Healing for Veterans: God's Word Overcoming PTSD



A 7-day Bible study guiding veterans through God's promises for healing from PTSD symptoms like flashbacks, anxiety, and hypervigilance.





Table of contents

<u>Introduction</u>	3
<u>Day 1: Ogod Our Refuge in the Storm</u>	4
Day 2: Strength for the Weary	10
Day 3: **3 Peace That Transcends Fear	16
<u>Day 4: God Sees Every Battle</u>	22
<u>Day 5: 1 Hope Amidst Darkness</u>	28
Day 6: Rest for the Weary Soul	34
Day 7: Victory in Jesus	40







Introduction

Welcome to a Bible-centered journey towards healing for veterans struggling with PTSD. Transitioning from combat to civilian life can bring persistent challenges: flashbacks, hypervigilance, and anxiety, to name a few. These experiences can feel isolating and overwhelming, yet the *Word of God offers hope, peace, and restoration*. This study is crafted specifically for those who have served and now face the invisible wounds of battle.

Throughout these seven days, we will explore Scripture passages that address fear, trauma, anxiety, and God's unfailing presence. Each day highlights God's promises to calm troubled hearts and renew strength. The Bible does not minimize the pain of our scars but provides a path to walk through them with divine comfort and courage.

You will find devotional reflections, practical questions, journaling prompts, and prayers designed to help you meditate on God's Word and apply it to your healing journey. Whether you are encountering flashbacks from combat experiences, living on alert through hypervigilance, or battling anxiety, the Lord longs to be your refuge and deliverer.

You are not alone. The One who calls Himself the Good Shepherd is beside you in every dark valley. Together, let's lean into His strength and promises, trusting that healing is possible through His unfailing love and grace.

















Your Verse

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

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: Finding Solace When Heart and Spirit Are Crushed

PTSD often leaves us feeling broken and overwhelmed. The flashbacks and anxiety can crush our spirit, making it hard to see hope. However, Psalm 34:18 reminds us that *God is not distant but near to those whose hearts are shattered.* He saves, comforts, and sustains the weary soul.

Imagine God as your rock and fortress amid the chaos. Though memories or fears threaten to consume you, He stands beside you, offering shelter. The reassurance from Psalm 46:1 declares the LORD as our refuge, a constant strength when life becomes tumultuous.

When hypervigilance grips you—and your mind races with alerts trying to protect you—pause and remember Isaiah's words: God commands us not to fear because He is with us. His presence dissolves the chains of anxiety and replaces dread with peace.

Embracing God's nearness is the first step towards healing. Invite Him into your pain today and rely on His unwavering strength and compassion to carry you through.







Reflect and Apply

1.	How does knowing God is close to your broken heart impact your experience of PTSD symptoms?
2.	What shelters or safe places, physical or spiritual, do you turn to when anxiety rises?
3.	In moments of hypervigilance, how might calling on God's presence change your response?







Journaling Prompts

	Describe a moment when you felt God's comfort during a difficult episode.
2.	Write about how fear or anxiety currently affects your daily life.
3.	List Bible verses or promises that help you remember God's presence.







Prayer for Today

Lord, my heart feels broken and overwhelmed by memories and fear. *Thank You for being near to those crushed in spirit.* Help me to find refuge in You when anxiety threatens to overtake me. Be my strength and shelter in every battle I face within. Calm my racing mind and reassure me of Your constant presence. Renew my hope and lead me toward healing, step by step. In Jesus' name, Amen.

















Day 2: X Strength for the Weary

Your Verse

Isaiah 40:31 NIV – "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Supporting Scriptures

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 2: X Strength for the Weary

Devotional: Hope Renewing Strength Beyond Human Limits

Living with PTSD can be exhausting both mentally and physically. The battle often leaves us feeling drained and depleted. Yet, Isaiah 40:31 offers a powerful promise: *hope in the Lord brings renewed strength.* This hope isn't just wishful thinking—it's a secure trust that God will empower us to rise above our challenges.

When you feel weak or worn down by your struggles, remember Psalm 73:26. Even when your body feels frail, God remains the strength of your heart. His power works through your weakness, as Paul explained in 2 Corinthians 12:9. God's grace strengthens you, making you resilient.

This doesn't mean pain or PTSD symptoms disappear instantly. Instead, it means God equips you to endure, to keep moving forward with renewed courage and vigor.

Allow yourself to lean into God's promise of restoration today. Place your hope firmly in Him, and trust He will replenish your spirit to run the race set before you.







Day 2: 🔀 Strength for the Weary

Reflect and Apply

1.	Where have you experienced God's strength in your weakness?
	How can the promise of renewed strength change your approach to daily challenges?
3.	What does it mean for you to 'hope in the Lord' amid your struggles?







Day 2: 🔀 Strength for the Weary

Journaling Prompts

	Write about a time when you felt physically or emotionally exhausted but God gave you strength.
	List ways you can actively place your hope in God during difficult moments.
3.	Reflect on what weaknesses you struggle to surrender to God.







Day 2: 🔀 Strength for the Weary

Prayer for Today

Heavenly Father, I come before You weary from the fight within my mind and soul. *Thank You for the promise that hope in You renews my strength.* Help me to rely not on my own power but on Your grace made perfect in weakness. Lift me up like an eagle, enable me to run and walk without giving in to fatigue. Restore my spirit day by day as I put my trust in You. In Jesus' strong name, Amen.







Day 3: W Peace That Transcends Fear









Day 3: W Peace That Transcends Fear

Your Verse

Philippians 4:6-7 NIV - "Do not be anxious about anything... 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. I do not give to you as the world gives."
- Psalm 94:19 "When anxiety was great within me, your consolation brought me joy."







Day 3: 🖏 Peace That Transcends Fear

Devotional: Resting in God's Unfailing Peace

Anxiety and fear often torment those with PTSD, disrupting peace both in the heart and mind. However, Philippians 4:6–7 offers a transformative directive: instead of succumbing to anxious thoughts, present your concerns to God through prayer and thanksgiving. In return, God promises peace — a peace beyond human comprehension that will guard your heart and mind.

Jesus reinforced this gift in John 14:27, highlighting that His peace is unlike anything the world offers. It is enduring, protective, and calming, even amid storms.

Psalm 94:19 reminds us that even when overwhelming anxiety invades the soul, God's consolation brings joy and tranquility. This scripture encourages us to seek God's comfort actively, allowing His peace to silence the turmoil.

Embrace practices of prayer and thanksgiving as weapons against anxiety. Invite God's peace into your heart today, trusting He will shield your mind from fear.







Day 3: 😂 Peace That Transcends Fear

Reflect and Apply

1.	What are the common triggers of your anxiety and fear?
2.	How does prayer and thanksgiving change your experience of anxiety?
	Have you experienced God's peace guarding your heart and mind? Describe those moments.







Day 3: 😂 Peace That Transcends Fear

Journaling Prompts

	Write down your current worries and bring them to God in prayer through journaling.
2.	Reflect on a time when God's peace surprised you during a fearful situation.
3.	Create a gratitude list to practice thanksgiving amidst anxiety.







Day 3: 💙 Peace That Transcends Fear

Prayer for Today

Dear Lord, I confess the anxiety that often overwhelms me and clouds my mind. *Help me to bring every worry before You in prayer with thanksgiving.* Fill me with Your peace that surpasses understanding and guard my heart and mind in Christ Jesus. Replace my fear with Your calm assurance and rest my soul in Your unfailing love. Thank You for being my sanctuary. In Jesus' name, Amen. 😂 🙏 👀

















Your Verse

Psalm 139:1-2 NIV – "You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar."

Supporting Scriptures

- Isaiah 49:15 "Can a mother forget the baby at her breast and have no compassion on the child she has borne?"
- Hebrews 4:15 "For we do not have a high priest who is unable to empathize with our weaknesses."







Devotional: God's Compassion in Your Hidden Struggles

Sometimes the battle is invisible, fought deep within the mind and heart.

PTSD often feels like a solitary fight, yet Psalm 139 assures us that God intimately knows every detail of our being. He perceives our thoughts and emotions even before we voice them.

This knowledge comes with compassion. Isaiah 49:15 illustrates God's tender care, likening His compassion to that of a mother's love. He will never forget or abandon you, even when trauma makes you feel lost or unseen.

Furthermore, Hebrews 4:15 reminds us that Jesus understands our weaknesses because He experienced temptation and suffering. You have a Savior who empathizes fully with your pain.

Allow this truth to penetrate your heart today: you are fully known, deeply loved, and never alone in your struggle.







Reflect and Apply

	How does knowing God knows and understands your inner battles encourage you?
2.	In what ways can you be honest before God about your struggles?
3.	How might Jesus' empathy give you hope in your healing process?







Journaling Prompts

1.	Write a letter to God describing your hidden struggles and feelings.
2.	Reflect on how knowing God's compassion affects your self-view.
3.	List ways Jesus' empathy invites you into deeper trust with Him.







Prayer for Today

Lord, thank You for knowing me completely, even the parts I keep hidden. *Your compassion comforts me when I feel alone in my struggle.* Help me to bring my thoughts and pain to You honestly and rest in Your understanding. Thank You for sending Jesus, who walks with me in my weaknesses. Strengthen me through Your love and presence. In Jesus' precious name, Amen. $\heartsuit \bigcirc \mbox{\cite{A}}$

















Your Verse

Romans 15:13 NIV – "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Supporting Scriptures

- 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."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







Devotional: Overflowing Hope through God's Spirit

PTSD can cast long shadows, making it difficult to see hope clearly. Yet Romans 15:13 offers a radiant promise: God desires to fill you with joy and peace as you trust Him, empowering you to overflow with hope by the Holy Spirit's power.

This hope is not selfish optimism but a supernatural anchor in the storm. It springs from God's unchanging love and faithfulness, highlighted in Lamentations 3:22–23, reminding us that His mercies renew each morning.

Even if nights feel full of pain and tears, Psalm 30:5 assures us that sorrow is temporary and joy will return. Trusting God enables us to hold onto hope through the darkness, anticipating healing dawns.

Invite the Holy Spirit to refresh your heart with hope today. Let God's faithfulness be the firm foundation beneath your feet as you walk through healing.







Reflect and Apply

What does hope look like for you in the midst of PTSD struggles?
How can God's faithfulness influence your daily outlook?
In what ways have you experienced new mercies or fresh starts recently?







Journaling Prompts

1.	Write about moments when hope felt difficult to hold onto.
2.	Describe how God's promises give you strength to face hard days.
3.	Record prayers asking the Holy Spirit to fill you with joy and peace.







Prayer for Today

God of Hope, fill me with Your joy and peace as I place my trust in You. *Empower me by Your Holy Spirit to overflow with hope, even when darkness surrounds me.* Help me remember Your faithfulness and the promise that new mercies come each morning. Strengthen my heart to persevere and embrace healing. In Jesus' name, Amen. 💸 🙏 😂









Day 6: Rest for the Weary Soul









Day 6: 🛌 Rest for the Weary Soul

Your Verse

Matthew 11:28–29 NIV – "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 23:1-3 "The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."
- Exodus 33:14 "My presence will go with you, and I will give you rest."







Day 6: Early Soul

Devotional: Receiving God's Rest in Troubled Times

PTSD can leave you feeling burdened beyond what seems bearable. The weight of trauma, anxiety, and constant alertness is exhausting. Jesus offers a sacred invitation in Matthew 11:28–29: come to Him with your burdens, and He promises rest.

This rest is more than physical—it's soul-deep restoration. Psalm 23 beautifully illustrates God's care: He leads us beside still waters, making us lie down and refreshing our souls.

Exodus 33:14 reassures us that God's presence accompanies us on every step and grants us rest along the journey. You don't have to carry your burdens alone; His presence provides peace and renewal.

Today, accept Jesus' invitation and surrender your burdens to Him. Allow His gentle hand to calm your spirit and renew your weary soul.







Day 6: 🛌 Rest for the Weary Soul

Reflect and Apply

1.	What burdens are you carrying that need to be laid at Jesus' feet?
2.	How might resting in God's presence look amid your daily life?
3.	Are there areas where you resist God's invitation to rest?







Day 6: 🛌 Rest for the Weary Soul

Journaling Prompts

1.	Write about what 'rest' means to you spiritually and physically.
2.	List ways you can practice resting in God's presence this week.
3.	Describe feelings or thoughts you want to surrender to Jesus today.







Day 6: East for the Weary Soul

Prayer for Today

Jesus, I come to You weary and burdened, longing for rest. *Thank You for Your invitation to find peace in You.* Help me lay down my heavy burdens and trust in Your care. Refresh my soul and lead me beside quiet waters. May Your presence be my constant refuge and strength. In Your gentle name, Amen.











Day 7: Victory in Jesus









Your Verse

1 John 5:4 NIV – "For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith."

Supporting Scriptures

- Romans 8:37 "In all these things we are more than conquerors through him who loved us."
- Revelation 21:4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."







Devotional: Faith Bringing Triumph Over Trauma

As this study draws to a close, remember the ultimate victory found in Jesus over any darkness. 1 John 5:4 declares that everyone born of God overcomes the world through faith. This means that PTSD, with all its challenges, does not have final authority over your life.

Romans 8:37 powerfully assures us that through Christ's love, we become more than conquerors—not by our strength, but His.

The promise in Revelation 21:4 points to a future without pain, tears, or mourning. It provides hope beyond present suffering and a reminder that God is preparing a place of perfect healing and peace.

Lean on your faith today, knowing God fights for you. Trust His victory over trauma and let that hope propel your path forward in healing and restoration.







Reflect and Apply

1.	How does the assurance of victory through faith impact your outlook on PTSD?
2.	What does being 'more than a conqueror' mean in your personal struggle?
3.	How can you hold onto the hope of a future without pain today?







Journaling Prompts

1.	Reflect on your faith journey and ways God has given you strength.
2.	Write about your hopes for healing and restoration through Christ.
3.	List practical steps to walk confidently in the victory God provides.







Prayer for Today

Lord Jesus, thank You for the victory You have won over all things, including my struggles with PTSD. *Help me to walk in faith knowing I am more than a conqueror through Your love.* Strengthen my hope in Your promises of a future free from pain and sorrow. Keep my heart fixed on You as I continue the healing journey. In Your victorious name, Amen.







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.