Finding Strength in God During Suicidal Struggles



A 7-day Bible study helping veterans find hope, strength, and purpose in God during life's darkest moments.





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Introduction

Life can bring challenges that feel insurmountable, especially for veterans who have faced intense mental, emotional, and physical battles. Many struggle silently with feelings of despair, hopelessness, and thoughts of suicide. Yet, **God's Word** offers profound hope, comfort, and strength to those walking through these dark valleys. This study is dedicated to veterans and anyone battling suicidal thoughts, reminding you that *you are not alone*. God sees your pain and longs to give you peace that surpasses all understanding.

Each day, we will explore scriptures that affirm God's love and sovereignty, highlight His power to heal broken hearts, and encourage us to lean on Him as our fortress and friend. These passages aren't just words from long ago; they are living promises, full of life and hope. As you journey through these seven days, I invite you to open your heart to the Holy Spirit's gentle comfort and renewal. Remember, the struggles you face do not define your worth or your future. God's grace is greater than any burden, and His strength is made perfect in our weakness.

In the coming days, you will discover practical reflections and journaling prompts to help process your emotions and find strength in God's presence. Let this study be a reminder that **hope remains, even in the darkest night**. May you find courage to reach out for help, trust in God's unfailing love, and rise each day with renewed purpose. You matter deeply to God, and He is with you every step of the way.

















Day 1: V God, Our Refuge in Trials

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 God, Our Refuge in Trials

Devotional: Finding Shelter in God's Strength

Psalm 46:1 reminds us that God is our refuge and strength in the storms of life. For veterans facing suicidal struggles, this means God is not distant or indifferent; He is a present help, ready to hold us up when we feel like we cannot carry on.

Many veterans carry invisible wounds and silent battles. This verse assures us that when everything around us seems to shatter, God offers shelter. Our first step today is to recognize that we don't have to be strong alone. *God's strength is made perfect in our weakness*, and He invites us to lean on Him.

When feelings of despair arise, pause and declare this promise aloud. Let it soak into your soul: you are not alone, and God's power surrounds you.







Day 1: **(**) God, Our Refuge in Trials

Reflect and Apply

1.	How do you currently view strength during your struggles?
	What does the image of God as a refuge bring to your heart in moments of pain?
3.	In what ways can you start leaning on God's strength today?







Day 1: ① God, Our Refuge in Trials

Journaling Prompts

1.	Write about a time when you felt God's help during a difficult moment.
	List the emotions you experience during your struggles and how God's refuge could speak to them.
3.	Journal your honest feelings about asking God for strength.







Day 1: V God, Our Refuge in Trials

Prayer for Today

Dear God, thank You for being my refuge and strength. When I feel overwhelmed by pain and darkness, remind me that I am never alone. Help me to trust in Your power, especially when I am weak. Strengthen my heart and renew my hope. Walk with me through each step today and forever. *Amen.* \bigwedge

















Day 2: A Hope Beyond the Darkness

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.
- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you."







Day 2: A Hope Beyond the Darkness

Devotional: Embracing God's Daily Mercy

Lamentations 3:22–23 powerfully reminds us that God's mercies are renewed every morning. No matter how dark today may feel, there is hope reserved for tomorrow. For veterans wrestling with suicidal thoughts, this verse offers a lifeline: God's unfailing compassion reaches even into the deepest sorrow.

In moments of despair, it can be difficult to see beyond the immediate pain. But God promises a future filled with His faithfulness and hope. Each new day brings fresh opportunities to experience His love and healing grace. Remember, your past trials do not define your destiny. *God's plan is to prosper you and give you hope.*

As you walk through your struggles, embrace this promise daily, knowing you are precious and cherished by God.





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Day 2: A Hope Beyond the Darkness

Reflect and Apply

1.	How can the idea of new mercies each morning change the way you face your struggles?
2.	What future hope does God's faithfulness inspire in you?
3.	What small steps toward healing might emerge from trusting God's plans?







Day 2: A Hope Beyond the Darkness

Journaling Prompts

1.	Describe what it feels like to know God's compassion is new every day.
2.	Write a letter to your future self from God's perspective, full of hope.
	List ways you can remind yourself of God's faithfulness when discouraged.







Day 2: A Hope Beyond the Darkness

Prayer for Today

Heavenly Father, thank You that Your mercies are new every morning. When I am overwhelmed by darkness, help me to look to You for hope. Fill me with peace and joy as I trust Your plans for my life. Teach me to rely on Your unfailing love daily. In Jesus' name, Amen. $\triangle \$

















Day 3: 🐧 Light in the Valley of Shadows

Your Verse

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

Supporting Scriptures

- John 1:5 The light shines in the darkness, and the darkness has not overcome it.
- Isaiah 9:2 The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.







Day 3: 1 Light in the Valley of Shadows

Devotional: God's Presence Amid Darkness

Psalm 23:4 speaks directly to those enduring deep pain and suffering. Even in the darkest valleys—such as the struggle with suicidal thoughts—God's presence is our assurance that we will not be overcome.

This promise gives veterans a powerful truth: though the battle feels engulfing, God walks by your side, guiding and protecting you. The darkness is real, but it is not final. The divine light penetrates and overcomes darkness, giving hope even when it seems impossible.

If you are in a place of shadow, ask God to reveal His presence in tangible ways today. Invite Him to comfort your soul and dispel fear. Remember, you are never abandoned; He is always with you.







Day 3: 🗘 Light in the Valley of Shadows

Reflect and Apply

1.	How does God's promise to never leave you affect your fears and pain?
2.	What darkness in your life needs to be met with God's light today?
	In what ways can you invite God's presence more fully into your daily struggles?







Day 3: 🗘 Light in the Valley of Shadows

Journaling Prompts

	Write about a time when you felt God's presence in your darkest moments.
2.	Describe how God's light can change your perspective on your struggles.
3.	Journal your fears and surrender them to God in writing.







Day 3: 🐧 Light in the Valley of Shadows

Prayer for Today

Lord Jesus, You are my light in the darkest valley. When fear and despair threaten, remind me that You walk beside me. Help me to trust Your peace over my thoughts. Let Your light shine brighter than my pain. Thank You for never abandoning me. Amen. **1** • • •







Day 4: 🥰 Peace Beyond Understanding









Day 4: W Peace Beyond 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. And the peace of God, which transcends all understanding, will guard your hearts and minds.

Supporting Scriptures

- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast because they trust in you.
- John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives.







Day 4: 🐯 Peace Beyond Understanding

Devotional: Finding God's Peace in Anxiety

Philippians 4:6-7 offers comfort for anxious minds and troubled hearts. It instructs us to take our worries to God through prayer, trusting that He will guard our hearts with His transcendent peace.

Veterans struggling with overwhelming thoughts can find relief by bringing their fears honestly before God instead of holding them in silence. Prayer is a bridge from anxiety to serenity, where God's peace soothes the deepest pain beyond human understanding.

Today, try surrendering your anxious thoughts to God in prayer and thanksgiving, trusting He hears you. Allow His peace to guard your heart, mind, and soul—freeing you from the chains of worry and despair.







Day 4: Peace Beyond Understanding

Reflect and Apply

1.	What anxieties do you need to give over to God today?
2.	How can prayer and thanksgiving transform your emotional state?
	Where have you experienced God's peace before, and how can that memory strengthen you now?







Day 4: Peace Beyond Understanding

Journaling Prompts

1.	List worries you want to bring to God and pray over each one.
2.	Describe what God's peace feels like in your heart.
3.	Journal a prayer asking God to guard your mind and soul.







Day 4: 🐯 Peace Beyond Understanding

Prayer for Today

Gracious Father, I bring my anxieties and fears to You today. Help me to release them through prayer and trust in Your peace. May Your peace guard my heart and mind, calming my soul. Teach me to be thankful even in trials, and fill me with hope. In Jesus' name, Amen. 😂 🙏 👀

















Your Verse

2 Corinthians 12:9 - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses.

Supporting Scriptures

- Isaiah 40:31 Those who hope in the Lord will renew their strength. They will soar on wings like eagles.
- 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 in Our Weakest Moments

2 Corinthians 12:9 reveals that God's grace is enough, and His power shines brightest when we are weak. Struggling with suicidal thoughts often feels like our weakest, most vulnerable moment. Yet, God uses those moments to display His strength and to carry us through.

For veterans, weakness is not shame; it is where God's grace meets us. When we are overwhelmed, exhausted, or broken, God empowers us to persevere.

Today, embrace your weakness as an opportunity to depend fully on God's sustaining power. Let Him be your strength and boast in His grace, knowing it will carry you forward.







Reflect and Apply

1.	How do you typically respond to your own weaknesses?
2.	What would it look like to boast in God's grace amid your struggles?
3.	In what areas do you need God's strength renewed today?







Journaling Prompts

	Write about a weakness you have struggled to accept and how God's grace meets it.
2.	Describe how relying on God's power changes your perspective on your struggles.
3.	Journal prayers asking God to renew your strength and empower you.







Prayer for Today

Lord, my weaknesses are many, but Your grace is sufficient. Help me to lean on Your power each day. When I feel weak and broken, remind me that Your strength is perfect in me. Renew my spirit and carry me through this battle. Amen.







Day 6: Wever Alone: God's Constant Presence









Day 6: V Never Alone: God's Constant Presence

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 139:7–10 Where can I go from your Spirit? Where can I flee from your presence?







Day 6: 🍑 Never Alone: God's Constant Presence

Devotional: Courage in God's Unfailing Presence

Deuteronomy 31:6 is a clarion call to courage, grounded in the certainty that God will never abandon us. For veterans facing suicidal struggles, this is an assurance that no matter how isolated you feel, God's presence never leaves.

Fear and loneliness can be overwhelming feelings, but God's promise to be with us turns fear into courage. You are *never* outside His reach. He pursues and surrounds you even in your darkest moments.

Let this truth be a shield today. Ask God to fill your heart with courage and increase your awareness of His constant presence, empowering you to face challenges bravely.





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Day 6: 🎔 Never Alone: God's Constant Presence

Reflect and Apply

1.	What fears could you give to God, trusting He will not leave you?
2.	How does knowing God is always with you change your outlook on loneliness?
3.	Where might God be calling you to step forward in courage today?







Day 6: V Never Alone: God's Constant Presence

Journaling Prompts

e close beside you.
and imagine His response.
lay's challenges.







Day 6: 🍑 Never Alone: God's Constant Presence

Prayer for Today

Father God, You promise to never leave or forsake me. Help me to walk in courage, knowing You are always near. When fear and loneliness come, remind me of Your steadfast presence. Empower me to face today with boldness and trust. Amen. $\heartsuit \bigwedge \mathbb{Q}$

















Your Verse

Jeremiah 30:17 – But I will restore you to health and heal your wounds, declares the Lord.

Supporting Scriptures

- Psalm 147:3 He heals the brokenhearted and binds up their wounds.
- Revelation 21:4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain.







Devotional: God's Promise to Heal and Restore

Jeremiah 30:17 carries a beautiful promise of restoration for the weary and broken. Veterans who struggle with suicidal thoughts can take heart in the healing that God offers—not just physically, but emotionally and spiritually.

God does not ignore the wounds of your battles. Instead, He tenderly binds them up and restores your hope. This healing process may take time and often involves seeking support and help, but God's promise never fails.

Today, receive the encouragement that healing is possible and that your future can be filled with renewed hope and peace. Trust in God's faithfulness to restore your soul.







Reflect and Apply

1.	What wounds do you need God to heal in your life right now?
2.	How can hope play a role in your healing journey?
3.	Who or what supports can you embrace as part of God's healing process?







Journaling Prompts

1.	Write about what healing looks like for you personally.
2.	Describe areas where you want to experience God's restoration.
2	Toward a pressure of common day and bear a for the first one
5 .	Journal a prayer of surrender and hope for the future.







Prayer for Today

Merciful God, I ask You to heal my broken heart and restore my hope. Help me to trust in Your promise of restoration even when the road is difficult. Fill me with peace as You bind up my wounds and renew my strength. Thank You for never giving up on me. Amen. **2**







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