# Trusting God Through Health Challenges



A 7-day study encouraging trust in God amid a hernia diagnosis, focusing on faith, healing, peace, and God's sustaining grace.





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#### Introduction

Facing a health challenge like a hernia diagnosis can be unsettling and often raises many questions. How can we find peace amidst uncertainty? Where do we place our trust when the future feels unclear?

This Bible study plan is designed to guide you through seven days of reflection, prayer, and encouragement centered on trusting God through health struggles. Each day's scripture and devotional will help you engage with God's promises and character, strengthening your faith and providing comfort.

Health issues, especially unexpected diagnoses, often confront us with feelings of fear, anxiety, and vulnerability. But God invites us to place our worries in His capable hands. The Bible reminds us that He is our healer and sustainer, and that His peace can guard our hearts even in difficult times.

Over the next week, you will explore themes of God's healing power, His unfailing presence, and the peace that surpasses understanding. You'll be encouraged to actively pray and journal your thoughts, helping you to deepen your trust and experience God's steadfast love firsthand.

Regardless of the medical outcome, this time can become an opportunity for spiritual growth, where grace shines brightest in our weakness. May this plan bring you comfort and hope as you navigate your journey with God's guidance.

















#### Your Verse

Psalm 91:1-2 - "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







### Devotional: Find Strength in God's Protection

When faced with a hernia diagnosis, fear can quickly take hold. But this passage reminds us that God is not distant or indifferent to our pain. He is our refuge, a fortress that shields us from fear and uncertainty. Dwelling in His presence means resting in His protection. It's less about the absence of trials and more about the assurance that God stands with us through them.

Trust grows when we acknowledge that our security comes from God, not circumstances or medical reports. Today, embrace the truth that God is your fortress. He is with you, even in the moments when the future looks unclear.







### Reflect and Apply

1.	In what ways have you experienced God's protection before?
2.	How does viewing God as your fortress change your fear or anxiety?
	What does it mean for you to 'dwell in the shelter of the Most High' during this diagnosis?







### **Journaling Prompts**

1.	. Write about a time when you felt God's refuge in a health challenge.
2.	Describe your feelings about trusting God as your protector now.
3.	List ways you can remind yourself daily that God is your fortress.







#### Prayer for Today

**Lord,** thank You for being my refuge and fortress in this difficult time. Help me to lean on Your protection rather than my fears. Strengthen my trust in You, and calm my anxious heart. May Your presence be my shelter and peace. Guide the hands of doctors and all who care for me. *In Jesus' name, Amen.*  $\begin{center}$ 



















#### Your Verse

Exodus 15:26 - "I am the Lord, who heals you.""

#### **Supporting Scriptures**

- Psalm 103:2-3 "Praise the Lord, my soul, and forget not all his benefits
  —who forgives all your sins and heals all your diseases."
- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the Lord.







### Devotional: Embrace God's Healing Power

God declares Himself a healer—not just of the soul but of our bodies, too. A hernia diagnosis can remind us how vulnerable our physical bodies are. Yet, we serve a God who heals wounds seen and unseen. Healing may come through medical treatment or God's supernatural intervention; sometimes it is a process where His presence brings peace even amid ongoing pain.

Trusting God as healer means surrendering control and believing in His good plans for restoration, whether immediate or gradual. Today's reflection invites you to lean into the truth that God cares deeply about your whole wellbeing.







### Reflect and Apply

1.	How does knowing God heals affect your outlook on your condition?
	What healing do you most need right now—physical, emotional, or spiritual?
3.	Can you surrender your need for control to God's healing plan?







### **Journaling Prompts**

1.	Write a prayer asking God to heal you in the way He knows best.
2.	Reflect on past moments of healing, big or small, in your life.
3.	List ways you can cooperate with God's healing through your actions.







### Prayer for Today

Father, You are the great Healer. Thank You for Your promise to restore and heal. Help me to trust Your timing and plan, even when I don't understand. Bring healing to my body, peace to my mind, and hope to my spirit today. Strengthen my faith to rest in Your care. In Jesus' powerful name, Amen. 🙌





















#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

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







#### Devotional: Receive God's Peace in Uncertainty

Anxiety often accompanies a diagnosis like a hernia. But God offers a peace that transcends human reasoning. This peace is not dependent on circumstances but rooted in Christ's presence. When we bring our worries to God through prayer, He promises to guard our hearts and minds.

This is an active exchange: release your fears to God and receive His peace in return. Meditation on His promises and continual prayer can help anchor you amidst turbulent emotions today.







### Reflect and Apply

1.	What anxieties are you carrying about your diagnosis and treatment?
2.	How can prayer help shift your focus from fear to God's peace?
3.	What does God's peace look like practically in your daily life?







### **Journaling Prompts**

1.	List your worries and write a prayer releasing them to God.
2.	Describe moments when you felt God's peace despite a hard situation.
3.	Write down verses or affirmations that bring you reassurance.







### Prayer for Today

**Lord Jesus,** thank You for Your peace that calms my restless heart. When I feel overwhelmed, remind me to bring my worries to You in prayer. Guard my mind and help me rest in Your presence. Fill me with Your perfect peace today and always. *In Your holy name, Amen.*

















Day 4: 🖰 Surrendering Control to God

#### Your Verse

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

#### **Supporting Scriptures**

- Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."
- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."







Day 4: 💭 Surrendering Control to God

#### Devotional: Let Go and Let God Lead

It's natural to want to control every detail when facing a diagnosis. Yet, Proverbs encourages us to trust God wholeheartedly and submit our understanding to His wisdom. Surrendering control frees us from the exhausting burden of anxiety and opens the door for God to guide and direct.

This day invites you to reflect on areas where you may be holding tightly to worry or needing answers—and to release those to God in faith. Trusting God's path leads to peace and clarity amid uncertainty.







Day 4: 🖰 Surrendering Control to God

### Reflect and Apply

1.	What fears or doubts do you find hard to surrender to God?
-	
2. ] -	How can trusting God more change the way you handle your diagnosis?
	In what ways has God previously directed your paths when you've trusted
-	







Day 4: 🖰 Surrendering Control to God

### **Journaling Prompts**

1.	Write about what trusting God looks like for you today.
2.	Identify specific things you need to hand over to God.
3.	Reflect on past experiences where God guided your path.







Day 4: 💭 Surrendering Control to God

#### Prayer for Today

**Dear God,** I confess my desire to control outcomes and understand everything. Help me to trust You fully and submit my worries and plans into Your hands. Guide my path and give me rest in Your perfect will. May Your wisdom be my compass. *In Jesus' name, Amen.* 💭 🙏 💸

















Day 5: 💮 Finding Strength 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 and increases the power of the weak."
- Psalm 46:10 "Be still, and know that I am God."







Day 5: 🏵 Finding Strength in Weakness

#### Devotional: God's Power Perfected in Your Weakness

Illness often makes us feel weak—physically, emotionally, and spiritually. But God's grace meets us precisely in those moments of weakness. Paul's words remind us that God's power shines most when we acknowledge our limitations and depend entirely on Him.

Through surrender, we discover that fragility opens space for God's strength to sustain us. Today, embrace your weakness as an avenue for God's grace and power to work in your life.







Day 5: 💮 Finding Strength in Weakness

### Reflect and Apply

1.	What weaknesses do you feel in facing your health challenge?
2.	How can embracing weakness help you experience God's power?
3.	Where might you need to be still and recognize God's strength today?







Day 5: 💮 Finding Strength in Weakness

### **Journaling Prompts**

Write about moments when God's grace helped you through weak times.
Identify areas where you need God's strength now.
Reflect on how it feels to rely on God rather than yourself.







Day 5: 🏟 Finding Strength in Weakness

### Prayer for Today









## Day 6: Whope Anchored in God









Day 6: W Hope Anchored in God

#### Your Verse

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

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Psalm 33:22 "May your unfailing love be with us, Lord, even as we put our hope in you."







Day 6: W Hope Anchored in God

#### Devotional: Anchor Your Soul in God's Hope

Hope during health struggles can feel fragile. Yet God offers a hope that anchors our soul securely despite storms. This hope is based not on wishful thinking but on the character and promises of God.

Choosing hope means looking beyond pain and uncertainty to the faithfulness of God, who never fails. Let today's Scripture encourage you to fix your eyes on Jesus, the source of unwavering hope.







Day 6: 🛠 Hope Anchored in God

### Reflect and Apply

1.	What are you hoping for most in this season?
	How can you keep your hope anchored in God rather than circumstances?
	What difference does hope make in your emotional and spiritual well-being?







Day 6: 🛠 Hope Anchored in God

### **Journaling Prompts**

1.	Describe what hope looks like for you right now.
2.	Write a prayer asking God to strengthen your hope.
3.	Reflect on past situations where hope sustained you.







Day 6: 🛠 Hope Anchored in God

#### Prayer for Today

**God of hope**, anchor my soul firmly in You. When fears and doubts threaten to overwhelm, remind me of Your unfailing love and faithfulness. Fill me with joy and peace as I trust in Your plans. May hope rise within me each day. *In Jesus' name, Amen.* �� 🙏 🌈

















Day 7: 🗱 Walking Forward in Faith

#### Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

#### **Supporting Scriptures**

- Joshua 1:9 "Be strong and courageous... for the Lord your God will be with you wherever you go."
- Hebrews 11:1 "Faith is confidence in what we hope for and assurance about what we do not see."







Day 7: 🗱 Walking Forward in Faith

#### Devotional: Step Forward Boldly in God's Strength

As this study concludes, remember that God empowers you to face your health journey with courage and love. Fear or timidity do not come from Him; instead, He equips you with strength and self-control.

Faith is choosing to move forward even when the outcome is uncertain, knowing God is beside you every step. Embrace this promise and step forward with confidence in God's sustaining Spirit.







Day 7: 💥 Walking Forward in Faith

### Reflect and Apply

Where do you feel God is calling you to be courageous today?
How can God's Spirit help you overcome fear related to your diagnosis?
What practical steps can you take to walk forward in faith?







Day 7: 💥 Walking Forward in Faith

### **Journaling Prompts**

1.	Write about what living boldly in faith means for you.
2.	Reflect on the character traits God is developing through this trial.
3.	Plan one action you will take this week to walk in faith.







Day 7: 🗱 Walking Forward in Faith

### Prayer for Today

**Holy Spirit**, fill me with power, love, and self-discipline as I face this health challenge. Help me to walk boldly and courageously, trusting that God goes with me. Strengthen my faith and calm my heart with Your presence. *In Jesus' name, Amen.* \*







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