Finding Peace: A 7-Day Bible Study for Mental Health and PTSD Recovery



Explore God's comfort and strength through Scripture to help veterans combat PTSD and find healing in His peace and love.





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Introduction

Welcome to this 7-day Bible study dedicated to mental health, with a special focus on veterans dealing with PTSD. Combating post-traumatic stress disorder is a challenging journey, but as believers, we are never alone. *God's Word offers hope, healing, and peace that transcends all understanding*, even in the darkest times.

Many veterans face invisible wounds that touch their minds and hearts deeply. The battle isn't only physical, but emotional and spiritual as well. This plan is designed to provide daily encouragement rooted in Scripture, reminding you of God's steadfast love and His power to restore and renew.

Throughout this week, you will discover God's promises of comfort, strength, and refuge. We'll explore passages showing that God understands our pain intimately—even when words fail or fears overwhelm—and that He invites us into His peace. Each day will include scripture, reflection questions, journaling prompts, and prayers tailored to your experience and healing journey.

No matter where you are on your path of recovery, these truths hold firm: God sees you, He hears you, and He is with you. Let His Word be a balm for your soul as you navigate mental and emotional struggles.

Remember, healing is a process. Be gentle with yourself and lean into God's grace each day. May this study empower you to face PTSD with courage,







anchored in God's unwavering love.















Your Verse

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

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.







Devotional: God's Nearness Is Our Strong Refuge

The suffering caused by PTSD can leave you feeling isolated and overwhelmed. The trauma you carry may feel isolating, but *God is incredibly close to those who are brokenhearted.* Psalm 34:18 reminds us that the Lord isn't distant; He comes near to those in pain. This truth brings comfort when the weight of trauma seems unbearable.

When fear, memories, or anxiety threaten your peace, God offers refuge. In Psalm 46:1, He is described as an ever-present help — a stronghold you can run to at any time. This means you are not fighting your battle alone. Allow yourself to bring the pain and fears to God as your safe place.

Isaiah 41:10 encourages us not to fear because God is with us. Even in the moments when PTSD feels paralyzing, the Lord's presence offers hope and strength. Take time now to breathe in this promise. *Let God's nearness be your stability amid chaos.*







Reflect and Apply

1.	How have you experienced God's presence during difficult moments?
	In what ways can you run to God as your refuge when anxiety overwhelms?
3.	What fears can you surrender to God today?







Journaling Prompts

1.	Write about a recent moment when you felt God's comfort.
2.	Describe what it means to you that God is 'close to the brokenhearted.'
3.	List fears or worries you want to give to God during this study.







Prayer for Today

Lord, today I bring my broken heart to You. When fear and pain feel too heavy, remind me that You are close. Be my refuge and strength in every trial. Help me to trust that You are with me and that I am never alone. *Thank You for Your steadfast love and for holding me in Your hands.* Amen. \triangle







Day 2: God's Peace Surpasses Understanding









Day 2: **B** God's Peace Surpasses Understanding

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.

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.
- 2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.







Day 2: **B** God's Peace Surpasses Understanding

Devotional: Embracing God's Supernatural Peace

PTSD often brings overwhelming anxiety and fearful thoughts. The Apostle Paul's letter to the Philippians guides us toward God's peace—a supernatural peace that calms anxiety beyond what we can comprehend.

"Do not be anxious about anything," Paul writes. Instead, we are invited to present all our worries to God through prayer and thanksgiving. This act of surrender opens the door for God's peace to guard our hearts and minds as a divine defense against fear.

Jesus promised a kind of peace unlike anything the world offers. John 14:27 speaks to a peace that remains secure even in turmoil—because it comes from Him, not from circumstances.

Furthermore, 2 Timothy 1:7 reminds us that God's Spirit empowers us with courage, love, and self-control, not fear. When anxiety tries to dominate, lean on these promises and ask the Holy Spirit to strengthen your heart as you walk this healing journey.







Day 2: 💋 God's Peace Surpasses Understanding

Reflect and Apply

1.	What anxieties can you bring to God in prayer today?
2.	How has God's peace manifested in your life during difficult times?
3.	In what ways can God's Spirit empower you to face fears related to PTSD?







Day 2: **B** God's Peace Surpasses Understanding

Journaling Prompts

1.	Write a prayer releasing your anxieties to God.
2.	Describe a time when God's peace surprised you during stress.
3.	List ways you can cultivate self-discipline with God's help.







Day 2: B God's Peace Surpasses Understanding

Prayer for Today















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.







Devotional: God's Strength Perfected in Our Weakness

Living with PTSD can drain your emotional and physical strength.

Sometimes the weight feels too heavy to bear. Yet God's message through Paul is clear: *His grace is enough—even in your weakness.*

In 2 Corinthians 12:9, God teaches us that His power shines brightest when we feel weakest. This encourages us to depend not on our own strength but on His.

Isaiah 40:29 promises that God gives power to the weary. When exhaustion and hopelessness threaten to dominate, remember that God's strength can refresh your soul and empower you to move forward.

Psalm 73:26 reminds us that although our bodies and hearts may fail at times, God remains an unshakable source of strength—a portion that never runs dry. Lean into Him to renew your courage day by day.







Reflect and Apply

1.	What are moments when you have felt weak but sensed God's strength?
2.	How can you invite God's grace to cover your vulnerabilities today?
	What does it mean for you that God's power works best in your weakness?







Journaling Prompts

1.	Write about a time when God's strength helped you through exhaustion.
2.	Identify personal struggles you want to give to God to carry.
3.	List ways God's grace has been evident in your life this week.







Prayer for Today

Dear God, thank You that Your grace meets me where I am weak. When I am weary, remind me that Your power is perfect in my weakness. Renew my strength and give me courage to persevere through every challenge. Be my constant source of hope and power. *Amen.* \$\mathcal{L}\$ \$\mathcal{L}\$\$















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.
- Jeremiah 29:11 For I know the plans I have for you, declares the LORD, plans to prosper you and give you hope.







Devotional: God's Hope Anchors Us in Darkness

Trauma can cast long shadows on your mind and heart, but God is the *God of hope.* Romans 15:13 declares a beautiful promise: as you trust Him, He fills you with joy and peace, reinforcing your hope even in dark seasons.

Lamentations speaks of God's unfailing compassion and love. When PTSD evokes feelings of despair or brokenness, remember that God's compassion never fails—He will not abandon you.

Jeremiah 29:11 reassures us that God has a purpose and hopeful plans for your future. Even when the present is difficult, God's intentions are to prosper you and give you hope, which can fuel the healing process.

Hold on to this hope as an anchor for your soul. Let it inspire courage and trust in God's faithful plan for your life.







Reflect and Apply

1.	How does trusting God help you find joy and peace amid challenges?
2.	In what ways has God's compassion shown up during your struggles?
3.	What hopes do you want to embrace as part of God's promises?







Journaling Prompts

Write about what hope means to you in your healing process.
Reflect on times when God's faithfulness surprised you.
Describe a hope or dream you want to entrust to God.







Prayer for Today

God of hope, fill me with Your joy and peace as I put my trust in You. Thank You for Your unending compassion and the plans You have for my life. Help me hold onto hope firmly and walk confidently toward the future You have prepared. *Amen.* \triangle \triangle

















Your Verse

Matthew 11:28–29 – Come to me, all you who are weary and burdened, and I will give you rest.

Supporting Scriptures

- Psalm 62:1 Truly my soul finds rest in God; my salvation comes from him.
- Hebrews 4:9-10 There remains a Sabbath-rest for the people of God.







Devotional: Finding Rest in Jesus' Loving Invitation

Living with PTSD is exhausting, and sometimes rest feels impossible. Jesus offers an invitation in Matthew 11:28–29 to all who are weary to come to Him for rest.

This rest is not just physical but deeply spiritual—a restoration that refreshes the soul. Psalm 62:1 beautifully expresses that true rest is found in God alone, the source of salvation and peace.

Hebrews 4 reminds us that there remains a Sabbath-rest for God's people, symbolizing the completeness of rest found in trusting God's work and provision.

Allow yourself to accept Jesus' invitation to rest today. Release the burdens that weigh heavily on you. Resting in God's presence rejuvenates your spirit and equips you to continue your healing journey.







Reflect and Apply

1.	What burdens do you need to bring to Jesus for rest?
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	How does knowing your soul can find rest in God change your perspective?
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	What practical steps can you take to experience God's Sabbath rest this week?
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Journaling Prompts

rest.
iritual rest.







Prayer for Today

Lord Jesus, I come to You tired and heavy laden. Please give me the rest my soul longs for. Help me to lay down my burdens and trust in Your gentle care. Renew my strength as I surrender to Your peace. *Thank You for Your unfailing love and rest.* Amen. 🖏 🙏 🛂















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.

Supporting Scriptures

- 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.
- Psalm 23:4 Even though I walk through the darkest valley, I will fear no evil, for you are with me.







Devotional: Strength and Courage from God's Presence

One of the greatest comforts in battling PTSD is knowing that God is always with you. Deuteronomy 31:6 offers this powerful encouragement to be strong and courageous because the Lord never abandons you.

Joshua 1:9 repeats this assurance, reminding us not to fear or be dismayed since God's presence accompanies us everywhere we go.

Psalm 23:4 further assures us that even in the darkest places—the valleys of trauma and pain—we can walk without fear because God is with us.

God's unchanging presence is a shield against loneliness and despair. When memories or triggers come, remind yourself that the Lord's presence never leaves, and His strength will carry you through.







Reflect and Apply

	How can knowing God is always with you change how you face PTSD triggers?
2.	When have you felt God's presence most strongly?
3.	What fears can you release knowing God walks beside you?







Journaling Prompts

1.	Write about a time you felt courage through God's presence.
2.	List ways God's presence has comforted you in dark times.
3.	Describe how you can remind yourself daily that God is with you.







Prayer for Today

Father God, thank You for Your constant presence in my life. Help me be strong and courageous, knowing You go with me wherever I face uncertainty. Calm my fears and remind me that I am never alone. Fill me with Your peace today and always. *Amen.* 💥 🙏 🕡















Your Verse

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

Supporting Scriptures

- Romans 8:38–39 Nothing can separate us from the love of God.
- 1 Peter 5:7 Cast all your anxiety on him because he cares for you.







Devotional: God's Love Heals Broken Hearts

One of God's most powerful promises is His ability to heal. Psalm 147:3 paints a tender picture of God ministering directly to our broken hearts and wounds, including the invisible ones caused by PTSD.

Romans 8:38–39 assures that no circumstance or trauma can separate us from God's love. His love remains steadfast, offering strength and restoration.

1 Peter 5:7 reminds you that God cares deeply about your anxieties and invites you to cast every burden on Him.

Healing may be gradual but trust that with God's love, your heart can be renewed. Embrace His care fully as you continue moving forward, knowing that your wounds are not ignored but tenderly bound by a loving God.







Reflect and Apply

What wounds do you want God to heal today?
How does knowing God's love never fails impact your healing journey?
In what ways can you cast your anxieties on God more fully?







Journaling Prompts

1.	Write a letter to God expressing your needs for healing.
2.	Reflect on the ways God's love has been evident in your recovery.
3.	List anxieties or burdens you want to release to God this week.







Prayer for Today







Where God's Word Meets Your Daily Life

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