Faith and Healing for Veterans Facing Loss



A 7-day plan offering comfort, hope, and peace for veterans grieving military brothers lost to suicide.





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Introduction

Faith When You've Lost Your Military Brothers to Suicide is a journey through grief, healing, and renewed hope. For veterans, the loss of a brother or sister in arms to suicide is an unthinkable pain that shakes the foundation of trust, peace, and purpose. This study will walk alongside you as you encounter God's compassionate heart, reminding you that even in the darkest valleys, you are not alone. *God is near to the brokenhearted and saves those who are crushed in spirit* (Psalm 34:18).

Through Scripture, reflection, and prayer, this plan invites you to bring your deepest wounds to God—those feelings of confusion, anger, sorrow, and isolation. We'll lean on God's promises of peace that surpasses understanding (Philippians 4:7) and His faithfulness to carry the burden when life feels unbearable. More than just coping, this plan aims to help you find hope and a restored sense of purpose beyond your grief.

Whether you are wrestling with questions about why your brother or sister suffered so deeply, or searching for ways to carry on your mission with new courage, this study offers a sacred space to process pain and find renewed faith. You'll gain practical encouragement through God's Word and inspiring prayers that acknowledge the harsh realities of loss, yet point toward a resilient peace only He can bring. Stand in the strength of a God who calls you "more than a conqueror" (Romans 8:37), even after battle wounds of the heart. Let's begin this healing journey together with trust, courage, and faith.

















Your Verse

Psalm 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: God Is Near to the Brokenhearted

When grief feels overwhelming, the first step is to recognize that God is not distant or detached from your pain. He is close—intimately near to your broken spirit. Psalm 34:18 reassures us that in the painful aftermath of losing military brothers to suicide, the Lord draws near. This comfort is not just a feeling; it is a promise grounded in His faithful character.

It may feel at times like the world misunderstands the weight you carry, or that God is silent in your pain. But Scripture invites you to come boldly—with your hurt, questions, anger, and sorrow—to the One who heals broken hearts and binds wounds. God's embrace is where healing begins.

What might it look like to intentionally bring your grief to God today? To acknowledge the depth of your loss, yet trust God's nearness amidst it all? Know that He walks beside you, understands your sacrifices, and grieves with you. This truth lays the foundation for the hope and peace to follow in this journey.







Reflect and Apply

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Journaling Prompts

1.	Write about a moment when you felt God's closeness during your grief.
2.	Describe the heartache you carry and how you want to entrust it to God.
3.	List scriptures or prayers that bring you comfort in dark times.







Prayer for Today

Heavenly Father, I come to You with a heavy heart, carrying grief that feels too great to bear. Thank You for being close to me in this broken season, for understanding every ache and every tear. Help me to lean into Your presence when the memories and pain overwhelm me. Bind up my wounds and bring healing, Lord, one day at a time. Sustain me with Your unfailing love and renew my hope in You. *Amen.* \swarrow









Day 2: XX Strength in Weakness









Day 2: 🔀 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 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







Day 2: X Strength in Weakness

Devotional: God's Power in Our Weakness

In the aftermath of loss, it's natural to feel weak and vulnerable. But God's Word reminds us that our weakness is not a barrier to His power; rather, it creates space for His grace to show up fully. Paul's testimony in 2 Corinthians reveals a powerful truth: when we acknowledge our limitations, God's strength meets us precisely there.

Veterans often pride themselves on resilience and self-reliance, but sometimes the bravest act is surrendering control and allowing God to carry the weight. You do not have to be strong alone. God promises to be the strength of your heart and the shield that protects you.

Reflect on where you feel weakest today. How can these places be the very channels of God's strength in your life? Embracing weakness doesn't mean defeat, but opening yourself to divine empowerment that sustains beyond what you can muster alone. This is God's gift of grace for your healing journey.







Day 2: 💢 Strength in Weakness

Reflect and Apply

1.	Where in my life am I most aware of my weakness?
2.	How do I typically respond when I feel vulnerable or overwhelmed?
3.	How can I invite God's strength to support me in those areas?







Day 2: 💢 Strength in Weakness

Journaling Prompts

1.	List moments you felt weak and how God showed up in them.
2.	Write a prayer surrendering areas where you try to stay strong alone.
3.	Journal about what grace means to you in your current season.







Day 2: 🔀 Strength in Weakness

Prayer for Today

Lord, I confess my weakness and how often I try to carry my burdens alone. Thank You that Your grace is enough and Your power shines most brilliantly when I am weak. Help me to lean into Your strength and receive the help only You can provide. Renew my heart and keep me steadfast in faith. *In Jesus'* name, Amen.

















Day 3: W Finding 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 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 3: 🛱 Finding Peace Amidst Pain

Devotional: Embracing Jesus' Unshakable Peace

The peace Jesus offers is unlike anything the world can give. In grief, fear, and uncertainty, His peace acts as an anchor for the soul. When those haunting memories or difficult emotions arise, Jesus invites you not to let your heart be troubled or afraid. Instead, He offers a supernatural peace that calms storms within.

For veterans dealing with the trauma of losing military brothers to suicide, peace may seem distant or even impossible. Yet, God's promise is clear: His peace transcends understanding and can guard your heart and mind even amid pain.

What would it take for you to welcome Jesus' peace into your day today? What fears or unrest are you holding onto that need releasing? Allow His presence to quiet the noise inside and give rest to weary spirits. Trust that this peace isn't fleeting but an abiding gift to carry you forward.







Day 3: 🐯 Finding Peace Amidst Pain

Reflect and Apply

1.	What fears or unrest am I holding that prevent peace?
2.	How can I practically invite Jesus' peace into my daily struggles?
3.	In what ways has God already shown His peace to me?







Day 3: 😂 Finding Peace Amidst Pain

Journaling Prompts

1.	Describe what peace feels like to you in your current journey.
2	Write about a time when Cod's peace surprised you during hardship
۷.	Write about a time when God's peace surprised you during hardship.
3.	List fears or worries you want to give over to Jesus today.







Day 3: 🛱 Finding Peace Amidst Pain

Prayer for Today

Jesus, Prince of Peace, I invite Your peace to flood my heart and mind today. Calm my troubled thoughts and help me to release fear and anxiety into Your loving hands. Let Your peace guard me through every memory and moment of sorrow. I praise You for being my eternal source of rest and hope. *Amen.*



















Day 4: Community and Compassion

Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."
- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."







Day 4: (22) Community and Compassion

Devotional: Walking Together in Burden and Hope

Grief and trauma can isolate us, but God calls us toward community—toward carrying each other's burdens with compassion and empathy. The law of Christ is fulfilled when we stand beside one another in suffering and celebrate together in joy. No one is meant to walk this path alone.

Veterans know the power of brotherhood and camaraderie; those ties remain vital even after loss. Trusted friendships, support groups, or faith communities can become lifelines, offering understanding and encouragement when healing feels hard.

How might you reach out to carry a burden for someone else or invite support for yourself today? Genuine connection helps break the isolating grip of trauma, reminding us we belong and are cared for deeply by God and His people.







Day 4: Community and Compassion

Reflect and Apply

1.	Who in my community understands or shares my experience of loss?
2.	Am I willing to accept help and share my struggles with others?
3.	How can I support fellow veterans or grieving friends around me?







Day 4: (a) Community and Compassion

Journaling Prompts

1.	Write about a time when community helped you during hardship.
2.	List people you can reach out to for support or offer help.
3.	Reflect on what prevents you from asking for or accepting support.







Day 4: 🕿 Community and Compassion

Prayer for Today

God of Compassion, thank You for the gift of community. Help me to carry others' burdens with love and to humbly receive help when I need it. Surround me with brothers and sisters who reflect Your grace and understanding. Teach me to mourn and to rejoice together, strengthening one another on this journey. *Amen.* \heartsuit \diamondsuit









Day 5: A Hope Beyond the Valley









Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust 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."
- Jeremiah 29:11 "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."







Devotional: Trusting God for a Hopeful Future

No matter how deep the valley, God's hope shines ahead, beckoning us forward with promise and new beginnings. Romans describes God as the *God of hope*, who fills us with joy and peace as we place our trust in Him.

Loss doesn't erase the future but reshapes it. The Lord's mercies are renewed daily, and His plans for you include hope and restoration. This journey is not about forgetting or bypassing the pain, but about discovering that life—and faith—can flourish again, differently yet beautifully.

What does hope look like for you today? How can trusting God's promises fuel your courage to face each new morning? May you find fresh strength in the certainty that God is shaping a future marked by joy and peace, even after the shadow of suicide loss.







Reflect and Apply

1.	How do I define hope in the middle of grief?
2.	What promises of God can I hold onto to find encouragement?
3.	In what ways is God already working in my life to restore joy?







Journaling Prompts

Write about a time when hope broke through your darkest moments.
List God's promises that bring you comfort and motivation.
Journal your hopes and prayers for the days ahead.







Prayer for Today

God of Hope, please fill me with Your joy and peace as I trust in You. Help me to believe in Your good plans for my future, even when life feels uncertain and hard. Renew my spirit each morning and guide me toward healing and hope. I place my faith in Your faithful love. *Amen.* \triangle \L

















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.
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Devotional: God Heals Deep Emotional Wounds

Trauma can leave invisible scars that stay hidden deep within, yet God's healing touch reaches every broken place. Psalm 147 assures us that the Lord heals the brokenhearted and binds their wounds. This healing may be gradual, sometimes challenging, but it is real and accessible.

Veterans who have experienced the loss of brothers to suicide often carry complex emotions—guilt, regret, anger—that weigh heavily on the soul. Bringing these to God in honest prayer allows His healing power to work even in wounded hearts.

Have you allowed yourself to recognize unseen wounds that need God's healing? What steps can you take to invite His restoration today? Jesus invites the weary and burdened to find rest in Him, renewing your strength for the journey ahead.







Reflect and Apply

1.	What hidden wounds or feelings have I avoided confronting?
2.	How do I experience God's healing presence in my heart?
3.	What might rest and restoration look like for me right now?







Journaling Prompts

1.	Write a letter to God about your hidden pain and ask for healing.
2.	Describe areas where you need rest and renewal from burdens.
3.	Journal steps you can take to nurture your emotional and spiritual health.







Prayer for Today

Father God, I surrender my hidden wounds to You, trusting in Your promise to heal and restore. Comfort my broken heart and bind each painful place with Your love. Help me find rest in Jesus and courage to receive Your healing grace day by day. Thank You for never giving up on me. *Amen.* 1

















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."

Supporting Scriptures

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







Devotional: Soaring with Renewed Strength in God

As this study draws to a close, God's promise of renewed strength invites you to rise above grief with resilience and hope. Isaiah 40:31 reminds us that those who place hope in the Lord will soar on wings like eagles, running without weariness.

The road through loss is hard, but God equips you with joy and strength for each step forward. Remember that your identity in Christ transcends pain, and His power is made perfect in your weakness.

How can you embrace God's promise of renewal today? What new purpose or mission might He be placing in your hands? You are more than your grief — a beloved warrior equipped to carry on with faith, courage, and the sustaining love of God.







Reflect and Apply

1.	What renewed strength do I sense God providing in my life?
2.	How can I maintain hope and joy even on difficult days?
3.	What new purpose or calling do I feel God is placing before me?







Journaling Prompts

1.	Write about ways you have experienced God's renewal during this study.
2.	List strengths and gifts God is developing in you now.
3.	Journal your prayers for courage and faith to move forward.







Prayer for Today







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