



# Trusting God's Healing Amid Lupus Flares



A 7-day journey praying through lupus flares,  
exploring God's healing, peace, and strength in our  
health struggles.

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## Introduction

**Health challenges, especially chronic conditions like lupus, can deeply impact our spirits and daily lives.** Lupus flares often bring pain, fatigue, and uncertainty. During these difficult times, it's vital to root ourselves deeply in God's Word and prayer. This 7-day Bible study is designed to walk with you through the emotional and physical valleys of lupus flares, offering Scripture-based encouragement, hope, and guidance for seeking God's healing and peace.

*Each day focuses on a unique aspect of health struggles—from trusting God's plan in the midst of suffering to finding strength and comfort in His promises.* You will find carefully chosen Scriptures, reflective questions to draw you closer to God's heart, and prayers to express your deepest needs. This study aims to not only encourage you but to help transform your perspective on illness by embracing God's sovereignty and grace.

**Health is more than physical well-being; it touches our emotional, spiritual, and relational lives.** As you journey through these days, may you discover how God sustains you in your weakness and offers peace that transcends pain. Remember, you are not alone in this battle—He is your healer, your refuge, and your everlasting strength.





## Day 1: 🛡️ God's Protection in Fragile Health



## 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

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



Day 1:  God's Protection in Fragile Health

## Devotional: God Shields Us in Our Weakest Moments

Lupus flares remind us of our physical vulnerability, making us long for **protection and safety**. Psalm 91 paints a beautiful picture of God as our refuge—like a mother bird covering her young under her wings. This imagery reassures us that even in times when our bodies feel frail, God's presence is a protective refuge where we can find shelter and peace.

Our disease seasons can feel isolating, but the Psalmist reminds us we are never left defenseless. God's faithfulness acts as a shield, guarding us not only physically but spiritually as well. When flares strike, pray for this protective covering—not only from pain but from discouragement and fear.

*Trusting God's promises does not always mean instant healing; sometimes it means rest in His protection as He works all things for our good.* Embrace His presence today as your fortress and anchor, knowing He is with you in the storm.



## Reflect and Apply

1. How does picturing God as a protective refuge bring comfort in your health struggles?

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2. In what ways can God's faithfulness act as a shield beyond physical healing?

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3. How might trusting God's protection change your response to lupus flares?

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## Journaling Prompts

1. Write about a time you felt God's protection during a health crisis.

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2. Describe what it means to you that God 'covers you with His feathers.'

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3. List fears or worries you want to surrender to God's protective care.

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Day 1: 🛡️ God's Protection in Fragile Health

## Prayer for Today

**Heavenly Father**, I come before You feeling weak and vulnerable during my lupus flares. Thank You for being my refuge, my fortress, and my shield. Cover me with Your feathers and surround me with Your faithfulness today. Help me to rest in Your protection, even when my body feels fragile. Calm my anxious heart and replace fear with Your perfect peace. I trust You to guard my spirit and to hold me safely in Your loving care. Strengthen my faith to rely fully on Your promises. In Jesus' name, *amen*. 🙏🕊️🛡️❤️





## Day 2: Trusting God's Healing Process



## Your Verse

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

## Supporting Scriptures

- *Exodus 15:26 - "I am the Lord, who heals you."*
- *Isaiah 53:5 - "By his wounds we are healed."*



# Devotional: God's Promise to Restore and Heal Wounds

**Lupus flares can seem relentless, but God's promise of restoration remains steadfast.** In Jeremiah 30:17, God assures His people of healing and restoration even after deep suffering. This is not just physical healing but also emotional and spiritual renewal.

God is deeply aware of your pain and the wounds lupus inflicts on your body and soul. Like a good physician, He tends to our wounds tenderly, often working through prayers, medicine, community, and His Spirit's comfort.

*Healing may not be immediate, and sometimes it is a process rather than an event.* Yet, God's promise is sure—He is working to restore you. Remember Christ's sacrifice in Isaiah 53:5, reminding us that ultimate healing flows from His wounds. Anchor your hope in His healing work as you endure each flare, trusting God to restore what feels broken.



## Reflect and Apply

1. What does God's promise to 'restore you to health' mean in your current experience?

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2. How can you lean into God's healing when immediate relief seems distant?

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3. In what ways has Jesus' sacrifice brought healing into your life beyond physical health?

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Day 2: 🌿 Trusting God's Healing Process

## Journaling Prompts

1. Write prayers asking God for restoration in areas your illness has affected.

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2. Reflect on how your faith has been strengthened through trials so far.

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3. List ways you have seen God's healing touch in your life.

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Day 2: 🌿 Trusting God's Healing Process

## Prayer for Today

**Lord God**, thank You for Your promise to restore and heal. When lupus flares bring pain and exhaustion, remind me that You are working to heal every part of me—body, mind, and spirit. Help me trust Your timing and be patient as You bring renewal. I claim Your word that You are my healer and that by Jesus' wounds, I find true healing. Strengthen me to persevere and deepen my faith in Your loving care. In the name of Jesus, *amen*. 🌿 ❤️ 🙏 ✨





## Day 3: 💖 Finding Peace When Pain Persists





## 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... The peace of God, which transcends all understanding, will guard your hearts and minds."*
- *Psalms 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



# Devotional: Embracing God's Peace Amid Chronic Pain

**Pain from lupus flares can deeply unsettle our minds and spirits, making peace feel distant or impossible.** Yet, Jesus offers a distinctive peace—one unlike anything the world can provide. It's a calm assurance that peace resides not in the absence of pain but in the presence of God.

*John 14:27 assures us that though pain persists, God's peace can guard our hearts and minds, keeping us from despair and fear.* This peace transcends circumstances, offering stability in the storm. It invites us to release our anxieties and embrace trust.

Philippians further encourages us to bring our worries in prayer, exchanging anxious thoughts for the tranquility that only God can give. When we feel brokenhearted or crushed by ongoing pain, Psalm 34:18 reminds us that God is intimately close, walking alongside us with compassion.

Today, let yourself receive this supernatural peace, praying for your heart to be quieted and your fears calmed, even amid ongoing lupus challenges.



## Reflect and Apply

1. How has pain affected your peace of mind and heart?

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2. What does it practically mean to receive the peace Jesus offers during your flares?

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3. How can you develop the habit of bringing anxious thoughts to God in prayer?

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## Journaling Prompts

1. Write about moments when God's peace felt real despite pain.

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

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3. Reflect on ways God has been close during brokenhearted times.

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Day 3: ❤️ Finding Peace When Pain Persists

## Prayer for Today

Dear Jesus, thank You for the gift of Your peace that surpasses all understanding. When lupus flares bring pain and fear, calm my troubled heart and replace anxiety with trust. Help me to remember that Your peace is always available, even when my body hurts. Draw near when I feel brokenhearted and carry me through this struggle. Teach me to release my worries to You in prayer and find rest in Your loving presence. In Your precious name, *amen*. ❤️ 🕊️ 🙏 ✨





## Day 4: 💪 Strength Renewed 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."*
- *Psalms 73:26 - "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*



# Devotional: God's Strength Shines Through Our Weakness

Lupus can leave you feeling drained and weak, but God offers a power that **transforms human weakness into spiritual strength**. Paul's words in 2 Corinthians 12:9 remind us that God's grace is perfectly designed for our frailty; His power is most evident when we admit our limitations.

When lupus flares rob you of energy, remember God's promise to increase your strength (Isaiah 40:29). This is not about pretending to be strong but acknowledging your dependence on God's sustaining power.

*Psalm 73:26 offers a comforting truth — even if our bodies fail, God remains the unwavering strength of our hearts.* This means no matter how you feel physically, you can draw on God's inexhaustible strength to face each day.

In your moments of weakness, surrender your limitations to God and invite His power to sustain and uplift you.





## Reflect and Apply

1. How do you experience God's strength during your weakest moments?

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2. What does it mean to you that God's power is 'made perfect in weakness'?

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3. How can surrendering your weakness lead to greater reliance on God?

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Day 4:  Strength Renewed in Weakness

## Journaling Prompts

1. Write about times you have felt God's strength in the midst of pain.

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2. Describe ways you can daily depend more on God's grace and power.

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3. Jot down what it feels like to admit your weakness before God.

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Day 4: 💪 Strength Renewed in Weakness

## Prayer for Today

**Lord**, in my weakness caused by these lupus flares, I claim Your promise that Your grace is enough for me. Help me to let go of pride and to rely fully on Your strength. Renew my tired body and uplift my weary spirit. Be the power that sustains me each day, especially when I feel weak. I trust Your love and faithfulness to carry me through this trial. In Jesus' mighty name, *amen*. 💪





## Day 5: 🙏 Praying with Hope and Persistence



Day 5: 🙏 Praying with Hope and Persistence

## Your Verse

*Romans 12:12 – "Be joyful in hope, patient in affliction, faithful in prayer."*

## Supporting Scriptures

- *1 Thessalonians 5:17 – "Pray continually."*
- *James 5:16 – "The prayer of a righteous person is powerful and effective."*



Day 5: 🙏 Praying with Hope and Persistence

## Devotional: Holding On Through Persistent Prayer and Hope

**The unpredictable nature of lupus flares can challenge your patience and hope.** Paul's exhortation in Romans 12:12 encourages believers to hold tightly to joy, patience, and prayer amidst affliction.

Prayer is not just a one-time plea but a persistent conversation with God, sustaining hope even when answers are delayed. 1 Thessalonians reminds us to 'pray continually' — a discipline that nurtures intimacy with God and spiritual endurance.

*Even in your hardest days, your prayers are powerful and effective (James 5:16), carrying your heart's concerns to God who listens deeply.*

Does your prayer life feel weary? Take heart — God welcomes every honest word and longs to sustain you through persistent prayer. Keep praying with hope, knowing your voice matters and God is present.



## Reflect and Apply

1. How has persistent prayer helped you during lupus flares?

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2. What keeps you hopeful when healing seems slow or absent?

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3. How can you develop greater patience in affliction through prayer?

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Day 5: 🙏 Praying with Hope and Persistence

## Journaling Prompts

1. Write a prayer expressing your current feelings and hopes.

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2. List scriptures that encourage you to stay faithful in prayer.

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3. Describe ways you can make prayer a continual practice.

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Day 5: 🙏 Praying with Hope and Persistence

## Prayer for Today

**God of hope**, thank You for inviting me to bring every struggle to You in prayer. Teach me to be patient when healing is slow and to remain joyful in hope despite affliction. Strengthen my faith to pray continually, trusting that You hear and care about my heart's cries. Help me cling to Your promises and to keep seeking Your presence day by day. In Jesus' name, *amen*. 🙏 ✨ ❤️ ⌚





## Day 6: 💞 God's Compassion for the Weary



Day 6:  God's Compassion 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 147:3 - "He heals the brokenhearted and binds up their wounds."*
- *Hebrews 4:16 - "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*



Day 6:  God's Compassion for the Weary

## Devotional: Resting in God's Tender Compassion

**Lupus flares can leave you weary, burdened by pain and uncertainty.** In Matthew 11:28, Jesus extends a compassionate invitation to come to Him for rest. This rest is a profound relief for body, mind, and soul—offered freely and tenderly.

God's heart is deeply tender toward those who suffer. Psalm 147:3 assures us He heals the brokenhearted and carefully tends our wounds. This compassionate healing goes beyond the physical to include emotional and spiritual restoration.

*Hebrews encourages us to approach God's throne with confidence—knowing we will find mercy and grace.* Even when lupus flares weigh heavy, you can stand boldly before God and receive the help uniquely suited for your moment of need.

Today, accept Jesus' invitation to rest in Him. Release your burdens and experience His compassionate healing touch.



## Reflect and Apply

1. How do you personally experience God's compassion during tough flare days?

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2. What does Jesus' invitation to rest mean for your weary body and soul?

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3. How can you approach God with confidence when feeling burdened?

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Day 6:  God's Compassion for the Weary

## Journaling Prompts

1. Write about a time you felt God's compassionate rest.

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2. List burdens you want to give to Jesus today.

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3. Describe how receiving God's mercy and grace changes your perspective.

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Day 6: ❤️ God's Compassion for the Weary

## Prayer for Today

**Jesus**, You are my refuge and rest when I feel weary and burdened. Thank You for inviting me to come to You and find peace. Heal my broken heart and bind up my wounds, both seen and unseen. I boldly approach Your throne, asking for mercy and grace to help me now. Refresh my spirit and give me the rest only You can provide. I trust in Your unfailing compassion. In Your name, *amen.* ❤️ 🙏 🕊️ ❤️





## Day 7: Hope for a New Day





Day 7: 🌅 Hope for a 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."*
- *Revelation 21:4 - "He will wipe every tear from their eyes."*



Day 7: 🌅 Hope for a New Day

## Devotional: Embracing God's Fresh Compassion Daily

**Living with lupus means facing difficult days, but God's mercies are fresh with every morning.** Lamentations 3:22-23 reminds us that despite trials, God's unfailing compassion and faithfulness give us hope and the strength to begin again.

*Even if pain and tears come, Psalm 30 encourages us that joy will return.* God's faithfulness means that our present struggles do not have the final word.

Revelation provides a glorious promise that God will ultimately wipe away all tears and heal every hurt. Until that day, cling to His daily renewal and let hope anchor your soul.

As your week ends, embrace the hope God provides. See each new day as a gift filled with opportunities to seek Him, find strength, and experience His unfailing love.



## Reflect and Apply

1. How does knowing God's compassion is new every morning affect your hope?

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2. In moments of pain, how can you remind yourself that joy is coming?

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3. What is the significance of God ultimately wiping away every tear?

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Day 7:  Hope for a New Day

## Journaling Prompts

1. Write about how God's daily compassion has supported you.

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2. Reflect on hopes you hold for healing and peace in the future.

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3. List ways you can cultivate hope even in difficult flare moments.

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Day 7: 🌅 Hope for a New Day

## Prayer for Today

**Faithful God**, thank You for Your mercies that are new each morning. When my lupus flares leave me feeling overwhelmed, remind me of Your great love and compassion that never fail. Help me to hold on to hope and to trust Your faithfulness day by day. Encourage my heart with the promise that tears will be wiped away and that joy will come in the morning. Renew my strength and fill me with peace as I look forward to the new day You provide. In Jesus' name, *amen*. 🌅 🙏 ❤️ ✨





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