



Finding Rest in God: A Veteran's Journey Through Depression



Discover how God offers true rest and healing during depression, guiding veterans to peace and renewed strength in every trial.

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Introduction

Welcome to this 7-day Bible study designed especially for veterans seeking rest and hope amid depression. Life after service can bring many challenges, including battles not visible to the eye — battles within the mind and heart. Depression is a heavy burden that can sap your strength and cloud your spirit. Yet, *God invites you to find true rest in Him, a rest the world cannot give.* This study offers both encouragement and practical spiritual tools rooted in Scripture to help you walk through dark valleys and come into the light of His peace.

Many veterans understand discipline, endurance, and sacrifice, but God's rest is a different kind of strength, one freely given to those who lean into Him. As you engage with each day's passages and devotionals, imagine God speaking directly to your soul — comforting, healing, and renewing your hope. You are not alone in this journey.

Each day we'll explore themes like God's presence amid suffering, the peace that surpasses understanding, and spiritual renewal that sustains you through your darkest moments. Don't rush—take time to reflect, journal, and pray deeply. **God's promises are real and His love unfailing.** Anchor yourself in His Word, and let this study be a path to rest, restoration, and renewed courage.





Day 1: ✕ Embracing God's Invitation to Rest



Day 1: ☒ Embracing God's Invitation to Rest

Your Verse

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

Supporting Scriptures

- *Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*
- *Isaiah 40:31 – “But those who hope in the Lord will renew their strength.”*



Devotional: Jesus Invites You to Rest from Your Burdens

Welcome, warrior, to a place of healing. Jesus' words in Matthew 11:28 are a lifeline for every soul weighed down by depression—an invitation to unload every burden at His feet. Your service to your country may have been marked by discipline and sacrifice, but now, God calls you to a different kind of strength: surrender and rest.

Depression can feel isolating and heavy, but Scripture reminds us that God is intimately close to those who are brokenhearted and crushed in spirit (Psalm 34:18). You don't have to carry your pain alone. His arms are wide open, offering rest that renews and refreshes.

When life drains you, come with your worries, fears, and exhaustion. Trust that God not only understands your battles but offers a peace that transcends your circumstances. Take this time to lean into His invitation and allow His presence to become your refuge.



Reflect and Apply

1. What burdens am I carrying that I find hard to release, even to God?

2. How do I typically respond when I feel overwhelmed or depressed?

3. What does Jesus' promise of rest mean to me personally right now?



Day 1: ☒ Embracing God's Invitation to Rest

Journaling Prompts

1. Write about a time when you felt God's rest during a difficult season.

2. List the burdens you want to lay down before God this week.

3. Describe what 'rest' looks like in your spiritual life.



Day 1: ☒ Embracing God's Invitation to Rest

Prayer for Today

Lord, today I come to You weary and burdened. I surrender my pain, loneliness, and depression to Your loving hands. Help me to accept Your invitation to rest and renew my strength daily. Surround me with Your peace that calms my anxious heart and gives me hope.

Thank You for never leaving me alone in my battles. Teach me to trust You more deeply each day.

In Jesus' Name, Amen. 🙌 ❤️ 🙏 ✨





Day 2: Finding Strength in God's Presence



Day 2:  Finding Strength in God's Presence

Your Verse

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

Supporting Scriptures

- *Nehemiah 8:10b – “The joy of the Lord is your strength.”*
- *Isaiah 41:10 – “Do not fear, for I am with you; do not be dismayed, for I am your God.”*



Day 2:  Finding Strength in God's Presence

Devotional: God's Presence Strengthens You in Trouble

Depression can erode your physical and emotional stamina, but God promises to be your refuge and strength. When feelings of hopelessness arise, remember that you are not facing this alone. Psalm 46:1 assures us that God is an ever-present help in times of trouble, offering steady shelter amid storms.

Even in your darkest moments, God's presence is unchanging and reliable. Nehemiah reminds us that the joy of the Lord is not dependent on circumstances but is a supernatural strength that fuels perseverance.

Today, practice calling upon God as your stronghold. When fear whispers lies, let Isaiah 41:10 remind you that God is with you—directly by your side—enabling you to face what comes without dismay. Rest in His presence and allow your spirit to be strengthened.



Day 2:  Finding Strength in God's Presence

Reflect and Apply

1. In what ways have I experienced God as my refuge during difficult times?

2. How can I remind myself of God's presence when depression feels overwhelming?

3. What practical steps can I take to lean on God's strength daily?



Day 2:  Finding Strength in God's Presence

Journaling Prompts

1. Write a prayer asking God to be your refuge and strength today.

2. List moments when God's joy strengthened you unexpectedly.

3. Describe how fear tries to affect you and how God counters it.



Day 2: 🛡️ Finding Strength in God's Presence

Prayer for Today

Father God, You are my refuge and strength. In moments of anxiety and depression, help me to remember that You are always present, ready to help me.

Fill me with Your joy and courage today. Teach me to rely on Your steadfast presence instead of my own strength.

Thank You for walking with me every step. Amen. 🛡️ 🙏 ❤️ ✨





Day 3: Restoring the Weary Soul



Day 3: 🌿 Restoring the Weary Soul

Your Verse

Psalm 23:3 – “He restores my soul. He guides me along the right paths for his name’s sake.”

Supporting Scriptures

- *Jeremiah 31:25 – “I will refresh the weary and satisfy the faint.”*
- *Matthew 6:33 – “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*



Day 3: 🌿 Restoring the Weary Soul

Devotional: God Restores and Guides Your Weary Soul

Feeling weary is natural in the fight against depression, but God promises **restoration for your soul**. The familiar Psalm 23 reminds us that the Lord is a shepherd who lovingly restores and guides us. His care goes beyond the physical — He tends to your deepest needs, offering renewal for your inner being.

In times when your spirit feels faint, remember Jeremiah's promise that God will refresh and satisfy you. This isn't a one-time fix but a daily renewal as you seek His presence and prioritize His kingdom above all.

Today, intentionally seek God's guidance and allow His restoration to begin in your heart. Trust that His direction leads to paths of peace and healing, even when you can't see the full journey ahead.



Day 3: 🌿 Restoring the Weary Soul

Reflect and Apply

1. What areas of my soul feel most weary right now?

2. How can I intentionally seek God's kingdom in daily life?

3. What does restoration feel like, and how can I recognize it?



Day 3: 🌿 Restoring the Weary Soul

Journaling Prompts

1. Describe a time when you felt your soul was restored by God.

2. Write out what seeking God's kingdom means for your current struggles.

3. Identify steps to walk the right paths God is guiding you toward.



Day 3: 🌿 Restoring the Weary Soul

Prayer for Today

Lord, my soul is weary and in need of Your restoration. Guide me along Your paths and refresh my spirit daily. Help me to seek Your kingdom first, even when life feels overwhelming.

Thank You for satisfying my faint heart and renewing my hope. I surrender my weariness to You today.

In Jesus' Name, Amen. 🌿 🙏 🕯️ ❤️





Day 4: 🌟 Peace Beyond Understanding



Day 4: 🕊️ Peace Beyond Understanding

Your Verse

Philippians 4:7 – “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Supporting Scriptures

- *John 14:27 – “Peace I leave with you; my peace I give you.”*
- *Isaiah 26:3 – “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*



Day 4: 🕊️ Peace Beyond Understanding

Devotional: God's Peace Guards Your Mind and Heart

Depression can cloud our minds with turmoil, but God's peace cuts through confusion and fear. Philippians 4:7 teaches us that God's peace surpasses anything we can comprehend. It guards both our hearts and minds — protecting us from the spiral of anxiety and despair.

Jesus himself promises a unique peace (John 14:27) that is not like what the world offers. This peace is rooted in a trust that holds firm even amid uncertainty.

Today, invite God's peace to guard your thoughts. When anxiety tries to dominate, fix your mind on Him, just as Isaiah 26:3 encourages. It's okay to struggle; but through steadfast trust, you can experience deep, perfect peace that bolsters your spirit and calms your heart.



Day 4: 🕊️ Peace Beyond Understanding

Reflect and Apply

1. How does God's peace differ from worldly peace in my experience?

2. What thoughts most often disturb my inner peace, and how can I hand them to God?

3. In what ways can I cultivate steadfast trust amid depression?



Day 4: 🕊️ Peace Beyond Understanding

Journaling Prompts

1. Write about a moment you experienced God's peace amid chaos.

2. List worries or fears you want to surrender to God's peace today.

3. Plan practical ways to keep your mind focused on God throughout the day.



Day 4: 🕊️ Peace Beyond Understanding

Prayer for Today

Dear Jesus, I long for Your peace that surpasses all understanding. Guard my heart and mind today from fear and despair. Teach me to trust You deeply, even when my emotions feel overwhelming.

Fill me with Your calm and steady presence. Help me to rest in the peace only You can provide.

Amen. 🕊️ 🙏 🙏 ❤️





Day 5: 🔥 Renewing Strength Through God's Power



Day 5: 🔥 Renewing Strength Through God's Power

Your Verse

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

Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Ephesians 6:10 - "Be strong in the Lord and in his mighty power."*



Day 5: 🔥 Renewing Strength Through God's Power

Devotional: God's Power Strengthens You in Weakness

Depression can drain your physical and emotional power, but God specializes in **empowering the weak**. Isaiah 40:29 offers the beautiful promise that God supplies strength exactly when and where you need it most.

Paul's words in 2 Corinthians remind us that God's grace is perfectly matched to our weaknesses, showing His power most clearly when we feel weakest. Instead of hiding your struggles, bring them to God openly.

Today, embrace your weakness as an opportunity for God's power to shine. Lean into Him and find strength beyond your own limits. Remember, you are not expected to bear the burden alone; your mighty God is ready to carry you through every challenge.



Day 5: 🔥 Renewing Strength Through God's Power

Reflect and Apply

1. How can I shift my perspective to see weakness as a doorway to God's power?

2. What areas in my life cry out for God's strength right now?

3. How have I experienced God's grace in my struggles?



Day 5: 🔥 Renewing Strength Through God's Power

Journaling Prompts

1. Describe a time when you felt God's strength despite your weakness.

2. List your current weaknesses and pray over each one asking for God's power.

3. Write about how God's grace has shown up in your life recently.



Day 5: 🔥 Renewing Strength Through God's Power

Prayer for Today

Almighty God, You give strength to the weary and power to the weak. Today, I embrace my limitations and ask for Your grace to fill me. Help me to rely less on my own strength and more on Your mighty power.

Thank You for making Your power perfect in my weakness. Empower me to face each moment with courage and hope.

Amen. 🔥💪🙏✨





Day 6: Hope for a New Day



Day 6: 🌅 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

- *Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”*
- *Psalms 30:5b – “Weeping may stay for the night, but rejoicing comes in the morning.”*



Day 6: 🌅 Hope for a New Day

Devotional: God's Faithfulness Brings Daily Hope

Even in seasons of deep depression, hope remains alive through God's unfailing compassion. Lamentations 3:22-23 powerfully reminds us that God's mercies are new every morning. No matter how dark the night, a new day holds fresh possibilities for healing and joy.

Romans encourages us to trust in this hope and allow God to fill us with peace and joy, strengthening us for the journey ahead. Depression may linger, but it does not have the final say.

Today, embrace hope as an anchor for your soul. Allow God's faithfulness to renew your spirit, reminding you that mornings bring new light and new life. Trust that rejoicing will come, even if it seems distant now.



Day 6: 🌅 Hope for a New Day

Reflect and Apply

1. How does God's daily compassion encourage me to keep going?

2. What hopes do I want to hold onto tightly in dark moments?

3. How can I cultivate joy and peace amidst ongoing struggles?



Day 6: 🌅 Hope for a New Day

Journaling Prompts

1. Write about a morning when you felt God's mercies anew.

2. Make a list of hopes or dreams you want God to nurture in your heart.

3. Journal ways you can remind yourself of God's faithfulness each day.



Day 6: 🌅 Hope for a New Day

Prayer for Today

Faithful God, You never cease to show compassion and love. I thank You that Your mercies are new every morning, bringing hope to my weary soul. Help me to trust in Your faithfulness even when my heart feels heavy.

Fill me with joy and peace as I place my hope in You today. Strengthen me to face tomorrow with renewed courage.

Amen. 🌅 🙏 ❤️ ✨





Day 7: 🐦 Living in God's Rest and Freedom



Day 7: 🕊 Living in God's Rest and Freedom

Your Verse

Hebrews 4:9-10 - "There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his."

Supporting Scriptures

- *Romans 8:1 - "Therefore, there is now no condemnation for those who are in Christ Jesus."*
- *John 8:36 - "So if the Son sets you free, you will be free indeed."*



Devotional: Entering God's Rest and Freedom in Christ

As this study concludes, reflect on the ultimate rest and freedom offered in Christ. Hebrews tells us that God's rest remains available to His people — a rest that goes beyond physical relaxation to a spiritual Sabbath of peace and trust.

Depression often brings feelings of condemnation and bondage, yet Scripture reassures us there is no condemnation for those in Christ (Romans 8:1). Freedom comes through accepting His grace and truth.

Today, declare your freedom in Jesus. Rest in the knowledge that your worth and peace come not from your performance but from God's finished work. Let His rest be your refuge and your strength as you move forward with renewed hope and confidence.



Reflect and Apply

1. What does 'rest from works' mean for me personally?

2. How do I experience God's freedom amid mental and emotional struggles?

3. In what ways can I live daily in the assurance of no condemnation?



Journaling Prompts

1. Reflect on what it means to enter God's Sabbath rest.

2. Write about areas where you need to embrace God's freedom fully.

3. Journal your hopes for living renewed in Christ's grace.



Day 7: 🕊️ Living in God's Rest and Freedom

Prayer for Today

Lord Jesus, thank You for offering me true rest and freedom. Help me to rest in Your grace and live without condemnation. May I trust fully in Your love and provision, knowing that Your rest restores my soul.

Empower me to walk in freedom and peace every day. I surrender all my burdens to You.

Amen. 🕊️ 🙏 ❤️ ✨





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