



Flashbacks & Faith: Inviting Jesus into Combat Night Terrors



Combat flashbacks steal your sleep—but Jesus restores peace. This 7-day plan helps veterans invite God into their nights and reclaim restful sleep.



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Introduction

Combat veterans often carry invisible wounds long after returning home—especially at night. Flashbacks, night sweats, and vivid dreams can drag you back into the battlefield, even when you're in bed. These night terrors are not just mental—they're spiritual. They are rooted in trauma, memory, and fear. But there is a name stronger than fear: **Jesus**.

This 7-day Bible study is written for warriors who toss and turn when the lights go out. It's for the soldier whose peace was left behind in the sand or snow. You are not crazy. You are not weak. And you are **not alone**.

Across the next 7 nights, we'll open the Word of God and invite His presence into the very place trauma tries to rule—your mind. Together, let's walk through scripture, prayer, and journaling as tools to reclaim restful sleep and spiritual victory.

“I lie down and sleep; I wake again, because the Lord sustains me.” — Psalm 3:5





Day 1: Naming the Fear to Defeat It



Day 1: Naming the Fear to Defeat It

Your Verse

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” — 2 Timothy 1:7 (NKJV)

Supporting Scriptures

- *Psalm 34:4 — “I sought the Lord, and He answered me; He delivered me from all my fears.”*
- *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.”*



Day 1: Naming the Fear to Defeat It

Devotional:

Before we can heal from the grip of night terrors, we have to confront what they really are: messengers of fear. These flashes of combat, loss, or helplessness are echoes of a time your body believed it might not survive. But God did not give you a spirit of fear. He gave you His Spirit—the Spirit of power, love, and a sound mind.

Veterans often downplay fear. You've trained yourself to press through it. But Jesus isn't asking you to ignore it. He's asking you to name it so you can give it to Him. Fear thrives in the dark—but it can't survive in the light of God's truth.

Tonight, before sleep, speak the name of the fear out loud. Whether it's "ambush," "failure," "guilt," or even just "darkness"—say it. Then declare what is truer than your fear: *"God has given me power. God has given me love. God has given me a sound mind."*



Day 1: Naming the Fear to Defeat It

Reflect and Apply

What if your flashbacks aren't just a sign of brokenness—but an invitation to let Jesus step into your most vulnerable place?



Day 1: Naming the Fear to Defeat It

Journaling Prompts

1. What specific image or memory keeps showing up in your dreams or flashbacks? Write it down plainly.

2. What emotions are attached to that image—shame, fear, anger, helplessness?

3. In what ways have you tried to control or suppress these nighttime experiences?



Day 1: Naming the Fear to Defeat It

Prayer for Today

God, I come to You with a heart full of unrest. My sleep has not been safe, and my mind keeps dragging me back to places I want to forget. But I don't want to forget—I want to be free. You did not give me this fear, so I reject it in Jesus' name. Tonight, I name the fear out loud and hand it to You. I ask for Your peace to cover my mind like a weighted blanket. I ask for Your presence to guard me as I lie down. Replace my fear with faith. Replace my panic with peace. Thank You for giving me a sound mind—even when I don't feel it. I trust You to meet me in my sleep. Amen.





Day 2: Securing the Perimeter — Praying Over Your Bedroom



Your Verse

“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” — Psalm 4:8 (NIV)

Supporting Scriptures

- *Job 11:18 — “You will be secure, because there is hope; you will look about you and take your rest in safety.”*
- *Psalm 121:7-8 — “The Lord will keep you from all harm—He will watch over your life; the Lord will watch over your coming and going both now and forevermore.”*



Day 2: Securing the Perimeter — Praying Over Your Bedroom



Devotional

Before any operation, a perimeter is secured. You scanned the landscape, checked for vulnerabilities, cleared threats. Why? Because **no one rests in danger**.

Your bedroom might be physically safe—but spiritually, it could feel exposed. If you've been reliving firefights in your dreams or waking up in cold sweats, it's time to do a perimeter sweep—through prayer.

Tonight, pray *out loud* in your room. Walk the perimeter if you need to. Speak God's Word into your physical space. Claim it as a place of peace, not panic. You're not just protecting your mind—you're establishing territory where **Jesus is Lord**, and trauma has no authority.

This isn't superstition. It's **spiritual discipline**. Just like you guarded the FOB, you now guard your space—with faith, not fear.



Day 2: Securing the Perimeter — Praying Over Your Bedroom

Reflect and Apply

Have you ever considered that your room can be spiritually “occupied”? What would it look like to reclaim it as holy ground?



Journaling Prompts

1. What specific items, images, or memories in your bedroom feel tied to trauma?

2. How have you unintentionally treated your room like a threat zone instead of a rest zone?

3. Write a short prayer of dedication, claiming your space for rest and God's peace.



Prayer for Today

Jesus, tonight I clear the spiritual perimeter of my home. This space is Yours. No fear, no nightmares, no flashbacks can remain here. I speak peace into every corner. I rebuke panic and welcome rest. Make this room a refuge, not a battleground. Let my sleep be safe because You are guarding me. Watch over my doorposts and my dreams. May angels stand guard while I lie down. Amen.

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Day 3: The 3 A.M. Patrol — What to Do When You Wake Up Afraid



Your Verse

“When I am afraid, I put my trust in you.” — Psalm 56:3 (ESV)

Supporting Scriptures

- *Isaiah 26:3 — “You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”*
- *Matthew 11:28 — “Come to me, all you who are weary and burdened, and I will give you rest.”*



Day 3: The 3 A.M. Patrol — What to Do When You Wake Up Afraid

Devotional:

You know the feeling—the snap awake. No sounds, but your heart’s pounding. You check the room. Hands sweaty. Sheets kicked off. You’re up at 0300, again.

This moment isn’t just a chemical response—it’s a **spiritual opportunity**. Think of it like a **patrol**. When you were downrange, patrols were about checking for threats, observing, and protecting. Spiritually, this 3 a.m. moment can be used to do the same.

Instead of stewing in the fear, **go on patrol with God**. Whisper a prayer. Open your Bible app. Sit up and breathe slowly while reciting Psalm 23 or 91. This isn’t weakness—it’s warfare. And you’re not patrolling alone.

You didn’t survive combat by ignoring fear—you survived by moving **through** it. Same here. Don’t lie in panic. **Rise in purpose**.



Day 3: The 3 A.M. Patrol — What to Do When You Wake Up Afraid

Reflect and Apply

What if every time you woke up afraid, it became a moment to meet Jesus on night watch?



Day 3: The 3 A.M. Patrol — What to Do When You Wake Up Afraid

Journaling Prompts

1. What's your usual response when you wake up scared in the middle of the night?

2. What would a "3 A.M. patrol" with God look like for you (prayer, Scripture, worship)?

3. Write a short nighttime declaration you can say when you wake up afraid.



Day 3: The 3 A.M. Patrol — What to Do When You Wake Up Afraid

Prayer for Today

God, I'm tired of waking up feeling like I'm under attack. But I believe You are with me in every moment—even in the middle of the night. Tonight, if I wake up again, let it not be a panic trigger, but a prayer trigger. Remind me that I'm not alone. Help me see these hours as moments to reconnect with You. Stand watch while I sleep, and walk with me when I can't. Amen.





Day 4: Rewriting the Memory — Letting God Reframe the Flashback



Day 4: Rewriting the Memory — Letting God Reframe the Flashback

Your Verse

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” — Genesis 50:20 (NIV)

Supporting Scriptures

- *Romans 8:28 — “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*
- *Isaiah 61:3 — “...to bestow on them a crown of beauty instead of ashes...”*



Day 4: Rewriting the Memory — Letting God Reframe the Flashback

Devotional:

The flashback isn't fiction. It happened. The explosion. The firefight. The body. The screaming. These are scenes burned into your brain. And too often, you relive them like you're stuck in an emotional time loop.

But what if those memories weren't meant to haunt you... but to be **healed**?

God doesn't erase the memory. He **reframes** it. What your enemy meant to destroy you, God can redeem. That moment that nearly broke you can become the story of how Christ began to **restore you**.

Today, try something radical: sit with the flashback and invite Jesus into the scene. Picture Him there. Ask Him what He wants you to see, hear, or know. Let Him speak into that moment. Let Him rewrite it—not by changing history, but by changing its hold on you.



Day 4: Rewriting the Memory — Letting God Reframe the Flashback

Reflect and Apply

Have you ever asked Jesus what He sees when He looks at your most painful memory?



Day 4: Rewriting the Memory — Letting God Reframe the Flashback

Journaling Prompts

1. What is one flashback you've tried to push away but keeps coming back?

2. What emotions do you feel when it shows up—shame, rage, grief, fear?

3. If Jesus stood inside that memory with you, what would you want Him to say or do?



Day 4: Rewriting the Memory — Letting God Reframe the Flashback

Prayer for Today

Lord, I've tried to forget these memories, but they won't go away. So today, I try something different. I invite You into them. I ask You to help me see them through Your eyes—not with shame, but with grace. Not with fear, but with faith. Reframe these memories. Redeem what was meant to destroy me. Show me that You were never far—even in my darkest hour. Amen.





Day 5: Laying Down Guilt — When You Can't Forget What You Did or Didn't Do



Day 5: Laying Down Guilt — When You Can't Forget What You Did or Didn't Do

Your Verse

“Therefore, there is now no condemnation for those who are in Christ Jesus.”
— Romans 8:1 (NIV)

Supporting Scriptures

- *1 John 1:9 — “If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*
- *Psalms 103:12 — “As far as the east is from the west, so far has He removed our transgressions from us.”*



Day 5: Laying Down Guilt — When You Can't Forget What You Did or Didn't Do



Devotional

Guilt is the ghost that shows up uninvited—especially at night. It whispers, “You shouldn’t have said that,” or “You should’ve saved him,” or worse, “It’s your fault he didn’t come home.”

But guilt has a way of confusing moral clarity. In war, you made impossible decisions under unimaginable pressure. God sees **all of it**—the hesitation, the aggression, the silence, the survival. And He doesn’t meet you with condemnation. He meets you with **compassion**.

Jesus went to the cross for more than sins in theory—He died for the exact things that make you lose sleep at night. The real stuff. The silence. The blood. The orders. The split-second reactions. The times you weren’t enough. He paid for **that**. And His forgiveness isn’t partial—it’s **complete**.

You don’t have to carry what Christ already buried.



Day 5: Laying Down Guilt — When You Can't Forget What You Did or Didn't Do

Reflect and Apply

Do you believe Jesus' sacrifice is big enough to cover what you can't forget?



Day 5: Laying Down Guilt — When You Can't Forget What You Did or Didn't Do

Journaling Prompts

1. What is one specific moment or decision that still fills you with guilt?

2. Have you confessed this to God—or just replayed it to yourself?

3. What would change if you truly believed that Jesus already paid for *that* moment?



Day 5: Laying Down Guilt — When You Can't Forget What You Did or Didn't Do

Prayer for Today

Jesus, I confess the guilt I've buried deep. The moments I can't shake. The things I regret. I bring them to You—not to punish myself, but to be free. Thank You that there is no condemnation for those who are in You. Forgive me for trying to carry what You already took to the cross. Let me sleep tonight under the weight of grace—not guilt. Amen.





Day 6: Rebuilding Sleep Routines with God's Rhythm of Rest



Day 6: Rebuilding Sleep Routines with God's Rhythm of Rest

Your Verse

“It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to His loved ones.” — Psalm 127:2 (NLT)

Supporting Scriptures

- *Genesis 2:2 — “By the seventh day God had finished the work he had been doing; so on the seventh day he rested...”*
- *Matthew 6:34 — “Do not worry about tomorrow, for tomorrow will worry about itself...”*



Day 6: Rebuilding Sleep Routines with God's Rhythm of Rest



Devotional

In the military, your sleep wasn't yours—it was mission-driven. You slept in shifts, in boots, with one eye open. Your nervous system learned that **sleep isn't safe**. Now, years later, you still feel that.

But God designed you for rest—not just physically, but **spiritually**. You weren't made to live in perpetual adrenaline. Jesus Himself slept in storms (Mark 4:38)—**you can too**.

Tonight, begin building a new rhythm. Not a quick fix. Not a pill. A process. Shut down devices earlier. Dim the lights. Open Scripture. Write a short prayer. Tell your body it's **safe to stop**. Let your mind know **God is still on watch**.

You trained for war. Now train for rest. The Commander of Heaven is your peace.



Day 6: Rebuilding Sleep Routines with God's Rhythm of Rest

Reflect and Apply

What if sleep isn't a reward for finishing the day—but a **spiritual act of trust** in God?



Day 6: Rebuilding Sleep Routines with God's Rhythm of Rest

Journaling Prompts

1. What habits from deployment or service still impact your sleep today?

2. What's one realistic bedtime boundary you can begin setting tonight?

3. Describe what a peaceful, Christ-centered bedtime routine might look like for you.



Day 6: Rebuilding Sleep Routines with God's Rhythm of Rest

Prayer for Today

God, You rested on the seventh day—not because You were tired, but to show us the rhythm of trust. I confess that I don't know how to wind down. I confess I still feel like I have to stay on alert. Teach me to release control at night. Train my body and soul to rest in Your presence. Guard me as I sleep, and rebuild my rhythm in grace. Amen.





Day 7: Victory Over the Dark — Declaring Peace Before Sleep



Your Verse

“The light shines in the darkness, and the darkness has not overcome it.” — John 1:5 (ESV)

Supporting Scriptures

- *Romans 16:20 — “The God of peace will soon crush Satan under your feet.”*
- *Psalms 46:1 — “God is our refuge and strength, an ever-present help in trouble.”*



Day 7: Victory Over the Dark — Declaring Peace Before Sleep



Devotional

You made it to the seventh day—not perfectly, but **faithfully**. You’ve named the fear. Cleared the perimeter. Walked the 3 a.m. patrol. Reframed memories. Laid down guilt. Begun rebuilding rhythms. And tonight, you take the final step: **declaring victory**.

The enemy thrives in silence, secrecy, and darkness. But you belong to **the Light**. And no nightmare, no memory, no flashback is stronger than the name of Jesus. Before you sleep tonight, speak **life** into your space. Declare that this room is a sanctuary. That this night is covered. That this soul is free.

Don’t wait to *feel* brave—**declare** truth even when you’re afraid. That’s how real warriors fight.

Tonight, you don’t just go to sleep—you **stand in authority**. The kind only a blood-covered, Spirit-filled, battle-tested follower of Christ can claim.



Day 7: Victory Over the Dark — Declaring Peace Before Sleep

Reflect and Apply

Victory isn't the absence of flashbacks—it's knowing they don't own you anymore.



Day 7: Victory Over the Dark — Declaring Peace Before Sleep

Journaling Prompts

1. Looking back at this week, what's shifted—internally or externally?

2. What nighttime fear no longer has the grip it used to?

3. Write your own “night declaration”—a short creed you’ll speak before bed.



Day 7: Victory Over the Dark — Declaring Peace Before Sleep

Prayer for Today

Jesus, I thank You that darkness doesn't get the last word—**You do**. I declare that tonight is covered by Your blood. That my body, my mind, and my room are under Your authority. I renounce fear. I break agreement with trauma. I proclaim peace. And I invite You—Light of the World—into my night. Into my mind. Into my dreams. May my sleep be filled with rest, not war. With renewal, not terror. You are my refuge, my shield, and my victory. Amen.





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