# Healing and Trust: A Veteran's Journey to Restoration



A 7-day study to heal from betrayal and trauma, guiding veterans to trust again through Scripture and prayer.





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#### Introduction

Welcome to this healing journey, designed especially for veterans who have faced betrayal and broken trust within leadership or command. Serving in the military often means placing profound trust in those who lead us. Yet, when that trust is broken, the pain can run deep, leaving wounds that affect not only our service but our very souls.

Through this 7-day Bible study, we explore Scripture to rediscover how God invites us to lay down our burdens, find restoration, and open our hearts to trust again — not only in Him but also in community and healing relationships. You may have experienced trauma inflicted by those in positions of authority—an injustices or moral failings that shattered your confidence and peace. But God's Word offers hope, pointing to a path where broken trust can be mended through His unfailing love and grace.

This plan provides daily reflections, Scripture, and prayerful engagement to walk with you through the complex emotions of betrayal, the process of forgiveness, and the courage to trust anew. Here, healing is not denial but a brave confrontation of pain with faith.

As you journey through these days, remember you are not alone. The God who sees your struggles also offers strength, comfort, and a new beginning. Let His promises restore your spirit, renew your hope, and empower your trust — day by day, step by step.

















#### 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**

- Psalm 36:5 "Your love, Lord, reaches to the heavens, your faithfulness to the skies."
- Deuteronomy 31:6 "Be strong and courageous... for the Lord your God will never leave you nor forsake you."







#### Devotional: Finding Trust in God's Steadfast Love

When trust is broken, the heart may feel consumed by pain and betrayal. Yet, God's faithfulness remains unshaken, even when human leaders fail us.

Lamentations reminds us that His compassion is renewed every morning — a loving promise that each day brings in fresh mercy, regardless of yesterday's wounds.

Veterans who have experienced disappointment from leadership in service often wrestle with feelings of abandonment or mistrust. But God meets us in our brokenness with unwavering love. His steadfast nature means He is the reliable anchor when everything else seems unstable.

Today, lean into the truth that God's faithfulness is not conditional—it does not depend on human perfection or circumstances. This assurance forms the foundation for healing. As you reflect, consider how the Lord's consistent love can begin to restore your trust in Him, even as you navigate the pain caused by others.







# Reflect and Apply

	How have you experienced God's faithfulness despite human failures around you?
2.	What does it mean to you that God's mercies are new every morning?
	Where are you holding on to broken trust that needs to be surrendered to God?







#### **Journaling Prompts**

1.	Write about a moment when God proved faithful to you during a difficult time.
	Describe your feelings about trust right now and what you hope healing will look like.
3.	List areas where you need God's compassion to feel renewed.







#### Prayer for Today

Lord, thank You for Your endless compassion and unchanging faithfulness.

When I feel betrayed and let down by those I trusted, help me to remember Your steadfast love that never fails. Teach me to surrender my pain and rest in Your mercy renewed every morning. Strengthen my heart to trust You deeply, even when human leaders falter. Heal the wounds of broken trust and guide me toward restoration and peace. In Jesus' name, Amen.  $\bigwedge$ 









# Day 2: W Healing from Betrayal's Pain









Day 2: 🤎 Healing from Betrayal's Pain

#### Your Verse

Psalm 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted, to proclaim freedom for the captives."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 2: W Healing from Betrayal's Pain

#### Devotional: God's Nearness to the Brokenhearted

Betrayal cuts deeply, leaving emotional and spiritual scars that feel unbearable. Yet the psalmist assures us that God is near to the brokenhearted. He does not turn away; instead, He draws close, offering comfort and healing to those crushed by pain.

Veterans wrestling with trauma from trusted leaders who betrayed their confidence may struggle with feelings of isolation—thinking their wounds are too deep or unique. God's Word reminds us that He specializes in mending hearts shattered by disappointment.

Healing begins when we bring our pain honestly before God. He does not condemn our brokenness but offers rest. His presence is a safe refuge where we can begin to process hurt and find renewal. This journey requires courage but also the hope that recovery is possible through His grace.







Day 2: 🧡 Healing from Betrayal's Pain

# Reflect and Apply

1.	How do you experience God's presence in your pain today?
	What feelings come up when you acknowledge your brokenness before God?
	In what ways can surrendering your hurt to God open the way for healing?







Day 2: 🎔 Healing from Betrayal's Pain

# **Journaling Prompts**

1.	Write a letter to God describing your feelings about betrayal and pain.
2.	List ways you have tried to cope alone and how you might invite God into those moments.
3.	Reflect on times when God's comfort felt especially real to you.







Day 2: W Healing from Betrayal's Pain

#### Prayer for Today

Dear Lord, You see every wound and hear every cry of my heart. When my spirit is crushed from betrayal, draw near to me and lift my burden. Help me to bring my brokenness honestly to You without fear. Surround me with Your healing presence and quiet my weary soul. Lead me from pain toward peace, trusting You to restore what was lost. Thank You for being close when I feel most alone. In Jesus' name, Amen. 🍑 🙏 😂 😂

















#### Your Verse

Ephesians 4:31–32 – "Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other."

#### **Supporting Scriptures**

- Colossians 3:13 "Forgive as the Lord forgave you."
- Matthew 6:14 "If you forgive others, your heavenly Father will also forgive you."







#### Devotional: Choosing Forgiveness Over Bitterness

Bitterness and anger often rise naturally after betrayal, especially when trust has been deeply broken. However, the Apostle Paul urges us in Ephesians to remove these heavy feelings from our hearts, replacing them with kindness, compassion, and forgiveness.

For veterans, this can be one of the most challenging steps in the healing journey. Forgiveness does not mean forgetting or excusing the wrong done, but it means choosing freedom from the chains of resentment.

God's forgiveness toward us models how we can extend grace, freeing our hearts from the corrosive power of bitterness. By releasing anger, we make room for peace and healing to grow, allowing God to work restoration from within.







# Reflect and Apply

1.	What feelings of anger or bitterness are you holding onto?
2.	How does forgiveness free you emotionally and spiritually?
3.	What fears or obstacles do you face regarding forgiveness?







# **Journaling Prompts**

1.	Identify specific areas where you struggle to forgive and why.
2.	Write about the difference between forgiveness and forgetting in your own words.
3.	Reflect on a time you received forgiveness and how it affected you.







#### Prayer for Today

Lord, help me to release the bitterness and anger I carry. Teach me to forgive others as You have forgiven me, even when it is difficult. Soften my heart and fill me with kindness and compassion. I surrender my pain and choose freedom through Your grace. Heal the wounds in my heart so that I may walk in peace. Thank You for Your example of perfect forgiveness. In Jesus' name, Amen.

















#### Your Verse

Proverbs 3:5 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

#### **Supporting Scriptures**

- Psalm 118:8 "It is better to take refuge in the Lord than to trust in humans."
- Jeremiah 17:7 "Blessed is the one who trusts in the Lord."







#### Devotional: Refocusing Trust on God's Leadership

After betrayal by human leaders, regaining trust can feel nearly impossible. Yet, the wisdom of Proverbs reminds us that while human leadership may fail, our ultimate trust belongs in the Lord.

Rebuilding trust does not mean denial of past hurts but recognizing that God's guidance is perfect and dependable. Veterans can find renewed confidence by realigning their trust with God, who understands every injustice and holds perfect authority.

Submitting our ways to God leads to paths that are straightened and made clear, even when human stewardship falters. This realignment helps guard our hearts and refocuses our hope.







# Reflect and Apply

	How do you balance human leadership experiences with trusting God's guidance?
2.	What does trusting God 'with all your heart' look like in your life?
3.	Where has God proved to be a faithful leader despite human failures?







# **Journaling Prompts**

1.	Describe your current feelings about leadership and authority.
	Write about ways you can intentionally place your trust in God over human leaders.
3.	Reflect on biblical leaders who demonstrate faithful trust in God.







#### Prayer for Today

Heavenly Father, help me to trust You fully, especially when human leaders have failed me. Teach me to lean not on my own understanding but on Your perfect wisdom and love. Straighten my path and guide my steps towards healing and hope. Restore my confidence in Your leadership above all else. Thank You for never abandoning those who seek You. In Jesus' name, Amen.



















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







# Devotional: Embracing Vulnerability to Receive Strength

Veterans often pride themselves on strength and resilience, yet vulnerability is not weakness. Paul reminds us that God's power shines brightest when we acknowledge our limitations and lean on His grace.

Admitting pain caused by betrayal or trauma takes courage, and it opens the door for God's healing power to work deeply.

When you accept your weaknesses and invite God's grace, you receive supernatural strength to cope, heal, and move forward. This surrender fosters courage to face wounds honestly and trust God's comforting presence through every difficult step.







# Reflect and Apply

1.	What areas of weakness or pain do you resist admitting?
2.	How can vulnerability open the door to healing and strength?
	In what ways have you experienced God's power during your weakest moments?







# **Journaling Prompts**

Write about what vulnerability means to you personally.
Describe a time when God's grace was evident in your weakness.
Reflect on fears or barriers that keep you from fully opening up.







#### Prayer for Today

**Lord, teach me to find strength in my vulnerability.** When I feel weak or broken, fill me with Your grace and power. Help me to lean on You fully, knowing Your strength is perfect when mine fails. Heal my wounds and renew my spirit with courage. Thank You for being my refuge and source of true strength. In Jesus' name, Amen.

















Day 6: 🌣 Building Supportive Community

#### Your Verse

Ecclesiastes 4:9–10 – "Two are better than one... If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 6: 🌣 Building Supportive Community

#### Devotional: Finding Strength in Godly Community

Healing from betrayal and trauma is rarely a solitary journey. Ecclesiastes highlights the strength found in supportive relationships—when one falls, another can provide the needed help to rise.

For veterans learning to trust again, building safe, encouraging community is crucial. God designed us for connection, mutual care, and encouragement.

Surrounding yourself with others who understand, listen, and pray can greatly aid your recovery. Community offers accountability to walk toward forgiveness, humility, and hope as you heal together.







Day 6: 🎔 Building Supportive Community

# Reflect and Apply

1.	Who in your life provides trustworthy support and encouragement?
2.	How can you cultivate safe, healing relationships?
3.	What is one step you can take today toward building community?







Day 6: 🎔 Building Supportive Community

#### **Journaling Prompts**

1.	List individuals or groups where you feel safe to share and receive support.
2.	Reflect on how community has helped or challenged you in the past.
3.	Write about the qualities you desire in a supportive community.







Day 6: 🌣 Building Supportive Community

#### **Prayer for Today**

Father, thank You for placing us in community. Lead me to relationships that bring healing, encouragement, and love. Help me to open my heart to others and build safe spaces for support and growth. Strengthen the bonds that spur me on toward faith and forgiveness. May Your Spirit guide our steps as we carry each other's burdens. In Jesus' name, Amen.  $\bigwedge$ 















#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

#### **Supporting Scriptures**

- Romans 8:28 "And we know that in all things God works for the good of those who love him."
- Philippians 3:13 "Forgetting what is behind and straining toward what is ahead."







#### Devotional: Walking Forward in God's New Work

As your healing journey progresses, God invites you to release the past and look forward to His new work in your life. Isaiah's words encourage us not to dwell on former betrayal or trauma but to recognize the new beginnings God is creating.

Trusting in God means believing He can redeem pain for purpose. Romans reminds us that all things work for good for those who love Him—even betrayal and brokenness.

Embracing hope is a courageous choice, a declaration that God's restoration is greater than past wounds. With renewed trust and peace, you step forward into the future God has prepared, confident He walks with you.







# Reflect and Apply

1.	What former things do you need to release to move forward?
2.	How does embracing God's new beginnings empower your healing?
	In what ways can you actively participate in God's restoration for your life?







# **Journaling Prompts**

1.	Write a prayer or declaration of hope for your future.
2.	List new attitudes or habits you want to develop moving forward.
3.	Reflect on how God has transformed your perspective through this study.







#### **Prayer for Today**

Lord, thank You for doing new things in my life. Help me to forget the pain of the past and embrace the hope You offer. May I trust Your plans for good and walk confidently into the future You prepare. Renew my heart and strengthen my faith as I step forward in healing and restoration. In Jesus' name, Amen.









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