



# Healing Through Forgiveness: A Veteran's Path to Peace



A 7-day study guiding veterans to release bitterness toward military leadership through forgiveness, finding freedom and restored peace in Christ.

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## Introduction

For many veterans, difficult experiences during service can leave deep wounds, including feelings of bitterness toward military leadership. **Carrying these burdens** not only affects our peace but also our relationships, mental health, and spiritual well-being. *Forgiveness*, however, is a powerful key to unlocking healing and freedom.

Jesus teaches us to forgive not just for others' sake but for our own souls' restoration. This study is designed to support veterans on their journey to **let go of bitterness** toward those in leadership roles, embracing forgiveness that frees the spirit and restores inner peace.

Each day's scripture and devotional offer encouragement rooted in God's Word, with reflections and prayers tailored to foster healing and hope. Remember, forgiveness does not mean forgetting or excusing wrongs, but rather releasing the grip those wounds have on our hearts.

As you engage these studies, allow God's truth to guide you toward renewal. Whether you're struggling with past decisions, leadership choices, or your own feelings of anger and hurt, God's grace is available to help you forgive and thrive.





## Day 1: 🕊 Embracing Peace Through Forgiveness



## Day 1: 🕊 Embracing Peace Through Forgiveness

## Your Verse

*Ephesians 4:31-32 NIV - "Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

## Supporting Scriptures

- *Colossians 3:13 NIV - "Bear with each other and forgive one another if any of you has a grievance against someone."*
- *Matthew 6:14 NIV - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*



## Devotional: Choosing Forgiveness to Find Freedom

**Bitterness** is a heavy burden. For veterans, past wounds inflicted by leadership decisions or actions can leave scars that fester into anger and resentment. Ephesians 4:31–32 calls us to intentionally cast off bitterness and anger, choosing kindness and compassion instead. This is not simply a suggestion but a path to true freedom.

*Forgiveness is a gift* we give ourselves as much as others. When we release the bitterness, we create space for God's healing and peace. God's forgiveness toward us models how we should forgive others—radically and generously.

Today, reflect on areas where bitterness may have settled. Ask God for the strength to start letting go, trusting that He will renew your heart and bring peace beyond understanding.



## Day 1: 🕊 Embracing Peace Through Forgiveness

## Reflect and Apply

1. What specific bitterness have I been holding on to regarding military leadership?

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2. How might forgiving others benefit my own soul and mental health?

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3. What fears or hesitations do I have about forgiving those who hurt me?

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## Day 1: 🕊 Embracing Peace Through Forgiveness

# Journaling Prompts

1. Write about a time you felt wounded by a leader during your military service.

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2. Describe what forgiveness looks like for you personally.

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3. List ways bitterness has affected your life and relationships.

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Day 1: 🕊️ Embracing Peace Through Forgiveness

## Prayer for Today

**Lord**, today I ask for Your help in releasing bitterness from my heart. Help me to see others through Your eyes and to forgive, just as You have forgiven me. Fill me with Your peace and kindness, and heal what hurts inside. Restore my soul, and lead me to freedom in You. *In Jesus' name, Amen.* ❤️🕊️🙏





## Day 2: 🔥 Letting Go of Anger and Resentment



## Day 2: 🔥 Letting Go of Anger and Resentment

## Your Verse

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

## Supporting Scriptures

- *Proverbs 14:29 NIV – "Whoever is patient has great understanding, but one who is quick-tempered displays folly."*
- *James 1:19-20 NIV – "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."*



## Day 2: 🔥 Letting Go of Anger and Resentment

## Devotional: Surrendering Anger to Embrace Healing

Anger and resentment can feel justified, especially in the face of perceived wrongs or betrayal by leadership. Yet, Psalm 37:8 warns us that anger can quickly spiral and lead us away from God's righteousness. Holding on to wrath only compounds our pain.

**Patience and understanding** become tools for healing as we pause and surrender our anger to God. James reminds us that anger itself doesn't produce the outcomes God desires—it often blinds us and damages relationships.

Today, invite the Holy Spirit to help you identify and release moments of anger. Embrace patience as you work toward forgiving those who led you, knowing this is part of your inner restoration journey.



## Day 2: 🔥 Letting Go of Anger and Resentment

# Reflect and Apply

1. In what ways has anger served me, and how has it hurt me?

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2. What steps can I take to practice patience with myself and others?

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3. How can turning my anger over to God shift my perspective?

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## Day 2: 🔥 Letting Go of Anger and Resentment

# Journaling Prompts

1. Recall a moment when anger overwhelmed you during or after service.

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2. Write down ways you want to be different moving forward regarding anger.

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3. List qualities of patience and understanding and how to develop them.

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## Day 2: 🔥 Letting Go of Anger and Resentment

# Prayer for Today

**God**, help me to release my anger and not let it control me. Teach me patience and understanding, and guide my heart toward Your peace. Transform my wrath into compassion and heal my deepest wounds. *Thank You for Your grace.* ✨ 🙏 ❤️





## Day 3: Trusting God Amid Leadership Failures



Day 3:  Trusting God Amid Leadership Failures

## Your Verse

*Psalm 20:7 NIV - "Some trust in chariots and some in horses, but we trust in the name of the Lord our God."*

## Supporting Scriptures

- *Proverbs 3:5-6 NIV - "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."*
- *Romans 8:28 NIV - "And we know that in all things God works for the good of those who love him."*



Day 3:  Trusting God Amid Leadership Failures

## Devotional: Restoring Trust in God Alone

Veterans often place trust in leadership, yet when failures occur, that trust can be deeply shaken. Psalm 20:7 reminds us that true security rests not in earthly leaders but in God.

**Choosing to trust God** means surrendering our need for control and understanding, especially when leadership disappoints or fails. Proverbs encourages us to rely on God's wisdom over our own.

Even when situations seem unfair or unjust, Romans 8:28 assures us that God works all things for our good. Your disappointments and hurts can be redeemed and used for healing and growth if you entrust them to Him.



Day 3:  Trusting God Amid Leadership Failures

## Reflect and Apply

1. How has leadership failure affected my trust in authority and God?

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2. What does trusting God look like in situations I cannot control?

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3. How can I shift my focus from past hurt to God's faithfulness now?

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Day 3:  Trusting God Amid Leadership Failures

# Journaling Prompts

1. Write about how you currently view trust and control.

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2. List ways God has been faithful to you despite challenges.

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3. Describe a time when trusting God changed your perspective.

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## Day 3: 🛡️ Trusting God Amid Leadership Failures

## Prayer for Today

**Lord**, help me to place my trust fully in You, even when those in leadership let me down. Teach me to lean on Your understanding and find peace in Your sovereignty. Allow my heart to rest in Your good plans. *Thank You for being my rock.* 🛡️ 🙏 🌟





## Day 4: Receiving God's Healing Grace



Day 4: 🌿 Receiving God's Healing Grace

## Your Verse

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

## Supporting Scriptures

- *Isaiah 53:5 NIV - "By his wounds we are healed."*
- *Jeremiah 30:17 NIV - "I will restore you to health and heal your wounds,' declares the Lord."*



Day 4: 🌿 Receiving God's Healing Grace

## Devotional: Accepting God's Healing Tenderness

The wounds caused by bitterness and betrayal can leave our hearts broken and weary. Psalm 147:3 reassures us that God actively heals the brokenhearted and tends to our hurts.

**God's grace is not distant** but deeply personal, flowing through Jesus' sacrifice to bring restoration. Isaiah 53:5 reminds us that the ultimate healing came through Christ's wounds, inviting us to rest in His love.

Allow yourself to accept God's healing grace today. Your pain matters to Him, and He promises to restore and renew your wounded soul. Healing is a journey, but His presence is your constant companion.



Day 4:  Receiving God's Healing Grace

# Reflect and Apply

1. What wounds am I still carrying from my military service?

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2. How open am I to receive God's healing grace?

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3. What steps can I take to invite God's restoration into my life daily?

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Day 4:  Receiving God's Healing Grace

## Journaling Prompts

1. Describe your current emotional and spiritual state.

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2. Write a letter to God about your pain and desire for healing.

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3. List ways God has shown you grace even in difficult times.

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Day 4: 🌿 Receiving God's Healing Grace

## Prayer for Today

Jesus, You know my brokenness and the wounds I carry. I invite Your healing touch today to bind up what hurts and restore my soul. Fill me with Your grace and peace as I walk the path of restoration. *Thank You for loving me.* ❤️ 🙏





## Day 5: 🤝 Forgiving Leadership and Finding Freedom



Day 5: 🧡 Forgiving Leadership and Finding Freedom

## Your Verse

*Luke 6:37 NIV - "Forgive, and you will be forgiven."*

## Supporting Scriptures

- *Romans 12:17-19 NIV - "Do not repay anyone evil for evil... Do not take revenge... leave room for God's wrath."*
- *Matthew 18:21-22 NIV - "Jesus said, 'I tell you, not seven times, but seventy-seven times.'"*



Day 5: 🧡 Forgiving Leadership and Finding Freedom

## Devotional: Unlocking Freedom Through Radical Forgiveness

Forgiveness can seem impossible when hurt comes from those we trusted to lead and protect us. Yet Jesus' command in Luke 6:37 is clear—when we forgive, we open the door to our own freedom.

**Forgiving** those who led us imperfectly does not minimize what happened but frees us from being prisoners of bitterness and anger. Paul teaches us to leave justice in God's hands, releasing our need for revenge.

Jesus also challenges our limits on forgiveness, inviting us to offer it repeatedly, not just once. Embracing this radical forgiveness can unlock lasting peace within and restore your soul.



Day 5: 🧡 Forgiving Leadership and Finding Freedom

## Reflect and Apply

1. What holds me back from fully forgiving my military leaders?

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2. How does forgiveness change my relationship with my past?

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3. In what ways can repeated forgiveness bring ongoing peace?

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Day 5: 🧡 Forgiving Leadership and Finding Freedom

## Journaling Prompts

1. Write about a leader you struggle to forgive.

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2. Journal what freedom could look like if you choose to forgive.

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3. List practical ways to cultivate forgiveness in daily life.

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Day 5: 🧡 Forgiving Leadership and Finding Freedom

## Prayer for Today

**Father**, I surrender my anger and bitterness toward those who led me imperfectly. Help me to forgive fully as You have forgiven me. May Your peace flood my heart and bring freedom that lasts. *Thank You for Your mercy.* 🧡





## Day 6: ✨ Restoring Peace Within



Day 6: ✨ Restoring Peace Within

## 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 NIV - "Peace I leave with you; my peace I give you."*
- *Isaiah 26:3 NIV - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 6: ✨ Restoring Peace Within

## Devotional: Cultivating God's Incomparable Peace

After choosing forgiveness, peace begins to take root. Paul's words in Philippians 4:6-7 remind us that exchanging anxiety for prayer invites God's peace, which surpasses human understanding.

**God's peace** protects and restores our hearts and minds, especially when we trust Him fully. Jesus promises a peace unlike the world can give, one that sustains even amidst life's storms.

Today, focus on cultivating a steadfast mind rooted in God's presence. Let go of worry and open your heart to His calming peace that restores your soul.



Day 6: ✨ Restoring Peace Within

## Reflect and Apply

1. Where do I still feel unrest or anxiety related to past hurts?

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2. How can prayer and trust in God foster peace in my heart?

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3. What daily practices help me remain steadfast in faith during challenges?

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Day 6: ✨ Restoring Peace Within

## Journaling Prompts

1. Describe what God's peace means to you personally.

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2. Journal any fears or worries you want to surrender to God.

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3. Write about moments when you've experienced God's calming presence.

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Day 6: ✨ Restoring Peace Within

## Prayer for Today

**Lord Jesus**, fill my heart with Your peace that surpasses all understanding. Guard my mind from worry and restore calm where there has been turmoil. Help me to trust You completely each day. *Thank You for being my peace.* ✨





## Day 7: Walking Forward in Freedom



## Day 7: 🌱 Walking Forward in Freedom

## Your Verse

*2 Corinthians 5:17 NIV – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

## Supporting Scriptures

- *Isaiah 43:18-19 NIV – "Forget the former things; do not dwell on the past... I am doing a new thing!"*
- *Psalms 34:18 NIV – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 7: 🌄 Walking Forward in Freedom

## Devotional: Stepping into New Life and Freedom

As your journey of forgiveness and healing concludes, remember that in Christ you are a new creation. 2 Corinthians 5:17 celebrates the freedom from past chains and the beginning of new life.

**God invites you to release the past** and embrace the new path He is carving out. Isaiah reminds us not to dwell on former wounds, but to anticipate the fresh movement of God's grace.

Even on days when you feel broken or crushed, Psalm 34:18 assures God's presence near your heart. Walk forward boldly, knowing the bitterness is behind you and peace awaits in God's loving arms.



Day 7: 🌄 Walking Forward in Freedom

## Reflect and Apply

1. What does it mean for me to be a new creation in Christ?

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2. How can I continue to leave the past behind and embrace God's new work?

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3. In what ways does God's closeness comfort me in difficult moments?

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Day 7: 🌄 Walking Forward in Freedom

## Journaling Prompts

1. Write about your hopes for the future now that you've forgiven.

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2. Describe what freedom feels like in your heart today.

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3. List affirmations of God's promises you want to hold onto moving forward.

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Day 7: 🌄 Walking Forward in Freedom

## Prayer for Today

**Gracious God**, thank You for making me new and promising hope beyond my past pain. Help me to walk forward in freedom and peace, keeping my eyes on You. May I always remember You are close when I feel broken. *In Jesus' name, Amen.* 🌄 🙏 ❤️





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