



Healing from Combat Trauma Through God's Peace



A 7-day study guiding veterans toward inner healing and peace through God's promises and the Prince of Peace.



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Introduction

Welcome to this healing journey, dear veteran. The memories of combat and the intense experiences of war can leave deep wounds that affect your mind, heart, and spirit. Yet, God offers a peace that surpasses all understanding—a peace that can heal, restore, and bring hope even in the darkest battles.

This 7-day Bible study is crafted especially for those who have faced the hardships of war and now seek God's tender healing. Each day, you will explore Scriptures that speak directly to the soul weary from conflict, encouraging you to rest in God's presence and find restoration through His everlasting peace.

As the **Prince of Peace**, Jesus invites you to cast your burdens upon Him. He understands your pain and is ready to carry it. *Within this study, meditate on His promises, embrace His comfort, and allow His Spirit to renew your strength.* This journey is not about forgetting your experiences, but about transforming them through faith and God's healing touch.

Let us embark on this path together, trusting that God's peace is able to mend the broken places within you, bringing hope, calm, and a new beginning.





Day 1: Finding Rest in God's Peace



Day 1: 🌿 Finding Rest in God's Peace

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 4:6-7 - "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."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 1: 🌿 Finding Rest in God's Peace

Devotional: Jesus Offers Unshakable Peace to Rest In

Combat leaves many veterans with restless minds and troubled hearts. The echoes of battle and the weight of trauma can make peace feel out of reach. Yet, Jesus promises to give us His peace—not as the world gives, but a deep, lasting calm that quiets fear and anxiety.

Today, God invites you to rest in His peace, to let go of the burdens you've been carrying alone. When your heart is troubled or afraid, turn to the Prince of Peace. His peace isn't dependent on circumstances—it transcends understanding and guards your soul.

As you face the challenge of healing, remember: peace is not the absence of conflict but the presence of God's calm amidst the storm.



Day 1:  Finding Rest in God's Peace

Reflect and Apply

1. How have memories of combat affected your peace of mind recently?

2. Are there fears or anxieties you are holding that Jesus wants you to release to Him?

3. What might it look like for you to accept God's peace today, regardless of your circumstances?



Day 1:  Finding Rest in God's Peace

Journaling Prompts

1. Write about a time when you felt God's peace during or after a difficult moment.

2. List the worries or fears you want to surrender to God today.

3. Describe what 'resting in God's peace' means personally for you.



Day 1: 🌿 Finding Rest in God's Peace

Prayer for Today

Lord, I come before You weary and heavy-laden. I thank You for the gift of Your peace, which surpasses all understanding. Help me to lay down my fears and burdens at Your feet. Quiet my mind and soothe my spirit, Prince of Peace. Fill me with Your calm and protect my heart as I walk the road of healing. Teach me to trust You more deeply each day. In Jesus' name, Amen.





Day 2: 🛡️ God Is Our Refuge and Strength



Day 2:  God Is Our Refuge and Strength

Your Verse

Psalm 46:1-2 – “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear...”

Supporting Scriptures

- *Psalm 34:18 – “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*
- *Isaiah 41:10 – “So do not fear, for I am with you; do not be dismayed, for I am your God.”*



Day 2:  God Is Our Refuge and Strength

Devotional: God's Strength Sustains the Weary and Broken

The trauma of combat can leave a soul feeling vulnerable and afraid. Yet, the psalmist reminds us that God is our refuge and strength. He is an ever-present help when troubles surge like overwhelming waves.

Even in the darkest moments, God is near to the brokenhearted and those crushed in spirit. Though battle scars remain, you are not alone. The God who stood with you in your most difficult hours continues to guard your heart today.

Place your confidence in Him. Let His unfailing presence be your fortress and courage, even when memories sting deeply.



Day 2:  God Is Our Refuge and Strength

Reflect and Apply

1. In what ways have you experienced God's help during times of trauma or difficulty?

2. How can trusting God as your refuge change how you face painful memories?

3. What does it mean for you personally that God is close to the brokenhearted?



Day 2:  God Is Our Refuge and Strength

Journaling Prompts

1. Write about a moment when you felt God's presence as a strong refuge in your life.

2. List Scriptures or prayers that comfort you when you feel crushed in spirit.

3. Describe the safe place God provides to you amidst your inner battles.



Day 2: 🛡️ God Is Our Refuge and Strength

Prayer for Today

Father, You are my refuge in the storm. When I feel broken and worn down by painful memories, draw me close. Strengthen my weak heart and remind me that I am never alone. Guard me from fear and fill me with courage that comes from You alone. Thank You, God, for being my ever-present help. In Jesus' name, Amen. 🛡️ ❤️ 🙏





Day 3: 🕊️ The Prince of Peace Heals Our Hearts



Day 3: 🕊️ The Prince of Peace Heals Our Hearts

Your Verse

Isaiah 9:6 - "For to us a child is born... and he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Revelation 21:4 - "He will wipe every tear from their eyes... and there will be no more death or mourning or crying or pain..."*



Devotional: Embracing Jesus, the Healer of Our Wounds

Jesus is not only our Savior but also the Prince of Peace. His birth brought hope and the promise of healing for broken hearts. When combat trauma weighs you down, Jesus invites you to come to Him—wearied, burdened, and seeking rest.

Only He can heal the deepest wounds and replace pain with peace. The peace He offers is eternal and powerful enough to wipe away tears, calm anxiety, and restore your soul. Today, lean into that promise. Trust that the Prince of Peace cares deeply for every ache and memory you carry.

Your healing begins in His embrace.



Reflect and Apply

1. What does calling Jesus the Prince of Peace mean in your healing journey?

2. How can you practically 'come to Him' when memories feel overwhelming?

3. In what ways do you hope to experience the rest that Jesus promises?



Day 3: 🕊️ The Prince of Peace Heals Our Hearts

Journaling Prompts

1. Write a prayer inviting Jesus, the Prince of Peace, into areas of pain and trauma.

2. Reflect on a time when Jesus gave you rest or peace amid suffering.

3. Describe what healing looks like in your life through Jesus' power.



Day 3: 🕊️ The Prince of Peace Heals Our Hearts

Prayer for Today

Lord Jesus, Prince of Peace, I come to You weary and burdened. I ask You to heal the wounds that run deep and replace my pain with Your perfect peace. Help me to lean into Your rest and receive the comfort only You can provide. Thank You for wiping my tears and offering hope beyond this life. In Your loving name, Amen. 🕊️❤️🙏





Day 4: God Breaks Every Chain



Day 4: ☯ God Breaks Every Chain

Your Verse

Isaiah 58:6 – “Is not this the kind of fasting I have chosen... to set the oppressed free, to break every yoke?”

Supporting Scriptures

- *Psalm 147:3 – “He heals the brokenhearted and binds up their wounds.”*
- *2 Corinthians 1:3-4 – “God... comforts us in all our troubles, so that we can comfort those in any trouble.”*



Day 4: ☯ God Breaks Every Chain

Devotional: Freedom and Healing from Trauma's Chains

Trauma can bind us in chains of fear, guilt, or painful memories. But God's heart is to break every yoke and bring freedom. Healing begins when we allow Him to loosen the grip trauma holds on our souls.

Through His love and grace, God heals broken hearts and binds us up with tender care. He is not distant but deeply involved in your healing process, comforting you in all your troubles.

Your pain is not wasted; God wants to use your journey to shine His hope to others also in need.



Day 4:  God Breaks Every Chain

Reflect and Apply

1. What chains do you feel combat trauma has placed on your heart or mind?

2. How can God's promise to break every yoke encourage you in healing?

3. In what ways can God's comfort enable you to help others who struggle?



Day 4:  God Breaks Every Chain

Journaling Prompts

1. Write about areas in your life where you need God to break chains.

2. Recall a moment you experienced God's comfort during difficult times.

3. Consider how your healing journey might inspire or support others.



Day 4: 🌀 God Breaks Every Chain

Prayer for Today

Father, I ask You to break every chain of trauma and fear binding my heart. Heal the wounds that still hurt and set me free from the weight of past battles. Thank You for Your faithful comfort that carries me day by day. Help me to receive Your healing and share Your hope with others. In Jesus' name, Amen.





Day 5: 🔥 Renewing Strength Through God's Spirit



Day 5: 🔥 Renewing Strength Through God's Spirit

Your Verse

Isaiah 40:31 – “Those who hope in the Lord will renew their strength. They will soar on wings like eagles...”

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



Day 5: 🔥 Renewing Strength Through God's Spirit

Devotional: Hope in God Brings Renewed Strength and Courage

Healing from trauma requires strength that often feels beyond our reach. Yet, God offers renewal for the weary through His Spirit. When you place your hope in Him, your strength can be restored as if you soar on eagles' wings.

God's power replaces timidity with boldness, fear with love, and weakness with self-discipline. The Spirit strengthens your heart and empowers you to face each day anew.

Let today be a moment to lean fully on God's renewing power and to receive His courage and peace as your portion forever.



Day 5: 🔥 Renewing Strength Through God's Spirit

Reflect and Apply

1. Where do you feel depleted or weak in your healing journey?

2. How can trusting the Spirit's power bring courage in daily struggles?

3. What would it look like to hope fully in the Lord each day?



Day 5: 🔥 Renewing Strength Through God's Spirit

Journaling Prompts

1. List areas in your life that need God's renewing strength.

2. Write about times God's Spirit gave you courage amid fear.

3. Describe how you experience God as your portion and strength.



Day 5: 🔥 Renewing Strength Through God's Spirit

Prayer for Today

Lord, I place my hope in You to renew my strength. When I feel weary and burdened, pour out Your Spirit to empower and uplift me. Replace fear with love, timidity with boldness, and weakness with self-discipline. Help me soar on wings like eagles, trusting Your unfailing strength. In Jesus' name, Amen.





Day 6: ✨ Remembering Victory in Christ



Day 6: ✨ Remembering Victory in Christ

Your Verse

Romans 8:37 – “No, in all these things we are more than conquerors through him who loved us.”

Supporting Scriptures

- *1 John 4:4 – “The one who is in you is greater than the one who is in the world.”*
- *Psalms 18:2 – “The Lord is my rock, my fortress and my deliverer...”*



Day 6: ✨ Remembering Victory in Christ

Devotional: Claiming the Victory Christ Has Won for You

Though trauma may feel like an ongoing battle, God blesses you as a conqueror through Christ. His love empowers you to overcome every fear and memory that weighs you down.

Remember that the One living in you is greater than any enemy or past struggle. Your identity is no longer defined by trauma but by the victory Christ has won for you.

Take refuge in God as your rock and fortress today, and step forward with renewed confidence that you are more than a survivor—you are victorious.



Day 6: ✨ Remembering Victory in Christ

Reflect and Apply

1. How does knowing you are 'more than a conqueror' affect your view of trauma?

2. In what ways can God be your rock and fortress during difficult memories?

3. What truths about your identity in Christ encourage you most now?



Day 6: ✨ Remembering Victory in Christ

Journaling Prompts

1. Write about your victory story, even amid struggles.

2. List the ways God has been your fortress through trauma.

3. Describe how embracing your identity in Christ brings peace.



Day 6: ✨ Remembering Victory in Christ

Prayer for Today

Jesus, thank You for Your love that makes me more than a conqueror. Strengthen me to overcome the memories and fears of the past. Help me take refuge in You as my rock and fortress. Remind me daily of my true identity and victory in You. In Your mighty name, Amen. ✨ 🛡️ 🙏 ❤️





Day 7: 🌈 Hope Restored and Peace Secured



Day 7: 🌈 Hope Restored and Peace Secured

Your Verse

Jeremiah 29:11 – “For I know the plans I have for you... plans to give you hope and a future.”

Supporting Scriptures

- *Psalm 119:105 – “Your word is a lamp to my feet and a light to my path.”*
- *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...”*



Day 7:  Hope Restored and Peace Secured

Devotional: Walking Forward with Hope and God's Guiding Light

As this study draws to a close, remember that God's plans for you are filled with hope and a secure future. Despite the shadows of trauma, His mercies are new every morning, offering fresh opportunities for healing and joy.

God's Word lights your path forward, guiding you step by step. Trust that He will continue to lead you into peace, renewing your heart and restoring hope even after deep pain.

Walk forward with confidence that the God who began this healing journey with you will bring it to completion.



Day 7:  Hope Restored and Peace Secured

Reflect and Apply

1. What hopes do you hold onto now that were lost in trauma?

2. How can God's Word serve as a lamp in times of ongoing struggle?

3. What does it mean to you that God's compassion is new every morning?



Day 7:  Hope Restored and Peace Secured

Journaling Prompts

1. Write of the hopes God has placed in your heart for the future.

2. Describe how Scripture has guided your healing journey.

3. Reflect on the comfort of God's daily, renewed compassion.



Day 7: 🌈 Hope Restored and Peace Secured

Prayer for Today

Heavenly Father, thank You for the hope and future You promise. Even when healing feels slow, help me trust Your plans and rest in Your compassion that never fails. Guide me with Your Word and lead me by Your light each day. I place my future in Your hands. In Jesus' name, Amen. 🌈 📖 🙏 ❤️





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