Trusting God Through Your Health Journey



A 7-day plan to deepen faith and trust in God during cataract surgery and health challenges.





Table of contents

<u>Introduction</u>	3
Day 1: Finding Courage in God's Protection	4
Day 2: Trusting God's Healing Power	10
Day 3: 🕹 Embracing God's Peace Amidst Anxiety	16
Day 4:	22
Day 5: A Surrendering Control to God	28
Day 6: X Seeing God's Goodness Every Day	34
Day 7: A Hope and Renewal After Healing	40







Introduction

Welcome to a journey of faith and healing. Facing cataract surgery can bring a mix of emotions—fear, uncertainty, hope. This 7-day Bible study plan is designed to help you *trust God deeply* throughout your health journey. By exploring scripture and devotional reflections, you will find comfort, strength, and peace as you prepare and recover from surgery.

Health challenges often remind us of our fragility and dependence on God. Yet, in the midst of vulnerability, we discover His unwavering presence, love, and power. Through the lens of **trust**, these days will encourage you to lean on God's promises, understand His care for your body, and embrace His peace that surpasses human understanding.

This plan will guide you in praying with confidence, reflecting deeply on God's Word, and journaling your thoughts and prayers. Whether before your surgery day or during recovery, each day's study will nurture your spirit, soothe your anxious heart, and strengthen your trust.

As you embark on this scriptural journey, may you find reassurance that God holds your eyesight, your healing, and your entire being in His hands. Remember, *He is the Great Physician*, the same yesterday, today, and forever. Let this time of study be a sacred balm for your soul.







Day 1: Finding Courage in God's Protection









Day 1: V Finding Courage in God's Protection

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

- 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."







Day 1: **(**) Finding Courage in God's Protection

Devotional: God's Shield Calms Anxious Hearts

Facing surgery can stir up fear and uncertainty. Psalm 91 reminds us of God's tender care — like a mother bird sheltering her young under her wings. In moments when you feel vulnerable, God's shield of protection surrounds you. This truth offers deep courage, knowing that no harm befalls without His allowance and watchful presence.

Isaiah 41:10 encourages us not to fear because God promises to be with us. His presence brings peace, making fears shrink in light of His power. Psalm 46 describes God as an ever-present help—a refuge no matter what comes.

As you prepare for your surgery, envision God's protective wings covering you. Trust that His faithfulness guards your body and soul, bringing calm instead of chaos. God's care doesn't mean absence of pain or challenge, but His nearness and goodness will carry you through each step.







Day 1: **(**) Finding Courage in God's Protection

Reflect and Apply

1.	Where do you feel fear most as surgery approaches?
	How can God's promise of protection change your perspective on these fears?
	In what ways have you experienced God's faithfulness before that can remind you today?







Day 1: **(**) Finding Courage in God's Protection

Journaling Prompts

1.	Write about your current feelings regarding the upcoming surgery.
2.	List scriptures or promises from God that give you courage.
	Describe a past experience where God protected you during a difficult time.







Day 1: V Finding Courage in God's Protection

Prayer for Today

Dear Heavenly Father, thank You for being my refuge and shield. Help me to quiet my anxious heart and lean fully on Your protection as I face this surgery. May I feel Your presence embracing me like gentle wings, guarding my body and soul. Fill me with courage and peace that can only come from You. I surrender my fears and trust Your perfect care and plans. In Jesus' name, Amen.















Your Verse

Jeremiah 30:17 – "But I will restore you to health and heal your wounds," declares the Lord."

Supporting Scriptures

- Psalm 103:2-3 "...who forgives all your sins and heals all your diseases,..."
- Isaiah 53:5 "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed."







Devotional: God's Promise to Restore and Heal

Healing can feel slow and uncertain, yet God's Word assures us of restoration. Jeremiah 30:17 speaks directly to our deepest needs: God promises to restore health and heal wounds. This encompasses not only physical ailments but also emotional and spiritual wounds. As you face cataract surgery, this promise serves as a beacon of hope.

The psalmist praises God for healing all diseases, reminding us that no sickness is beyond His power. Isaiah makes a profound connection between Jesus' sacrifice and our healing — His wounds bring peace and restoration.

Hold firmly to these promises today. Trust that the God who heals your body also nurtures your soul. Despite the discomforts or fears, God's healing extends through every stage — before, during, and after your surgery.







Reflect and Apply

	How does knowing God promises healing affect your outlook on recovery?
2.	Are there wounds—physical or emotional—you want God to restore?
	What does trusting God's healing mean for your daily thoughts and actions?







Journaling Prompts

1.	Write about what healing means to you in this moment.
2.	List any areas where you feel God is already at work restoring you.
3.	Reflect on how Jesus' sacrifice connects to your hope for healing.







Prayer for Today

Lord God, thank You for Your healing promises that speak peace to my body and soul. I trust Your power to restore and mend every wound as I await and recover from surgery. Help me to rest in Your care, confident that Your healing extends beyond the visible. Strengthen my faith and renew my hope each day. In Jesus' name, Amen.















Day 3: 🕹 Embracing God's Peace Amidst Anxiety

Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 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."
- Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears."







Day 3: 👶 Embracing God's Peace Amidst Anxiety

Devotional: God's Peace Guards Your Heart and Mind

Surgery often stirs anxiety, but God invites us to exchange worry for peace.

Philippians 4:6-7 encourages us to bring every concern to God in prayer, coupled with thanksgiving. This practice opens the door for God's peace — a supernatural calm that transcends human understanding — to guard our hearts and minds.

Jesus Himself promised a peace unlike anything the world offers (John 14:27). This peace is not dictated by circumstances or feelings but rooted in His presence. When we seek God in prayer, fear loses its grip, as Psalm 34 reveals.

Try to set aside moments today for prayer and thanks. Offer your worries and fears fully to God. Trust that His peace will envelop your heart, quieting anxious thoughts and strengthening you for the journey ahead.







Day 3: 👶 Embracing God's Peace Amidst Anxiety

Reflect and Apply

1.	What anxieties do you need to bring to God today?
	How can thanksgiving transform your attitude even during difficult times?
	Where have you experienced God's peace before in challenging circumstances?







Day 3: 👶 Embracing God's Peace Amidst Anxiety

Journaling Prompts

1.	Write a prayer releasing your specific fears to God.
2.	List three things you are thankful for despite current health challenges.
3.	Describe a past experience when God's peace comforted you.







Day 3: \delta Embracing God's Peace Amidst Anxiety

Prayer for Today

Gracious Father, I bring my worries and fears about surgery to You now. Help me to trust You fully and welcome Your peace that surpasses all my understanding. Teach me to celebrate Your goodness even in uncertainty. Guard my heart and mind with Your loving peace today and every day. In Jesus' name, Amen. 😂 🙏 💝 🎉







Day 4: 💪 Strength for the Healing Process









Day 4: Strength for the Healing Process

Your Verse

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

Supporting Scriptures

- Nehemiah 8:10 "The joy of the Lord is your strength."
- Psalm 28:7 "The Lord is my strength and my shield; my heart trusts in him, and he helps me."







Day 4: Strength for the Healing Process

Devotional: God Supplies Strength When You Feel Weak

Recovery from surgery can feel physically and emotionally draining. Isaiah 40:29 offers a powerful reminder: God provides strength when we feel exhausted and powerless. No matter how weak you may feel, God's power is ready to renew you.

Nehemiah 8:10 connects strength with the joy found in the Lord, which refreshes our spirit even when our body is tired. The psalmist confidently declares that the Lord is both shield and strength, an ever-reliable source of help.

When your energy wanes during recovery, remember to rely on God's sustaining power. His strength supports you moment by moment. Allow Him to fill your heart with joy and hope, even on the hardest days.







Day 4: 💪 Strength for the Healing Process

Reflect and Apply

oments?







Day 4: 💪 Strength for the Healing Process

Journaling Prompts

1.	Write about a time when God strengthened you in weakness.
2.	List ways you can invite God's joy into your healing process.
	Describe your current physical and emotional state, and pray for renewed strength.







Day 4: Strength for the Healing Process

Prayer for Today

Dear Lord, thank You for being my source of strength when I feel weak. Please renew my body, mind, and spirit as I recover from surgery. Fill me with Your joy and power so that I can face each day with hope and endurance. Help me to trust You when my own strength falls short. In Jesus' precious name, Amen.

















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 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Psalm 55:22 "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."







Devotional: Letting Go and Letting God Lead

One of the hardest parts of surgery can be surrendering control. Proverbs 3:5–6 encourages us to trust God wholeheartedly rather than relying on our own understanding. By submitting every part of your health journey to God, you invite Him to guide and direct your path.

Jesus extends an open invitation in Matthew 11:28 to come to Him with weariness and burdens for restful peace. Psalm 55 echoes this by reminding us to cast our cares upon God, who faithfully sustains.

Try to release control over the process and your outcome today. Bring your worries and plans to God fully, trusting Him to navigate your healing. Surrender is a brave walk of faith that brings rest and assurance.







Reflect and Apply

1.	What areas do you struggle to surrender to God?
2.	How can you practice trusting God more fully through this health challenge?
3.	What might God be teaching you as you learn to release control?







Journaling Prompts

1.	Write about your feelings around surrendering control.
2.	List things you want to entrust to God today.
3.	Describe how you can remind yourself to trust God daily.







Prayer for Today

Father God, I admit how hard it is to let go and trust You fully. Please help me to lean not on my own understanding but on Your perfect wisdom and care. I surrender my surgery, recovery, and fears into Your hands, knowing You will make my path straight. Thank You for being my rest and refuge. In Jesus' name, Amen. 🙌 🙏 😂







Day 6: X Seeing God's Goodness Every Day









Day 6: 🗱 Seeing God's Goodness Every Day

Your Verse

Psalm 34:8 - "Taste and see that the Lord is good; blessed is the one who takes refuge in him."

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; great is your faithfulness."
- James 1:17 "Every good and perfect gift is from above, coming down from the Father of the heavenly lights."







Day 6: 💸 Seeing God's Goodness Every Day

Devotional: Recognizing God's Blessings in Small Moments

Even when health is challenging, God's goodness shines in every moment. Psalm 34:8 invites us to experience God's goodness firsthand. Sometimes a simple breath of fresh air, a smile from a loved one, or a peaceful sleep reveals His grace.

Lamentations celebrates God's never-failing compassion renewed each day. James reminds us that all good gifts originate from God, even the small blessings we might overlook.

Today, take time to notice God's goodness around you. Perhaps your eyes rest easier, your pain lessens, or you receive encouraging words. These moments reflect God's faithful presence sustaining you day by day.







Day 6: 🎇 Seeing God's Goodness Every Day

Reflect and Apply

1.	What small blessings have you noticed during your health journey?
2.	How can focusing on God's goodness shift your attitude during recovery?
3.	In what ways does God's steadfast love encourage you right now?







Day 6: 🎇 Seeing God's Goodness Every Day

Journaling Prompts

1.	List at least five ways you have experienced God's goodness recently.
2.	Write a gratitude prayer thanking God for His daily blessings.
3.	Reflect on how God's faithfulness has been evident in your life.







Day 6: 🛠 Seeing God's Goodness Every Day

Prayer for Today

Kind and Good Father, thank You for your endless compassion and faithfulness. Help me to taste and see Your goodness in every moment, even when challenges come. Open my eyes to the gifts You place before me daily. May my heart overflow with gratitude for Your love that never fails. In Jesus' name, Amen. 💸 🙏 👀

















Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Soaring in Hope Through God's Grace

As your healing progresses, God offers renewed hope and strength. Isaiah 40:31 paints a vivid picture of soaring like eagles, renewed and energized through hope in the Lord. This hope sustains us through lingering fatigue or frustration in recovery.

Romans 15:13 prays for joy and peace to abound as we continue to trust God. Paul's words in 2 Corinthians 12:9 remind us God's grace perfectly supports us in weakness, turning struggles into opportunities for His power to shine.

Embrace this new season of strength and hope with confidence. Even if the journey is longer than expected, God's sustaining grace will carry you to complete restoration and beyond.







Reflect and Apply

1.	How has your hope in God grown during this study and surgery journey?
2.	What aspects of God's grace have been most comforting when you felt weak?
3.	How can you continue to rely on God's strength moving forward?







Journaling Prompts

1.	Write about your hopes for your healed body and renewed health.
2.	List the ways God has shown His grace during your recovery.
3.	Reflect on what it means to 'soar like eagles' in your life now.







Prayer for Today

Faithful God, thank You for renewing my strength and filling me with hope. As I heal, help me to soar on wings like eagles, trusting fully in Your grace and power. May joy and peace abound in my heart each day. Guide me forward with confidence in Your sustaining love. In Jesus' name, Amen.







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

You are welcome to share this PDF with others. Lase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.