# Healing Anger and Trusting God as a Veteran



A 7-day plan to help veterans release anger, overcome bitterness, and trust God's justice and timing.





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#### Introduction

Welcome to this 7-day Bible study designed especially for veterans who are wrestling with anger toward government or command decisions. Often, experiences in service can leave deep emotional scars—frustration, bitterness, or resentment toward those decisions that affected your life or the lives of others. This study invites you to journey through Scripture to find healing and a renewed trust in God's perfect justice and timing.

Whether you have carried anger for years or recently face disappointment, remember you are not alone. The Bible acknowledges feelings of anger and injustice but consistently points us toward freedom found in God's presence and promises. Over the next week, we'll explore God's character as a just judge, His gentle hand that heals wounds, and His invitation to release bitterness through forgiveness and hope.

Each day offers a primary Scripture passage, supporting verses, a devotional reflection, and thoughtful questions to guide personal application. You will also find journaling prompts and a prayer to help process your emotions and cultivate a heart aligned with God's peace.

As you commit to this journey, pray for openness and courage to surrender the burdens you carry. God's timing is perfect—even when justice feels delayed—and His love is steadfast. May you find freedom, healing, and a renewed sense of trust in Him.

















Day 1: **(**) Facing Anger with Honesty

#### Your Verse

Psalm 37:8 NIV - "Refrain from anger and turn from wrath; do not fret—it leads only to evil."

#### **Supporting Scriptures**

- Ephesians 4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry,"







Day 1: V Facing Anger with Honesty

#### Devotional: Honor Your Anger but Don't Let It Control You

It's natural to feel anger over decisions that seemed unjust or harmful during service. Psalm 37:8 urges us to refrain from anger and turning to wrath, warning us that bitterness can lead us into evil paths. At the same time, Ephesians 4:26 acknowledges anger but challenges us not to sin in it. This means being honest with our feelings but not letting anger control our actions or hearts.

James 1:19 teaches us to be slow to anger, encouraging thoughtful response rather than impulsive reaction. Today, consider being candid with God about your anger. He invites you to lay your burdens down without fear of judgment. Recognizing anger is the first step toward releasing it, allowing God's healing to begin.

As a veteran, your feelings are valid. But God's Word reminds us that harboring anger long-term can destroy inner peace and distort our relationship with Him. Choose today to begin the journey toward letting go.







Day 1: **(**) Facing Anger with Honesty

## Reflect and Apply

1.	What specific anger or bitterness are you holding onto from your service?
2.	How has this anger affected your relationship with God and others?
3.	What does it look like for you to 'refrain from anger' in your current situation?







Day 1: **(**) Facing Anger with Honesty

#### **Journaling Prompts**

1.	Write about a moment when anger gripped you related to a command or government decision.
2.	List the emotions that come up when you think about that moment.
	How might releasing this anger benefit your spiritual and emotional health?







Day 1: V Facing Anger with Honesty

#### Prayer for Today

**Lord,** I come before you honestly with the anger and frustration I carry. Help me to be truthful about these feelings without letting them control me. Teach me to rest in your justice and timing, even when I struggle to understand. Bring healing to my heart and restore peace. May I learn to trust you more deeply each day. *In Jesus' name, Amen.*

















#### Your Verse

Romans 12:19 NIV - "Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord."

#### **Supporting Scriptures**

- Psalm 9:7–8 "The Lord reigns forever; he has established his throne for judgment."
- Isaiah 30:18 "The Lord waits to be gracious to you; therefore he exalts himself to show mercy to you."







## Devotional: Release Control and Embrace God's Justice

One of the hardest challenges is surrendering the desire for personal revenge or vindication. Romans 12:19 reminds us to leave room for God's wrath, recognizing that true justice belongs to Him alone. This scripture is a powerful call to lay down the burden of seeking repayment and to trust God's sovereign timing.

The psalmist proclaims that God's throne is established for judgment, assuring us that injustice will not go unnoticed or unpunished. Isaiah reinforces God's patient and gracious heart, inviting us to wait for His mercy rather than acting in our own strength.

Today, reflect on what it means to entrust your pain and anger to a just God rather than trying to control the outcome. Trusting His justice opens space for healing and peace in your soul.







## Reflect and Apply

1.	What aspects of justice are you struggling to trust God with?
2.	How might holding onto anger block God's work in your healing?
3.	In what ways can you remind yourself daily to surrender revenge to God?







## **Journaling Prompts**

1.	Describe what 'justice' means to you in light of your experiences.
2.	Write a letter to God, releasing your desire for personal revenge.
3.	List scriptures or affirmations that help you trust God's timing.







#### Prayer for Today

Heavenly Father, I confess how hard it is to wait for justice on my own terms. Help me to trust that you see all and will act in perfect timing. Teach me to rest in your sovereignty, releasing the need for control and revenge. Fill me with your peace as I wait for your righteous judgment. *Amen.* ••• \$\lambda\$ \lambda\$ \text{\text{\text{\text{C}}}\$} \lambda\$









## Day 3: 💋 Letting Go of Bitterness









Day 3: **B** Letting Go of Bitterness

#### Your Verse

Hebrews 12:15 NIV - "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many."

#### **Supporting Scriptures**

- Ephesians 4:31 "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."
- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."







Day 3: **B** Letting Go of Bitterness

#### Devotional: Uproot Bitterness with God's Grace

Bitterness is like a root that quietly spreads, causing trouble and defiling the spirit. Hebrews 12:15 warns us against letting this take hold. Bitterness can consume us, restricting the freedom we have in Christ.

Ephesians 4:31 presents a clear command to rid ourselves of bitterness along with rage, anger, and malice. Colossians encourages forgiveness toward others, even when we have legitimate grievances.

Forgiveness does not mean forgetting or excusing wrongs but choosing to release their grip on your soul. Today, examine your heart—where might bitterness be hiding? Ask God for strength to uproot it and receive His grace to heal. True freedom comes from letting go.







Day 3: 💋 Letting Go of Bitterness

#### Reflect and Apply

	Are there specific resentments you have clung to that have caused inner pain?
2.	How does holding bitterness affect your trust in God's plan?
3.	What steps can you take to forgive and release these grudges?







Day 3: 💋 Letting Go of Bitterness

## **Journaling Prompts**

1.	Identify areas where bitterness resides in your heart.
2.	Write about a time when forgiveness brought you peace.
3.	List ways you can actively choose grace over resentment daily.







Day 3: B Letting Go of Bitterness

#### Prayer for Today

**Dear Lord,** I ask for your help to remove bitterness from my heart. It has weighed me down and kept me from fully experiencing your peace. Grant me the courage and grace to forgive those who have hurt me, and help me to live free from resentment. Heal the wounds that fuel this bitterness. *Thank you for your unfailing love.* Amen.







# Day 4: W Embracing Peace in Troubled Times









Day 4: W Embracing Peace in Troubled Times

#### Your Verse

John 14:27 NIV - "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."

#### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and minds."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 4: 😂 Embracing Peace in Troubled Times

#### Devotional: Receive Jesus' Unshakable Peace Today

Peace is a precious gift from Jesus that surpasses all worldly understanding. John 14:27 offers a beautiful promise—His peace is unlike any peace the world can give. This means even when external circumstances remain difficult, you can experience a deep, abiding calm within.

Philippians reminds us to turn anxieties into prayer, allowing God's peace to guard our hearts and minds. Isaiah promises perfect peace to those who keep their trust focused on God.

Today, decide to lean into His peace even amidst painful memories or ongoing frustrations. Let prayer and trust become anchors for your soul. God's peace can silence fear and soothe your heart like nothing else.







Day 4: 😂 Embracing Peace in Troubled Times

## Reflect and Apply

1.	How does God's peace differ from temporary relief you may have known?
2.	What fears or anxieties do you need to surrender to God now?
3.	How can prayer shape your ability to receive peace daily?
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Day 4: 😂 Embracing Peace in Troubled Times

#### **Journaling Prompts**

1.	Describe what peace feels like or looks like in your life.
2.	Write a prayer asking Jesus to fill your heart with His peace.
3.	List moments when God's peace has surprised you unexpectedly.







Day 4: 🛱 Embracing Peace in Troubled Times

#### Prayer for Today

**Lord Jesus,** I thank you for your gift of peace that calms troubled hearts. When the weight of anger or frustration threatens to overwhelm me, remind me to rest in your presence. Help me to trust you more deeply and to release fear and anxiety into your caring hands. Fill me with your peace today and always. *Amen.* 🔾 🗸

















Day 5: A Healing Through Forgiveness

#### Your Verse

Matthew 6:14-15 NIV - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."

#### **Supporting Scriptures**

- Luke 6:37 "Forgive, and you will be forgiven."
- Colossians 3:13 "Forgive as the Lord forgave you."







Day 5: A Healing Through Forgiveness

#### Devotional: The Freedom Found in Forgiveness

#### Forgiveness is often the hardest step but also the gateway to healing.

Matthew 6:14–15 links our willingness to forgive others with receiving God's forgiveness. This is not merely a rule but an invitation to experience freedom from bitterness and pain.

Jesus teaches forgiveness as a fundamental principle, encouraging us to forgive just as He has forgiven us. Forgiveness doesn't mean the wrong was okay; it means refusing to let it control your heart or future.

Today, ask God to help you forgive those who caused pain through command decisions or government actions. Open your heart to His healing power to mend what feels broken. This step releases you from an emotional prison and aligns you with God's grace.







Day 5: 🙏 Healing Through Forgiveness

## Reflect and Apply

1.	Who do you find hardest to forgive, and why?
2.	How might forgiveness shift your emotional and spiritual perspective?
3.	What fears do you have around forgiving those who wronged you?







Day 5: 🙏 Healing Through Forgiveness

## **Journaling Prompts**

	Write about your journey toward forgiving someone related to your service.
2.	List benefits you might see by choosing forgiveness.
3.	Pray for strength to forgive fully and truly.







Day 5: 🙏 Healing Through Forgiveness

## **Prayer for Today**

















#### Your Verse

Ecclesiastes 3:1 NIV - "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."
- Lamentations 3:25–26 "The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD."







#### Devotional: Find Strength While Waiting on God

Patience is a vital part of trusting God's justice and timing. Ecclesiastes 3:1 reminds us that life unfolds in seasons, each with God's purpose even when unclear.

Psalm 27:14 encourages us to be strong and brave as we wait on the Lord, while Lamentations assures us that hope in the Lord brings goodness even in waiting.

Veterans know well the challenge of waiting for peace or resolution after trauma and injustice. Today, commit to seek God faithfully while you wait, knowing He is working all things for good. Patience doesn't mean passivity but active trust.







## Reflect and Apply

	Where do you find impatience or discouragement in your healing journey?
2.	How can embracing seasons help you cope with uncertainty?
3.	What spiritual disciplines help you stay connected to God while waiting?







## **Journaling Prompts**

1.	Write about a time waiting for God felt especially hard or meaningful.
2.	List ways you can cultivate patience with God's timing.
3.	Commit to one practice today that will strengthen your waiting heart.







#### Prayer for Today

**Dear Lord,** Teach me to wait with patience and hope. When my heart is weary or discouraged, remind me that your timing is perfect. Strengthen me to trust you through every season and to keep seeking you earnestly. Help me to be courageous as I wait on your salvation. Amen.

















Day 7: \* Hope Renewed for the Future

#### Your Verse

Jeremiah 29:11 NIV – "For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him,"
- Isaiah 40:31 "But those who hope in the LORD will renew their strength."







Day 7: 2 Hope Renewed for the Future

# Devotional: Step Forward with Hope and Renewed Strength

As this study concludes, embrace the promise of hope and restoration. Jeremiah 29:11 is a powerful reminder that God's plans for your life include hope and prosperity, not harm.

Romans prays that God will fill you with joy and peace as you trust Him, while Isaiah assures renewed strength for those who hope in the Lord.

Veterans carry unique burdens, but God's future for you is bright and full of purpose. Let go of past anger and bitterness today and step forward with confidence in God's faithfulness. Your journey is not just about what has happened but the hope you carry into tomorrow.







Day 7: 🎇 Hope Renewed for the Future

## Reflect and Apply

1.	How does God's promise of hope shape your view of the future?
2.	What fears or doubts need to be surrendered to embrace hope fully?
3.	How can you support others who struggle with anger and bitterness?







Day 7: 🎇 Hope Renewed for the Future

## **Journaling Prompts**

1.	Write a vision of the future filled with hope and peace.
2.	List encouraging scriptures or truths to revisit when discouraged.
3.	Commit to sharing your journey or encouragement with someone else.







Day 7: \* Hope Renewed for the Future

#### Prayer for Today

Father God, Thank you for the hope and plans you have established for my life. Help me to walk confidently into the future you have prepared. Fill me with your joy and peace as I trust you daily. Renew my strength and empower me to live free from anger and bitterness. Use my story for your glory. Amen.













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