## Healing from Combat Trauma: Finding Peace in God



A 7-day journey to inner healing from war trauma through God's peace, focusing on comfort, restoration, and hope found in Christ.





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#### Introduction

Healing from Combat Trauma Through God's Peace is a unique Bible study designed specifically for veterans and anyone wrestling with the residual pain of war and battle trauma. Memories of combat can weigh heavily on the heart and mind, often leaving wounds unseen but deeply felt. This study invites you to experience the restorative peace of the *Prince of Peace* who offers hope, comfort, and healing beyond human understanding.

Throughout Scripture, God reveals Himself as a refuge for the weary and a healer of broken spirits. Veterans often carry invisible scars that impact their daily life, relationships, and spiritual wellbeing. This study acknowledges those real struggles while pointing to the powerful truth that healing is possible through God's presence and promises.

Each day we will explore biblical passages that speak to the peace God gives —peace that can calm the storms of anxiety, fear, and painful memories. As we meditate on God's Word, pray, and reflect, you'll be invited to open your heart to His healing touch and embrace His unwavering love that never abandons us, even in the darkest valleys.

"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." — John 14:27

May this journey bring you renewed hope and restoration as you lean into the God who understands your struggles and lovingly carries your burdens.















#### Your Verse

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."

#### **Supporting Scriptures**

- Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: God's Gift of Peace in Troubled Times

Combat trauma often leaves a restless mind and an unsettled heart. The memories, flashbacks, and nightmares cast shadows of fear and anxiety. But Jesus, the *Prince of Peace*, offers a peace that the world cannot give—a peace that surpasses our understanding and calms the deepest storms within.

In John 14:27, Jesus assures us that He imparts **His peace** to us, not the temporary or fragile kind the world offers, but a lasting and steadfast calm. This peace becomes a protective guard over our hearts and minds, even when turmoil threatens.

As you begin this journey, take a moment to reflect on areas where your heart feels troubled or afraid. Imagine laying these anxieties before Jesus and receiving His calming presence. Even in the midst of unbearable memories, the peace Christ provides invites you to rest and trust in His care.

Today, you're invited to embrace God's peace by turning your burdens over to Him, knowing He understands the trauma and pain you've experienced. He is ready to walk with you through your healing process.







## Reflect and Apply

What areas of your heart or mind feel most troubled by memories of combat?
How would embracing God's peace change your daily struggles with anxiety or fear?
What does it mean to you that God offers a peace that the world cannot give?







## **Journaling Prompts**

1.	Write about a specific moment when anxiety from trauma felt overwhelming.
2.	Describe how you imagine Jesus' peace entering into that moment.
	List ways you can remind yourself to lean on God's peace throughout your day.







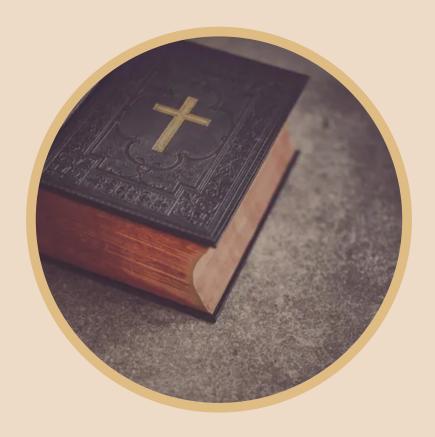
#### Prayer for Today

Heavenly Father, thank You for the gift of peace that passes all human understanding. In the moments when my mind races and my heart feels heavy with the memories of battle, help me to rest in Your calming presence. I surrender my fears and anxieties to You, trusting that You guard my heart and mind. Fill me with Your peace, that I may walk forward with courage and hope. Thank You, Lord, for Your unfailing love and healing power. Amen.















#### Your Verse

Psalm 34:18 - "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 God Near When Spirit Feels Broken

Combat trauma often leaves a veteran feeling broken and crushed beneath the weight of painful memories and unseen wounds. Yet Scripture reminds us that God is intimately near to those who are brokenhearted. Psalm 34:18 declares, "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

This promise means that even when our spirit feels shattered by the horrors witnessed and endured, God draws near to offer comfort. He is not distant or unaware of your pain; instead, His presence is a refuge where healing can begin.

Psalm 46 further calls God our refuge and strength, a help always present amid trouble. For veterans feeling overwhelmed, these truths provide a firm anchor. The God who fights for you will carry your burdens and cover you with His protection.

Today, let yourself lean into this proactive and tender love. Share your brokenness with God honestly; He will not reject you but will hold you close.







## Reflect and Apply

	How does knowing God is close to the brokenhearted comfort your wounded spirit?
2.	In what ways might God be acting as your refuge during times of trauma?
3.	What fears or discouragement do you need to give to God today?







#### **Journaling Prompts**

	Write about your feelings of brokenness and how God's closeness might change your view.
2.	Describe a time you sensed God's protection during a difficult moment.
3.	List qualities of God that bring you comfort in your healing journey.







#### Prayer for Today

**Lord God,** You know the pain I carry and the broken places in my heart. Thank You for being close to me when I feel crushed and alone. Help me to find refuge in Your presence today, resting in the knowledge that I am not abandoned. Strengthen me with Your love and protect me from despair. May Your healing touch restore my soul and renew my spirit. In Jesus' name, I pray. Amen. The substitute of the pain I carry and the broken places in my heart.

















#### Your Verse

Jeremiah 29:11 – "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."
- 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."







#### Devotional: God's Promises Illuminate New Hope

Amid the pain of combat trauma, it's easy to feel hopeless or uncertain about the future. Yet God's Word offers a lifeline of hope through His promises. Jeremiah 29:11 assures us that God has intentional plans to prosper us and give us hope, even when life feels unpredictable and painful.

These promises remind us that healing is not just about moving past trauma but about embracing a future filled with God's blessings and restoration. Romans calls God the source of hope, joy, and peace as we trust in Him. No matter how broken we feel today, God's compassion renews every morning, inviting us forward with renewed strength.

Today, try to imagine what God's good plans for your life might look like beyond the trauma. Allow His faithfulness to inspire you as you take steps of trust and healing.







## Reflect and Apply

1.	What hopes do you have for your future in light of God's promises?
2.	How can trusting God's plan strengthen you during difficult times?
3.	In what ways have you experienced God's faithfulness recently?







#### **Journaling Prompts**

1.	Write a letter to your future self encouraging hope and trust in God.
2.	List specific plans or dreams you want to entrust to God.
3.	Describe moments when you saw God's compassion renewing you.







### **Prayer for Today**

**Faithful God,** thank You for the hope You offer despite past pain. Help me to trust that Your plans for me are good and filled with promise. Restore my vision for the future and fill me with joy and peace as I walk this healing path. Teach me to rely on Your faithfulness every day. Amen. \*\*







## Day 4: Whealing Memory Wounds with God's Grace









Day 4: 🛠 Healing Memory Wounds with God's Grace

#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

#### **Supporting Scriptures**

- Isaiah 53:5 "By his wounds we are healed."
- 2 Corinthians 1:3-4 "The God of all comfort, who comforts us in all our troubles..."







Day 4: N Healing Memory Wounds with God's Grace

#### Devotional: God Tenderly Heals Our Deepest Wounds

One of the most difficult aspects of combat trauma is the lingering pain of memories. These wounds are not always visible, but they can haunt our hearts daily. Psalm 147:3 offers a profound truth: God **heals the brokenhearted** and binds up their wounds.

God's grace is powerful enough to intervene in the broken places inside us. Isaiah reminds us that through Christ's suffering, healing is made possible. Our Savior fully understands pain, having suffered Himself. This empathy means He meets us in our suffering with compassion and restorative power.

Moreover, 2 Corinthians describes God as the God of all comfort who comes alongside us. This comfort is not a quick fix but a loving process of care that enables gradual healing.

Today, invite God to gently bind up your wounds and breathe His grace into your memories. Let His healing begin within your soul.







Day 4: 🛠 Healing Memory Wounds with God's Grace

## Reflect and Apply

1.	What wounds from war continue to affect you most deeply?
	How does knowing Christ shared in suffering impact your healing journey?
	In what ways can you receive God's comfort when memories overwhelm you?







Day 4: 🛠 Healing Memory Wounds with God's Grace

## **Journaling Prompts**

1.	Describe a 'wound' of memory that you want God to heal.
2.	Write about how you'd like to experience God's comfort today.
3.	List ways you can remind yourself of Christ's sacrifice and healing power.







Day 4: N Healing Memory Wounds with God's Grace

#### Prayer for Today















#### Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

#### **Supporting Scriptures**

- Isaiah 41:13 "I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you."
- Psalm 94:19 "When anxiety was great within me, your consolation brought me joy."







#### Devotional: God's Spirit Empowers Us Against Fear

Fear and anxiety are common after experiencing trauma, often causing feelings of timidity and uncertainty. Yet, 2 Timothy 1:7 reminds us that the Spirit God gives is not one of fear but of power, love, and self-discipline.

This means that through God's Spirit, we are empowered to overcome fear and anxiety, not by our own strength but by His. Isaiah affirms this by showing God holding our hand and commanding us not to fear because He promises help.

Psalm 94 speaks to the reality that anxiety can be overpowering, but God's consolation brings lasting joy and peace. When battling fears rooted in trauma, leaning into God's Spirit allows us to choose courage and love in place of timidity.

Today, invite the Holy Spirit to fill you with power and courage to face your fears, confident that You are never alone.







## Reflect and Apply

1.	What fears or anxieties does God want to help you confront?
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2.1	How might embracing God's Spirit change your response to fear?
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	n what ways have you experienced God's consolation bringing you peace?
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## **Journaling Prompts**

1.	Write about a fear you want to give to God today.
2.	Describe what power, love, and self-discipline look like in your life.
3.	List practical ways to rely on God's Spirit when anxiety arises.







#### Prayer for Today

**Spirit of God,** fill me with Your power, love, and self-discipline today. Help me to cast aside fear and anxiety, trusting that You hold my hand through every challenge. Bring Your peace into the places fear controls and strengthen my courage to face each day. Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 23:2-3 "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







#### Devotional: Jesus Offers Rest for Our Weary Souls

Combat trauma can leave us feeling exhausted—physically, mentally, and spiritually. Jesus' invitation in Matthew 11:28 is a balm to the weary: "Come to me, all you who are weary and burdened, and I will give you rest."

This rest is more than physical sleep; it is a deep restoration of the soul. Psalm 23 describes how God leads us to peaceful places to refresh our inner being. This nurturing rest renews our strength and restores hope.

Isaiah 40:31 beautifully promises that those who hope in the Lord will have their strength renewed, enabling them to rise above weariness and continue the journey forward.

Today, accept Jesus' generous offer to carry your burdens and replenish your soul. Allow yourself moments of quiet surrender and open your heart to His peaceful restoration.







## Reflect and Apply

1.	What areas of your life feel most weary and burdened right now?
2.	How do you experience rest and renewal in God's presence?
3.	What practices help you surrender your burdens to Jesus daily?







## **Journaling Prompts**

1.	Describe what 'rest' means to you in the context of healing trauma.
2.	Write about times God led you to peace amid difficulty.
3.	List ways you can intentionally seek Jesus' rest this week.







#### Prayer for Today

**Jesus,** I come to You tired and burdened. Thank You for offering rest to my weary soul. Help me lay down my burdens and find renewal in Your loving care. Lead me beside quiet waters and restore my strength for each new day. Amen.















#### Your Verse

Romans 8:38–39 – "For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus."







## Devotional: Embracing New Life and God's Unfailing Love

As this study concludes, we stand on the firm foundation of God's unbreakable love and healing power. Romans 8:38–39 declares that nothing can separate us from the love of God in Christ—not past trauma, present struggles, or future uncertainties.

Through faith, we become new creations (2 Corinthians 5:17), empowered to leave behind the shadows of war trauma and step into a purpose-filled life. Philippians assures us that God will continue His healing work in us until it is complete.

Walking forward means carrying both scars and hope, secure in the knowledge that God's peace guards us and His purposes sustain us. Today, commit to embracing this new life, allowing God's peace to shape your steps and your story.







## Reflect and Apply

	How does the assurance of God's unfailing love impact your healing journey?
2.	What does becoming a "new creation" mean for you personally?
3.	In what ways can you trust God to continue His healing work in your life?







## **Journaling Prompts**

1.	Write about your hopes for walking forward in God's peace and purpose.
2.	Reflect on the transformation you've experienced during this study.
3.	List commitments to nurture your healing and growth in faith.







#### Prayer for Today

**Lord,** thank You that nothing can separate me from Your love. As I move forward, help me to embrace the new life You give, trusting Your ongoing work in me. Fill me with Your peace and guide my steps in Your purpose. May I walk boldly in hope and healing. Amen. \*







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