Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses... so that Christ's power may rest on me."

Supporting Scriptures

- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*
- *Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."*



Day 4: 🔥 Strength in Weakness

Devotional: God's Power Shines Through Your Weakness

Feeling weak or broken can invite us to lean more deeply on God's grace and power. Paul's words in 2 Corinthians 12:9 reveal a profound truth — God's power shines most gloriously through our weakness.

Rather than hiding our struggles, we can allow God to work through them, giving us strength for each day. Isaiah tells us God renews the strength of the weary. When you feel like there is nothing left within you, His power fills those empty places.

Psalm 46 calls God our refuge and strength — always near when trouble comes. This day, accept that your weakness is not a failure but an opportunity to receive God's perfect power and grace. You are strong because He is strong in you.



Reflect and Apply

1. How have you seen God’s strength in your own moments of weakness?

2. What stops you from fully relying on God’s grace when you feel vulnerable?

3. How can embracing weakness open your heart to God’s power today?



Day 4: 🔥 Strength in Weakness

Journaling Prompts

1. Write about a struggle where God’s strength helped you endure.

2. Identify areas you find hard to surrender to God’s grace.

3. List ways you can invite God’s power into your weaknesses daily.



Day 4: 🔥 Strength in Weakness

Prayer for Today

Gracious God, when I am weak and weary, remind me that Your grace is enough. Help me boast in my weakness so Your power can rest on me. Renew my strength and be my refuge in every trouble. I lean on You and trust Your perfect power. Amen. 💪 🙏 🔥





Day 5: 💡 Light in Dark Places



Day 5: 💡 Light in Dark Places

Your Verse

Psalm 18:28 - "You, LORD, keep my lamp burning; my God turns my darkness into light."

Supporting Scriptures

- *John 1:5 - "The light shines in the darkness, and the darkness has not overcome it."*
- *Isaiah 9:2 - "The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned."*



Day 5: 💡 Light in Dark Places

Devotional: God Transforms Darkness into Radiant Light

Sometimes life feels engulfed by darkness, but God promises to turn that darkness into light. Psalm 18:28 celebrates God as the One who keeps our lamp burning even when night seems endless.

Jesus, the true Light, came into this world to dispel darkness that no power can overcome, as John says. Isaiah prophesied about the great light dawning on those walking in despair.

If suicidal thoughts overwhelm you, remember that God's light is stronger and will never be extinguished. Allow His brightness to shine in your heart, lifting you out of shadows. His love pierces darkness, offering clarity and hope where confusion and pain seemed to dominate.



Reflect and Apply

1. What areas of your life feel dark or hopeless right now?

2. How can you invite God's light to shine there?

3. What is the difference between worldly darkness and God's light in your experience?



Journaling Prompts

1. Describe what God's light looks like in your life's darkest moments.

2. Write about a time when God's light changed your perspective.

3. List ways you can share God's light with others in darkness.



Day 5: 💡 Light in Dark Places

Prayer for Today

Lord of Light, thank You for shining into my darkness and never letting it overcome me. Keep my lamp burning bright when I feel overwhelmed by pain. Help me see Your light in the shadows and trust that You bring hope and clarity. Illuminate my path and fill me with Your radiance. Amen. ✨ ✨ 🙏





Day 6: 🌸 You Are Fearfully Made



Day 6: 🌸 You Are Fearfully Made

Your Verse

Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful..."

Supporting Scriptures

- *Jeremiah 1:5 - "Before I formed you in the womb I knew you..."*
- *Ephesians 2:10 - "For we are God's handiwork, created in Christ Jesus..."*



Day 6: 🌸 You Are Fearfully Made

Devotional: God's Masterpiece: You Are Wonderfully Made

When feelings of worthlessness try to take root, cling to the truth of your divine creation. Psalm 139:14 affirms that you are wonderfully made, crafted with intention and care by God Himself.

Jeremiah reminds us that God knew us intimately and set us apart even before birth. You are not a mistake or an accident; your life has meaning and purpose.

Ephesians calls us God's handiwork—His masterpiece. This truth is a powerful weapon against destructive thoughts. God's love sees your unique value, and He is shaping you with a plan and hope.



Reflect and Apply

1. How do you usually feel about your value and worth?

2. What changes when you embrace that God created you purposefully?

3. How can this truth challenge suicidal thoughts about being unworthy or broken?



Journaling Prompts

1. Write about how God’s creativity shows up in your life or personality.

2. Describe ways you struggle with self-worth and how God’s word speaks to that.

3. List affirmations rooted in Scripture that remind you of your value.



Day 6: 🌸 You Are Fearfully Made

Prayer for Today

Creator God, thank You for making me fearfully and wonderfully. Help me believe that I am loved, valued, and made for a purpose. When lies whisper that I am worthless, remind me of Your truth. Shape me into the person You desire me to be. I am Yours. Amen. 🌸❤️🙏





Day 7: 🧡 You Are Not Alone



Day 7: 🧡 You Are Not Alone

Your Verse

Deuteronomy 31:6 - "Be strong and courageous... The LORD himself goes before you and will be with you; he will never leave you nor forsake you."

Supporting Scriptures

- *Hebrews 13:5 - "Never will I leave you; never will I forsake you."*
- *Psalms 23:4 - "Even though I walk through the darkest valley, I will fear no evil, for you are with me."*



Day 7: 🧡 You Are Not Alone

Devotional: God's Promise: You Are Never Alone

One of the most powerful antidotes to despair is remembering that you never walk alone. God's promise in Deuteronomy 31:6 calls us to be strong and courageous because He is always with us.

This assurance is echoed in Hebrews 13:5 and Psalm 23, portraying God as our constant companion through darkest valleys.

You might feel isolated, but God's presence surrounds you. Sometimes, the journey is easier when shared—consider reaching out for trusted support too. God uses people to carry our burdens and remind us of His unbreakable love.



Reflect and Apply

1. How do feelings of loneliness affect your mental and spiritual well-being?

2. What can you do to experience God’s promised presence more deeply?

3. Are there trusted people you can lean on during hard times? Why or why not?



Day 7: 🧡 You Are Not Alone

Journaling Prompts

1. Write about a time when God's presence was undeniable in your life.

2. List people who have been God's support to you or can be now.

3. Describe ways you can reach out when feeling alone.



Day 7: 🧡 You Are Not Alone

Prayer for Today

Faithful God, thank You for the promise that You will never leave or forsake me. When loneliness surrounds me, help me feel Your presence and courage. Show me trusted people to share my journey with and the strength to ask for help. I am never alone because You go before me. Amen. 😊 🌸 🙏





Day 8: God's Strength Shields You



Day 8:  God's Strength Shields You

Your Verse

Psalm 91:4 - "He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart."

Supporting Scriptures

- *Ephesians 6:10 - "Be strong in the Lord and in his mighty power."*
- *Isaiah 41:13 - "I am your God... I will hold your hand."*



Day 8:  God's Strength Shields You

Devotional: Sheltered Under God's Mighty Wings

When you feel vulnerable and exposed, God provides a shield of protection and strength. Psalm 91 paints a comforting picture of God covering us with His feathers and sheltering us under His wings.

In Ephesians, believers are called to be strong in the Lord's might, not their own. God is our defender and stronghold.

Isaiah promises a tender holding of your hand when challenges threaten. You can rest in God's protective embrace today, confident He will guard and empower you through all trials.



Reflect and Apply

1. In what areas of your life do you feel unprotected or weak?

2. How does picturing God as a shield and shelter comfort you?

3. What steps can you take to rely more on His strength than your own?



Day 8:  God's Strength Shields You

Journaling Prompts

1. Describe a situation when you sensed God's protection.

2. Write about fears or vulnerabilities you want to surrender to God.

3. List ways to remind yourself daily of God's protective care.



Day 8: 🛡️ God's Strength Shields You

Prayer for Today

Lord, my Protector, thank You for covering me with Your feathers and sheltering me. Help me trust Your faithful shield in every trial. When I feel weak, strengthen me with Your might. Hold my hand firmly so I do not fear. I place my hope in You. Amen. 🛡️ 🙌 🙏





Day 9: 🌿 Rest for the Weary



Day 9: 🌿 Rest for the Weary

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 - "Those who hope in the LORD will renew their strength."*



Day 9: 🌿 Rest for the Weary

Devotional: Jesus Offers Rest to Your Weary Soul

Life's burdens can wear down even the strongest among us, but Jesus invites us to find rest in Him. Matthew 11:28 offers a gentle call to come to Jesus when we are weary, promising true rest for our souls.

Psalm 62 speaks of finding deep rest and salvation in God alone. We cannot carry our burdens indefinitely; we need sacred pauses to be renewed.

Isaiah assures us that those who hope in the Lord will have their strength renewed. Today, lay your heavy burdens at Jesus' feet and let Him refresh your spirit and body.



Day 9: 🌿 Rest for the Weary

Reflect and Apply

1. What burdens are you carrying that need to be surrendered?

2. How do you find rest in God amidst life's demands?

3. What would it look like for you to accept Jesus' invitation to rest?



Day 9: 🌿 Rest for the Weary

Journaling Prompts

1. Write about how it feels to give your worries to Jesus.

2. Describe moments when God refreshed your soul.

3. List practical ways to create space for rest and renewal.



Day 9: 🌿 Rest for the Weary

Prayer for Today

Jesus, my Rest, I come to You weary and burdened. Please take my heavy load and give my soul deep rest. Renew my strength and fill me with peace only You provide. Teach me to trust Your timing and care. Amen. 🌿 🛌 🙏





Day 10: 🧘 Taking One Step at a Time



Day 10: 🙏 Taking One Step at a Time

Your Verse

Psalm 37:23-24 - "The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall..."

Supporting Scriptures

- *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..."*
- *Isaiah 43:2 - "When you pass through the waters, I will be with you... you will not be overwhelmed."*



Day 10: 🙏 Taking One Step at a Time

Devotional: Step by Step, God Holds Your Hand

Healing and hope don't happen overnight, but God promises to steady each step you take. Psalm 37 reminds us that though we stumble, we will not fall because God holds us firm.

Proverbs calls us to trust fully in the Lord's guidance, especially when our own understanding is limited. Life can be confusing and painful, yet God's plans are good and loving.

Isaiah reassures us that no flood or fire can overwhelm those God protects. You may feel overwhelmed today, but the process of recovery is journeyed one step at a time, with God's hand holding yours.



Reflect and Apply

1. What small steps toward healing can you take today?

2. How can trusting God lessen fear of stumbling or setbacks?

3. What does it mean to you that God will not let you fall?



Day 10:  Taking One Step at a Time

Journaling Prompts

1. Write about current struggles and one small positive action you can take.

2. Describe how trust in God has helped you persevere before.

3. List encouragements you can revisit when progress feels slow.



Day 10: 🙏 Taking One Step at a Time

Prayer for Today

Father, steady my steps when I feel unsure and weak. Help me trust Your leading even when I don't understand. Carry me through times when I stumble and help me keep going one day at a time. I place my hopes in You.

Amen. 🙏 🙌 🙏





Day 11: ❤️ You Are Loved Beyond Measure



Day 11: ❤️ You Are Loved Beyond Measure

Your Verse

Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Supporting Scriptures

- *1 John 3:1 - "See what great love the Father has lavished on us..."*
- *Zephaniah 3:17 - "He will take great delight in you; in his love he will no longer rebuke you."*



Day 11: ❤️ You Are Loved Beyond Measure

Devotional: Unfailing Love That Embraces You

When sorrow distorts self-worth, remember the immeasurable love God has for you. Romans 5:8 reveals that God loved us deeply enough to send Jesus to die for us, even at our worst.

1 John rejoices in the lavishness of God's love — a love that welcomes us into His family despite our flaws.

Zephaniah paints a beautiful picture of God delighting in us and embracing us with tender affection, free from judgment.

This day, rest in being fully known and deeply loved. No thought or feeling can separate you from this perfect love.



Day 11: ❤️ You Are Loved Beyond Measure

Reflect and Apply

1. How does understanding God’s love affect your view of yourself?

2. Are there ways you struggle to accept God’s love? Why?

3. What helps you remember you are loved when doubts creep in?



Day 11: ❤️ You Are Loved Beyond Measure

Journaling Prompts

1. Write about how God’s love has impacted your life.

2. List barriers you face accepting God’s love and how to overcome them.

3. Describe how you can remind yourself daily of God’s affection.



Day 11: ❤️ You Are Loved Beyond Measure

Prayer for Today

Dear God, thank You for loving me so deeply that You sent Jesus to save me. Help me embrace Your unwavering love and see myself through Your eyes — beloved and cherished. When I doubt, remind me of this great love. Amen. ❤️





Day 12: 🌱 God Restores Broken Hearts



Day 12: 🌱 God Restores Broken Hearts

Your Verse

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

Supporting Scriptures

- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted..."*
- *Matthew 11:29 - "I will give you rest for your souls."*



Day 12: 🌱 God Restores Broken Hearts

Devotional: Healing for Your Broken and Hurt Soul

When your heart feels shattered, God is the divine healer who restores and mends. Psalm 147 celebrates God's desire and power to bind up wounds and heal pain.

Jesus reveals Himself as the one sent specifically to care for broken hearts and offer healing — both inner and outward.

Matthew's invitation to take Jesus' yoke and find rest for your soul means receiving tender help and finding relief in Him.

Today, give your broken pieces to God and trust that His healing hands can renew and make you whole.



Day 12: 🌱 God Restores Broken Hearts

Reflect and Apply

1. What parts of your heart feel broken or wounded currently?

2. How have you experienced God's healing in the past?

3. What does it mean to receive rest and healing from Jesus today?



Day 12: 🌱 God Restores Broken Hearts

Journaling Prompts

1. Write a letter to God expressing your pain and need for healing.

2. Describe healing you have seen happen in your life or others'.

3. List ways you can open yourself to God's restoring work.



Day 12: 🌿 God Restores Broken Hearts

Prayer for Today

Healer Jesus, my heart is broken and weary. Please bind my wounds and soothe my pain. Restore my soul and give me rest in Your loving care. I surrender my brokenness to You and trust You can make me whole again.

Amen. 🌿 ❤️ 🙏





Day 13: 🌻 Joy Comes in the Morning



Day 13: 🌻 Joy Comes in the Morning

Your Verse

Psalm 30:5 - "Weeping may stay for the night, but rejoicing comes in the morning."

Supporting Scriptures

- *Nehemiah 8:10 - "The joy of the LORD is your strength."*
- *John 16:22 - "Your grief will turn to joy."*



Day 13: 🌻 Joy Comes in the Morning

Devotional: Hope for Joy After Darkness

Though darkness and tears may flood a night, there is promise that joy will dawn with the morning light. Psalm 30 reminds us that sorrow is temporary, and joy will return.

Nehemiah tells us that joy in the Lord is our strength — a source of resilience through trials.

Jesus reassures that grief will turn into joy, giving comfort that pain is not permanent.

Today, hold on to this hope and look for small sparks of joy as seeds planted for full restoration.



Day 13: 🌻 Joy Comes in the Morning

Reflect and Apply

1. How have you seen grief eventually turn into joy in your life?

2. What are small moments of joy you can focus on today?

3. How can God's joy become your strength during hardship?



Day 13: 🌻 Joy Comes in the Morning

Journaling Prompts

1. Write about a time when joy returned after sadness.

2. List things you are grateful for, even amid pain.

3. Describe how you can nurture joy in difficult circumstances.



Day 13: 🌻 Joy Comes in the Morning

Prayer for Today

God of Joy, thank You for promising that my weeping will not last forever. Help me to see dawn break after dark nights and to find strength in Your joy. Restore my heart and fill me with gladness. Amen. 🌅 😊 🙏





Day 14: Your Life Has Purpose



Day 14: ✿ Your Life Has Purpose

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, plans to give you hope and a future."

Supporting Scriptures

- *Ephesians 2:10 - "We are God's handiwork, created for good works."*
- *Romans 8:28 - "In all things God works for the good of those who love him."*



Day 14: ✿ Your Life Has Purpose

Devotional: God's Plans Shape Your Hope and Future

When you question your worth or future, cling to God's clear promise of purpose. Jeremiah 29:11 assures that God's plans for you are hopeful and filled with good things.

We are described as God's handiwork, meaning He intentionally designs us for specific works and meaning.

Romans reassures that even painful events can be woven into God's good plan for our lives when we love Him.

Hold on to this truth today: your life has meaning, and God's hand is shaping a hopeful future.



Day 14:  Your Life Has Purpose

Reflect and Apply

1. What hopes do you have for your future?

2. How can trusting God's plan bring peace amid uncertainty?

3. How might struggles play a role in shaping your story?



Day 14:  Your Life Has Purpose

Journaling Prompts

1. Write about dreams or purposes you believe God has for you.

2. Describe fears or doubts about the future and how God's promises address them.

3. List ways to seek God's guidance in daily choices.



Day 14: 🌿 Your Life Has Purpose

Prayer for Today

Hopeful Father, thank You for the plans You have for me—plans to prosper and not harm, to give hope and a future. When I feel uncertain, help me trust Your perfect design. Guide my steps and show me Your purpose each day.

Amen. ✨ 🙏 🌈





Day 15: 🕒 Patience in Healing



Day 15: 🕒 Patience in Healing

Your Verse

Psalm 40:1 - "I waited patiently for the LORD; he turned to me and heard my cry."

Supporting Scriptures

- *James 1:4 - "Let perseverance finish its work so that you may be mature and complete."*
- *Isaiah 30:18 - "The LORD waits to be gracious to you..."*



Day 15: 🕒 Patience in Healing

Devotional: Trusting God's Timing in Your Healing

Healing often requires patience, trust, and time—qualities God nurtures in every believer. Psalm 40 expresses waiting patiently on the Lord and being rewarded with His attentive care.

James reminds us that perseverance through hardship matures and completes our faith.

Isaiah explains that God waits to show grace, urging us to rely on His timing, not ours.

Be gentle with yourself and your healing process. God's love is constant even when progress is slow.



Reflect and Apply

1. How do you handle waiting periods in your healing journey?

2. What encourages you to persevere with patience?

3. How can God's grace sustain you when healing feels slow?



Journaling Prompts

1. Write about a time when waiting for God brought growth or blessings.

2. Describe feelings you have about the pace of your healing.

3. List ways to cultivate patience and trust during tough times.



Day 15: 🕒 Patience in Healing

Prayer for Today

Patient God, help me to wait on You with hope and steady heart. When healing seems slow, remind me Your timing is perfect. Strengthen my perseverance and fill me with grace to endure. I trust You completely. Amen.





Day 16: 🌸 Renewed Strength in God



Day 16: 🌸 Renewed Strength in God

Your Verse

Isaiah 40:31 - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles..."

Supporting Scriptures

- *Nehemiah 8:10 - "The joy of the LORD is your strength."*
- *Psalms 73:26 - "God is the strength of my heart and my portion forever."*



Day 16: 🌸 Renewed Strength in God

Devotional: Hope in God Brings Renewed Power

When our energy is spent and hearts are weary, God offers renewal and power to soar anew. Isaiah beautifully describes how hope in the Lord brings strength to rise beyond fatigue and despair.

Nehemiah highlights that joy found in God is the very source of strength.

Psalms 73 proclaims God as our eternal strength and portion, safeguarding our hearts forever.

Today, place your hope fully in God's capacity to refresh and energize your soul.



Reflect and Apply

1. When have you experienced renewed strength through God?

2. What role does joy play in your spiritual strength?

3. How can you nurture hope amid feelings of exhaustion or discouragement?



Day 16: 🌸 Renewed Strength in God

Journaling Prompts

1. Write about sources of strength you find in God and prayer.

2. Describe moments when God lifted your spirits unexpectedly.

3. List practical ways to cultivate hope and joy daily.



Day 16: 🌸 Renewed Strength in God

Prayer for Today

Lord, my Strength, I place my hope in You, knowing You renew my power when I am weak. Fill me with joy and lift my weary heart so I can soar like an eagle. Be my portion and strength forever. Amen. 🦅 ✨ 🙏





Day 17: 🙏 Surrender and Trust



Day 17: 🍷 Surrender and Trust

Your Verse

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

Supporting Scriptures

- *Psalm 56:3 - "When I am afraid, I put my trust in you."*
- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*



Day 17: 🍷 Surrender and Trust

Devotional: Letting Go to Fully Trust God

Sometimes we try to carry burdens alone, but God invites us to surrender control and fully trust Him. Proverbs commands wholehearted trust that doesn't rely on our limited understanding.

Psalm 56 shows trust as the antidote to fear.

Romans prays that God fills us with joy and peace as we place our confidence in Him.

Today, choose to surrender your fears, doubts, and pain into God's capable hands and trust His loving wisdom.



Reflect and Apply

1. What fears or doubts do you need to surrender to God today?

2. How can trusting God diminish feelings of hopelessness?

3. What does it look like to lean not on your own understanding?



Journaling Prompts

1. Write about a time you fully trusted God and what happened.

2. Describe areas where you find it hard to surrender control.

3. List ways to practice trusting God more each day.



Day 17: 🍷 Surrender and Trust

Prayer for Today

Faithful God, help me to trust You with all my heart and not depend on my own understanding. When fear grips me, remind me to lean on You. Fill me with joy and peace as I surrender everything into Your hands. Amen. 🙌❤️





Day 18: ✨ Called to Live and Thrive



Day 18: ✨ Called to Live and Thrive

Your Verse

Jeremiah 29:11 - "I have plans to give you hope and a future."

Supporting Scriptures

- *John 10:10 - "I have come that they may have life, and have it to the full."*
- *Psalms 16:11 - "In your presence there is fullness of joy; at your right hand are pleasures forevermore."*



Day 18: ✨ Called to Live and Thrive

Devotional: Embracing God's Good Plans for Your Life

God's desire is not merely survival but a vibrant, joyful life for you. Jeremiah reminds us that His plans are full of hope and purpose.

Jesus declares in John 10 that He came to give abundant life, beyond mere existence.

Psalm 16 assures that true joy and fulfillment come from being in God's presence.

Today, let God's promise inspire you to pursue a life of meaning, joy, and hope, no matter the battles you face.



Reflect and Apply

1. How does knowing God desires abundant life change how you view your struggles?

2. What steps can you take toward thriving, not just surviving?

3. Where do you experience God's joy today?



Day 18: ✨ Called to Live and Thrive

Journaling Prompts

1. Write about what abundant life means to you personally.

2. Describe ways you can open your life more to God's plans.

3. List joys you have experienced despite hardships.



Day 18: ✨ Called to Live and Thrive

Prayer for Today

Abundant Life-Giving God, thank You for having plans for me filled with hope and future. Teach me to live fully and joyfully in Your presence. Help me move beyond survival toward thriving with Your strength. Amen. ✨ 🙌 🙏





Day 19: Anchored in God's Promises



Day 19:  Anchored in God's Promises

Your Verse

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

Supporting Scriptures

- *Psalm 119:114 - "You are my refuge and my shield; I have put my hope in your word."*
- *Isaiah 33:6 - "He will be the sure foundation for your times..."*



Day 19:  Anchored in God's Promises

Devotional: Hold Firm to God's Unchanging Hope

In a world of shifting emotions and uncertainty, God's promises anchor our souls securely. Hebrews describes hope in God as an anchor that is firm, preventing us from drifting into despair.

Psalm 119 calls God our refuge, shield, and source of hope through His Word.

Isaiah declares God the sure foundation for our times—steady regardless of circumstances.

Today, hold tightly to God's promises as your refuge during storms and trials.



Reflect and Apply

1. What promises of God anchor you when life feels unstable?

2. How do you remind yourself to stand firm in hope?

3. What is the difference between hope anchored in God and fleeting optimism?



Day 19:  Anchored in God's Promises

Journaling Prompts

1. Write down key Scriptures that strengthen your hope.

2. Describe how you can anchor your soul daily in God's word.

3. List ways to hold fast to hope during emotional storms.



Day 19: 🚢 Anchored in God's Promises

Prayer for Today

Steadfast God, thank You for being my anchor and refuge. When life shakes me, help me hold fast to Your promises. Secure my soul in hope that will not let go. Be my firm foundation today and always. Amen. 🚢 📖 🙏





Day 20: 🌸 Giving God Your Burdens



Day 20: 🌸 Giving God Your Burdens

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... and I will give you rest."*



Day 20: 🌸 Giving God Your Burdens

Devotional: Relieve Your Heart by Trusting God

Carrying heavy burdens alone exhausts and overwhelms. 1 Peter invites us to cast all anxiety on God because He deeply cares for you.

Psalm 55 also urges us to place our cares on the Lord who sustains us with His strength.

Jesus' invitation in Matthew offers rest to the weary.

Today, decide to give your worries, fears, and pain to God. He is ready to carry what feels too much.



Reflect and Apply

1. What burdens are you holding that you can give to God today?

2. How does casting your cares on God bring relief?

3. What prevents you from fully releasing your anxieties to Him?



Day 20: 🌸 Giving God Your Burdens

Journaling Prompts

1. Write about feelings you want to surrender to God.

2. Describe how God has sustained you in hard times.

3. List practical ways to remember to cast your cares daily.



Day 20: 🌸 Giving God Your Burdens

Prayer for Today

Compassionate Father, I cast all my anxieties and burdens on You because You care for me deeply. Help me to release what I cannot carry and rest in Your mighty arms. Sustain my heart and give me peace today. Amen. 🌸 🙌 🙏





Day 21: 🎉 Celebrate New Beginnings



Day 21: 🎉 Celebrate New Beginnings

Your Verse

2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- *Lamentations 3:22-23 - "His compassions never fail. They are new every morning."*
- *Isaiah 43:19 - "See, I am doing a new thing!"*



Day 21: 🎉 Celebrate New Beginnings

Devotional: Embrace Your New Life in Christ

Today marks a celebration of new life, hope, and fresh starts through Christ. 2 Corinthians declares that in Christ, we become a new creation — a turning away from past pain to the promise of transformation.

Lamentations and Isaiah emphasize God's unwavering compassion and His power to do new things, even in broken circumstances.

This is your day to embrace renewal, anchored in God's boundless mercy and plans.

Take pride in the journey completed and the hopeful path ahead. You are not defined by past struggles but by the love and grace that make all things new.



Reflect and Apply

1. What new beginnings are you experiencing or longing for today?

2. How can you leave past pain behind and step into new identity?

3. What steps will you take to walk confidently in God's renewal?



Day 21: 🎉 Celebrate New Beginnings

Journaling Prompts

1. Write about what being a new creation means to you.

2. Describe changes or healing you sense happening in you now.

3. List commitments or hopes for your future in Christ.



Day 21: 🎉 Celebrate New Beginnings

Prayer for Today

Renewing God, thank You for making me new in Christ. Help me leave behind past pain and step into the hopeful future You have prepared. Fill me with confidence and peace as I walk forward in Your grace. Amen. 🎉 🌿 🙏





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