# Finding Hope: A Veteran's Battle with Suicidal Thoughts



Seven days of Scripture and reflection offering God's truth and hope to veterans facing suicidal thoughts.





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#### Introduction

Welcome to this 7-day Bible study plan designed especially for veterans who are wrestling with suicidal thoughts. You have bravely served your country, facing both visible battles and invisible wars within. *This study seeks to bring you the light of God's truth amid the darkness of despair*, reminding you that your life is deeply valued by God, and you are never alone in your struggles.

Combat experiences can leave scars on the heart and mind, often challenging peace and hope. But God's Word serves as a powerful fortress and anchor in difficult times. Over the next seven days, this plan invites you to explore Scriptures that affirm your value, reveal God's steadfast love, and offer strength to endure. As you reflect and journal, allow God's promises to penetrate the darkness, replacing thoughts of despair with renewed purpose.

Each day includes a primary Scripture, supporting passages, and questions to provoke deep reflection. Take your time and engage honestly with God's Word and your heart. Remember, battling suicidal thoughts is not a sign of weakness, but a call to lean gently into God's everlasting arms, whose truth sustains even the weariest souls.

May this study be an encouragement and lifeline, illuminating hope and healing. God sees your courage and treasures you beyond measure. Let His truth be your warrior armor today and always.

















Day 1: V Finding Refuge in God's Strength

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 'So do not fear, for I am with you; do not be dismayed, for I am your God.'
- 2 Corinthians 12:9 'My grace is sufficient for you, for my power is made perfect in weakness.'







Day 1: V Finding Refuge in God's Strength

#### Devotional: God as Your Ever-Present Refuge and Strength

When the weight of your thoughts feels unbearable, remember God's promise: He is your refuge and strength. Psalm 46:1 powerfully declares that God is not distant but ever–present—ready to help in your darkest hours. As a veteran, you have faced battles on the outside. Now, fight the internal battle by turning to the One who offers refuge.

Fear often thrives in isolation; God's presence replaces fear with peace and courage. Isaiah 41:10 reminds us not to fear because God is with us. In moments when suicidal thoughts threaten to overwhelm, cling to this truth — you are never abandoned or overlooked. Your value in God's eyes is immeasurable.

Paul, writing from his own struggles, shares that God's grace is enough for our weaknesses (2 Corinthians 12:9). Your struggle is not a failure—it is an opportunity to experience God's perfect power in your weakness. Invite Him to be your strength today.







Day 1: **(**) Finding Refuge in God's Strength

# Reflect and Apply

1.	In what moments today do you feel most vulnerable, and how can you invite God's presence into those moments?
2.	How does knowing God's grace is sufficient change your perspective about your current struggles?
3.	What fears can you surrender to God right now, trusting His promise to be with you?







Day 1: **(**) Finding Refuge in God's Strength

#### **Journaling Prompts**

	Write about a time when you felt God's protection during a difficult moment.
2.	Describe what it means to you that God is an ever-present help in trouble.
3.	List fears or thoughts that you want to give to God this week.







Day 1: V Finding Refuge in God's Strength

#### Prayer for Today

Lord, today I seek Your refuge and strength. When my thoughts overwhelm me, remind me that You are present and powerful enough to carry my burdens. Help me to trust Your grace in my weakness and to find peace in Your promises. Guard my mind and heart against despair, and fill me with hope that only You can provide. Thank You for never leaving or forsaking me. *In Jesus' name, amen.* 











# Day 2: V Light in the Darkness









Day 2: O Light in the Darkness

#### Your Verse

John 1:5 - The light shines in the darkness, and the darkness has not overcome it.

#### **Supporting Scriptures**

- Psalm 34:18 'The Lord is close to the brokenhearted and saves those who are crushed in spirit.'
- Isaiah 9:2 'The people walking in darkness have seen a great light.'







Day 2: 
Q Light in the Darkness

# Devotional: Jesus' Unconquerable Light in Our Darkness

Darkness can feel overwhelming, especially when battling hopeless thoughts. Yet, John 1:5 assures us that the light of Christ shines brightly, and darkness cannot overcome it. Even in the deepest valleys of despair, Jesus' light pierces through.

Psalm 34:18 offers comfort knowing God draws near to the brokenhearted. You are not forgotten or forsaken in your pain. God's nearness brings healing and restoration to the crushed spirit. Tonight, picture Jesus standing beside you, holding your hand through the darkness.

Isaiah's prophecy points forward to the light that would shine into even the darkest night. That light is Jesus, who offers new beginnings and hope no matter how long the night or how heavy the burden.







Day 2:  $\bigcirc$  Light in the Darkness

# Reflect and Apply

	Where do you see darkness in your life, and how might God's light be present there?
	How can you practically seek God's presence when feelings of despair arise?
3.	What does it mean to you that darkness has not overcome Christ's light?







Day 2:  $\bigcirc$  Light in the Darkness

### **Journaling Prompts**

Write about a moment when God's light helped you through a difficult time.
Describe how you feel knowing God is close when you are brokenhearted.
Journal your prayer asking Jesus to shine His light into your current struggles.







Day 2: Q Light in the Darkness

#### **Prayer for Today**

Jesus, You are the light that darkness cannot overcome. In moments when I feel swallowed by hopelessness, please shine Your truth into my heart. Remind me that You are near when I am broken and uplift my spirit with Your presence. Help me to walk toward Your light each day and hold onto hope founded in You. *Thank You for being my steadfast beacon.* Amen.



















#### Your Verse

2 Corinthians 12:9 – My grace is sufficient for you, for my power is made perfect in weakness.

#### **Supporting Scriptures**

- Philippians 4:13 'I can do all this through him who gives me strength.'
- Psalm 73:26 'My flesh and my heart may fail, but God is the strength of my heart and my portion forever.'







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

It is difficult to admit weakness, especially to oneself. Yet Scripture shows us that God's power shines brightest when we embrace our human limitations. Paul's words in 2 Corinthians 12:9 speak directly to those moments when you feel drained and vulnerable.

God's grace is more than enough to carry you through. You don't need to muster strength on your own; God supplies it abundantly. When suicidal thoughts whisper lies of hopelessness, fight back with the truth that strength comes through dependence on God.

Philippians 4:13 reminds us that through Christ, we can endure every circumstance. And Psalm 73:26 declares God as our eternal strength when our bodies and hearts falter. Today, surrender your weakness and receive God's empowering grace.







# Reflect and Apply

1.	How does embracing your weakness open the door for God's strength in your life?
2.	When have you experienced God's grace sustaining you despite your struggles?
3.	What lies about your weakness do you need to reject in light of God's truth?







# **Journaling Prompts**

Write about a time when God's strength was evident during a weak moment.
List ways you can rely on God's grace this week instead of your own strength.
Journal your feelings about admitting weakness and what prevents or helps you do so.







#### Prayer for Today

Father, today I acknowledge my weakness and look to Your perfect power.

When I feel drained and overwhelmed, remind me that Your grace is enough for every moment. Teach me to lean fully on You and receive Your strength anew. Help me reject shame and lies about weakness and embrace the freedom found in Your sustaining grace. *Thank You for being my unshakable strength.* Amen.











Day 4: **B** Rest for the Weary









Day 4: Best 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 23:1-3 'The Lord is my shepherd... He refreshes my soul.'
- Hebrews 4:9-10 There remains a Sabbath rest for the people of God.







Day 4: Best for the Weary

#### Devotional: Jesus Invites You to Rest and Renewal

Many veterans carry heavy emotional and spiritual burdens long after duty calls them home. Jesus invites those who are weary and burdened to find rest in Him (Matthew 11:28). This promise is not just for the future but available today amid your struggles.

True rest is not mere physical sleep but profound renewal of soul and spirit. Psalm 23 paints a picture of God's gentle guidance beside still waters, restoring strength even in tough seasons. Your soul needs this restoration.

Hebrews reminds us that there is a Sabbath rest—a sacred pause and peace—in God's presence. If suicidal thoughts press hard, come to Jesus and let Him carry your burdens. He longs to refresh and renew the deepest parts of you.







Day 4: 💋 Rest for the Weary

# Reflect and Apply

1.	What burdens are you carrying that you need to lay at Jesus' feet today?
	How can you practically seek God's rest amid emotional or mental exhaustion?
3.	What does 'rest for the soul' look like in your current life season?







Day 4: 💋 Rest for the Weary

# **Journaling Prompts**

1.	Describe how you feel when you truly experience God's rest.
2.	Write about areas in your life where you need to surrender control to God.
3.	Journal prayers asking Jesus to refresh your soul and carry your burdens.







Day 4: Best for the Weary

#### Prayer for Today

**Jesus, I come to You weary and burdened.** Please take my heavy thoughts and grant me Your perfect rest. Refresh my soul and help me trust You to carry what I cannot. Teach me to pause and find peace in Your presence each day. Thank You for Your tender love and invitation to rest. *In Your name I pray, amen.* 



















Day 5: Speaking Truth Over Your Mind

#### Your Verse

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

#### **Supporting Scriptures**

- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast.
- Philippians 4:8 Think about whatever is true, noble, right, pure, lovely, admirable.







Day 5: Speaking Truth Over Your Mind

# Devotional: Transforming Your Mind Through God's Truth

Our minds can be battlegrounds where destructive thoughts wage war against our peace and identity. Romans 12:2 challenges us not to conform to negative patterns but to be transformed through renewing the mind with God's truth.

Renewing your mind means intentionally focusing on the truth of who God says you are. Isaiah promises perfect peace to those who keep their minds fixed on Him. This peace combats lies and destruction.

Philippians offers practical guidance on what to meditate upon—truths that are noble, pure, and worthy of praise. When suicidal thoughts cloud your mind, declare God's promises aloud or in writing, replacing lies with His powerful truth that brings freedom and hope.







Day 5: 🙅 Speaking Truth Over Your Mind

# Reflect and Apply

	What negative thought patterns do you struggle with most, and how can God's Word challenge them?
2.	How might daily meditation on Scripture help renew your mind and bring peace?
	What truths about yourself in God's eyes can you speak out loud or write today?







Day 5: 🙅 Speaking Truth Over Your Mind

# **Journaling Prompts**

1.	List lies you want to reject and Scripture truths to replace them.
2.	Write a prayer asking God to help renew your mind daily.
	Journal how renewing your mind might change the way you face your struggles.







Day 5: Speaking Truth Over Your Mind

### **Prayer for Today**

**Lord, I ask You to renew my mind with Your truth.** Help me reject the lies that entangle my thoughts and embrace the promises You speak over me. Protect my mind from negative patterns and fill it with peace and hope. Teach me to focus on whatever is noble and pure, trusting in Your transforming power. Amen.











# Day 6: You Are Not Alone









Day 6: "You Are Not Alone

#### Your Verse

Deuteronomy 31:6 - Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you.

#### **Supporting Scriptures**

- Hebrews 13:5 Never will I leave you; never will I forsake you.
- Psalm 27:1 The Lord is my light and my salvation—whom shall I fear?







Day 6: You Are Not Alone

#### Devotional: God's Promise: You Are Never Forsaken

Battling suicidal thoughts can feel unbearably lonely, but God's Word assures you that you are never alone. Deuteronomy 31:6 is a powerful reminder to be strong and courageous because the Lord Himself goes with you.

God's promise to never leave or forsake you is repeated clearly in Hebrews 13:5. This divine assurance means that even in your darkest moments, God's presence surrounds you, offering courage.

Psalm 27:1 proclaims God as our light and salvation, providing perfect reasons not to fear. When isolation or despair threatens, cling to this truth that your Heavenly Father walks beside you every step of the way.







Day 6: 🎔 You Are Not Alone

# Reflect and Apply

1.	How might acknowledging God's constant presence help reduce feelings of isolation?
2.	What fears can you confront by resting in God's promise to never forsake you?
3.	Who are people in your life that God may use to encourage or support you?







Day 6: 🎔 You Are Not Alone

#### **Journaling Prompts**

1.	Write about a time you sensed God's presence during a lonely struggle.
2.	List ways you can reach out for support and community this week.
3.	Journal your feelings about God's promise to never leave or forsake you.







Day 6: 🎔 You Are Not Alone

#### Prayer for Today

**Father, thank You for never leaving me alone.** When loneliness or fear creeps in, remind me of Your faithful presence. Help me be strong and courageous, relying on You as my light and salvation. Surround me with supportive people to help carry the load. *Thank You for walking with me always; I am not alone. Amen.* 



















#### Your Verse

Jeremiah 29:11 - For 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.

#### **Supporting Scriptures**

- Romans 15:13 May the God of hope fill you with all joy and peace.
- Lamentations 3:22–23 Because of the Lord's great love we are not consumed, His mercies never fail.







#### Devotional: Embracing God's Hope and a New Future

As this study concludes, hold fast to the promise of hope and a future God has prepared specifically for you. Jeremiah 29:11 reminds us that God's plans are good and filled with hope, even when circumstances feel bleak.

Romans 15:13 calls God the source of all hope, joy, and peace. He desires to fill your heart completely with these blessings, replacing despair with vibrant life.

Lamentations assures us that God's faithful love and mercy renew every morning. No failure, no pain, no dark thought can extinguish the hope that springs from His abundant grace. Trust in God's unchanging character and His bright plans for you — a hopeful tomorrow awaits.







# Reflect and Apply

How can you hold onto God's hope when the future feels uncertain or frightening?
What does trusting God's plans mean in the context of your personal struggles?
In what ways can you cultivate joy and peace amid difficult circumstances?







# **Journaling Prompts**

1.	Write a letter to your future self, infused with the hope God provides.
2.	List promises from Scripture that encourage you about your future.
3.	Journal a prayer asking God to fill you with hope, joy, and peace daily.







#### Prayer for Today

**Lord, I choose to believe in Your good plans for me.** When I struggle with hopeless thoughts, renew my spirit with Your hope and peace. Help me trust Your mercies that are new each morning and fill my heart with joy. Guide me forward into the future You have prepared, confident in Your love and faithfulness. *Thank You for being my unshakable hope. Amen.* 





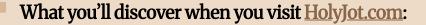




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