Faith and Healing: A Veteran's Journey to Restore Identity



A gentle 7-day journey for veterans seeking healing and restored identity after trauma through Scripture and faith.





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Introduction

Welcome to this Bible study designed especially for veterans who have experienced the pain of military sexual trauma. This guide is a gentle and compassionate journey towards healing, restoration, and reclaiming the identity God lovingly crafted for you. *Faith after trauma* can be difficult to navigate, but the truth of God's Word provides hope, strength, and comfort.

Many veterans face invisible wounds—mental, emotional, and spiritual—that require sensitive care. This study honors your courage in confronting trauma and affirms that you are valuable, loved, and not defined by those painful experiences.

Over seven days, we will walk through Scripture passages that speak directly to God's healing power, His promises of peace, and His unwavering presence in your life. We will reflect on how Jesus, the ultimate Savior and healer, understands suffering and offers restoration. Each day includes devotions to nurture your soul, reflection questions to engage your heart, journaling prompts for personal expression, and prayers tailored to support your journey.

Remember: healing is a process. Be gentle and patient with yourself. Let God's Word be your refuge and strength, and trust in His love to renew your spirit and reclaim your true identity as His beloved child, a mighty warrior of faith.







May this study be a balm to your soul, guiding you from brokenness to hope, from silence to voice, and from pain to peace.









Day 1: Finding Refuge in God









Day 1: Finding Refuge in God

Your Verse

Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- Psalm 91:2 "I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: Finding Refuge in God

Devotional: God Is Your Safe Refuge

Trauma can leave us feeling exposed and vulnerable, as if there is no safe place to turn. This first day reminds us that God is our unshakable refuge and strength, a sanctuary who never abandons us in our darkest moments. *He is a present help in trouble*, ready to protect and sustain us when the weight of pain feels unbearable.

For veterans, this truth is especially powerful. Though the battlefield is behind you, the internal battles remain real and raw. When memories or feelings overwhelm, remember that God Himself invites you to find shelter in His unfailing presence. He is not distant or indifferent. Instead, He is near, tender, and ready to embrace your brokenness with mercy.

Take heart knowing that you don't have to carry your pain alone. Turn to Him, lay down your fears, and rest in His protection. Your story matters, your wounds are seen, and your healing journey is held by the One who loves you perfectly.







Day 1: V Finding Refuge in God

Reflect and Apply

1.	Where have you tried to find safety when feeling vulnerable?
	How does knowing God is your refuge change the way you view your trauma?
3.	What feelings arise when you imagine God as your protector?







Day 1: V Finding Refuge in God

Journaling Prompts

1.	Describe a moment when you felt God's protection even during pain.
2.	Write about what 'refuge' means to you personally.
3.	List ways you can seek God's presence when feeling overwhelmed.







Day 1: V Finding Refuge in God

Prayer for Today

Lord, thank You for being my refuge and strength. When I feel weak, afraid, or alone, remind me that You are always near, ready to help me. Help me to lay down my burdens and rest in Your safe embrace. Heal my heart and renew my hope, Lord. Teach me to trust You more day by day. *In Jesus' name, Amen.*



















Your Verse

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

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the Lord."
- Isaiah 61:1 "He has sent me to bind up the brokenhearted, to proclaim freedom for the captives."







Devotional: God's Tender Healing Touch

Emotional wounds from trauma can feel deep and unending, but God promises to actively heal what is broken within us. This verse is a beautiful reminder that our souls are precious to Him, and He is tenderly involved in the healing process.

Healing doesn't happen overnight, and sometimes it feels slow or invisible. But God commits to binding up our wounds—wrapping them with His love, comfort, and restoration. He sees every ache, every tear, every moment of pain.

As a veteran, you have carried profound burdens. Let today be an encouragement to surrender those hurts to God and open your heart to His healing power. Trust that He is at work, restoring strength and wholeness in ways you may not yet fully see. His healing is not just physical or emotional, but deeply spiritual—renewing your identity as one who is cherished and set free.







Reflect and Apply

1.	What wounds do you feel need God's healing in your life?
2.	How can you open your heart more fully to God's healing touch?
3.	What does emotional healing look like for you?







Journaling Prompts

1.	Write about a time you experienced God's healing in your life.
2.	Reflect on what it means to you that God binds up wounds.
	Describe what forgiveness—for yourself or others—might look like in your healing.







Prayer for Today

Dear God, I bring my broken heart to You today. Please heal the wounds that pain me, both seen and unseen. Help me to trust Your loving care as You mend what trauma has shattered. Give me patience and hope as I walk this path of healing. Surround me with Your peace and comfort. Thank You for never giving up on me. *In Jesus' name, Amen.*

















Day 3: N Restoring Identity in Christ

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

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "We are God's handiwork, created in Christ Jesus to do good works."







Day 3: ★ Restoring Identity in Christ

Devotional: You Are New and Beautiful in Christ

Trauma can distort our sense of who we are, leaving us stuck in shame, doubt, or fear. Yet Scripture offers a powerful truth: in Christ, you are a new creation. The past does not define you, and your identity is renewed and redeemed through Him.

For veterans who have experienced military sexual trauma, reclaiming identity can be a challenging but essential step in healing. God sees beyond your pain to the strong, valuable, and beloved person He created. Your worth does not depend on circumstances but on God's love and purpose for you.

Today, embrace the reality that in Christ your old self—defined by trauma—has been replaced by a new self, full of potential and dignity. This doesn't erase pain, but it offers profound hope and a foundation for rebuilding your life more deeply and authentically.







Day 3: 🛠 Restoring Identity in Christ

Reflect and Apply

1.	How has trauma affected your view of yourself?
2.	What does being a 'new creation' mean in your healing journey?
3.	How can you embrace your identity in Christ each day?







Day 3: 🛠 Restoring Identity in Christ

Journaling Prompts

1.	Write a letter from the perspective of your new identity in Christ.
2.	Name qualities God is developing in you through this process.
3.	Reflect on Scriptures that affirm your worth and newness.







Day 3: ★ Restoring Identity in Christ

Prayer for Today

Jesus, thank You for making me new through Your sacrifice. Help me to see myself through Your eyes, not through the lens of my pain or past. Teach me to live out this new identity with courage and grace. Strengthen me to walk forward in hope, knowing I am Your handiwork, wonderfully made and deeply loved. *In Your name, Amen.* \bigwedge







Day 4: 🛱 Embracing Peace Amidst Pain









Day 4: W Embracing Peace Amidst Pain

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."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 4: 😢 Embracing Peace Amidst Pain

Devotional: Christ's Peace Calms the Storm

Living with pain and trauma can stir anxiety, fear, and unrest in the heart. The peace Jesus offers is not a fleeting or superficial calm, but a deep, sustaining presence that can quiet the storms of life.

This gift of peace is given freely and is unlike anything the world offers. It comes from the assurance of God's presence and sovereignty, even when circumstances remain difficult.

For those wrestling with trauma after military service, this peace can feel elusive, yet it is always available. By inviting Jesus into your fears and worries, you make room for His peace to guard your heart and mind. Practice turning your thoughts toward Him, letting His words soothe anxiety, and trusting that He holds your future securely.







Day 4: 😂 Embracing Peace Amidst Pain

Reflect and Apply

1.	What fears or anxieties are you carrying today?
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2. I	How can you practice receiving Christ's peace daily?
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_	
3. I	In what ways can God's peace guard your heart and mind?
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_	







Day 4: 😂 Embracing Peace Amidst Pain

Journaling Prompts







Day 4: 😂 Embracing Peace Amidst Pain

Prayer for Today

Lord Jesus, thank You for Your peace that surpasses all understanding. When my heart is troubled and afraid, help me to rest in You. Fill me with calm and hope, guarding my mind from fear. Teach me to lean on Your presence every day and to trust You fully. In Your precious name, Amen. \triangle









Day 5: 💪 Strength for the Journey









Day 5: Strength for the Journey

Your Verse

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

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Nehemiah 8:10 "The joy of the Lord is your strength."







Day 5: Strength for the Journey

Devotional: God Empowers Your Healing Walk

Healing from trauma requires strength—both physical and spiritual—that often feels beyond our capacity. Yet God promises to provide the strength we need, especially when we are weary or weak.

For veterans facing the challenge of recovery, this promise is a lifeline. You don't have to muster strength on your own; God's power sustains you. This strength enables endurance, courage, and renewed hope for each step taken forward.

Remember that joy, found in God's presence, also fuels your strength. When you feel depleted, seek His joy as a deep well to refresh your soul. Rest in His promise to empower you to face the struggles and emerge stronger, not because of your own might, but because of His enduring love and provision.







Day 5: 💪 Strength for the Journey

Reflect and Apply

1.	Where do you currently feel weak or weary?
2.	How has God shown His strength in your life before?
3.	What does it look like to rely fully on God's strength daily?







Day 5: 💪 Strength for the Journey

Journaling Prompts

1.	. Write about a time God helped you through hardship with His strength.
2.	List ways you can tap into God's strength during tough moments.
3.	. Reflect on the connection between joy and strength in your life.







Day 5: Strength for the Journey

Prayer for Today

Father, I come to You tired and in need of Your strength. Please renew my energy and empower me to keep moving forward in healing. Fill me with Your joy that gives true strength. Help me to depend on You rather than my own efforts, trusting You to sustain me every step of the way. In Jesus' mighty name, Amen. 🙏 🖒 🐒

















Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Supporting Scriptures

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail."
- Hebrews 10:23 "Let us hold unswervingly to the hope we profess."







Devotional: Anchored in Unfailing Hope

After trauma, it can be hard to envision a future filled with hope. Yet Scripture invites us to hold on tightly to the hope God offers—a hope overflowing with joy and peace through the Holy Spirit.

This hope is not naive optimism but a confident expectation grounded in God's unfailing love and faithfulness. Even when circumstances seem bleak, God's compassion never ends, and His promises remain true.

For veterans walking the path of healing, embracing this hope can transform despair into possibility. Let the Holy Spirit fill you with hope today, renewing your vision and breathing life into your soul. Your healing story is still being written, and God is faithful to bring beauty from ashes.







Reflect and Apply

1.	What hopes do you find hardest to hold onto?
2.	How does trusting in God's hope change your perspective?
3.	In what ways can you invite the Holy Spirit to fill you with hope?







Journaling Prompts

1.	Write about a future you hope God will lead you toward.
2.	Reflect on times God's compassion helped you persevere.
3.	List scriptures or truths that bring you hope.







Prayer for Today

God of hope, fill me today with joy and peace as I trust You. Help me to hold firmly to the hope You provide, even when life feels uncertain. Let Your Holy Spirit renew my heart and guide my steps forward. Thank You for Your endless compassion and faithfulness. I lean on You fully. *In Jesus' name, Amen.* 🙏 🐧 🌈

















Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Supporting Scriptures

- Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you."
- Psalm 31:24 "Be strong and take heart, all you who hope in the Lord."







Devotional: Walk Boldly with God's Presence

Today, we come full circle to a call for courage as you continue your healing journey. God commands strength and courage—not because the path is easy, but because He promises to be with you every step of the way.

This courage is rooted in relationship with God, who won't abandon you to face tomorrow alone. As a veteran and survivor, you carry incredible resilience, and with God by your side, you can move forward with hope and confidence.

Let this final day's encouragement empower you. Though scars remain, you are not defined by your past. You are strong, brave, and deeply loved. Trust in God's ongoing presence and step into the future He has prepared for you.







Reflect and Apply

1.	What fears or doubts keep you from moving forward with courage?
	How can you remember God's promises when faced with discouragement?
3.	What does 'courage' look like for you in daily life now?







Journaling Prompts

1.	Write a prayer asking God for courage in your healing journey.
2.	Describe a future step you want to take forward in faith.
3.	Reflect on how God's presence has sustained you so far.







Prayer for Today

Lord, help me be strong and courageous today and always. When fear or discouragement comes, remind me that You walk beside me. Fill me with confidence to face the future, trusting in Your unfailing presence and love. Thank You for being my constant guide and protector. I step forward in faith, empowered by You. *In Jesus' name, Amen.*







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