# Overcoming Survivor's Guilt: God's Grace for Veterans



A 7-day journey to find forgiveness and peace through God's grace for those living with survivor's guilt.





#### Table of contents

| <u>Introduction</u>                           | 3  |
|---|----|
| Day 1: Facing Survivor's Guilt Honestly       | 5  |
| Day 2:  Embracing God's Grace and Forgiveness | 11 |
| Day 3: S Finding Peace in God's Presence      | 17 |
| Day 4: 6 Strength in Weakness through Christ  | 23 |
| <u>Day 5:  Standing Firm in God's Hope</u>    | 29 |
| Day 6: Restoring Joy through God's Love       | 35 |
| Day 7: A Moving Forward with God's Peace      | 41 |







#### Introduction

Facing the weight of survivor's guilt is a profound struggle, especially for veterans and those who live while others did not. This study offers a compassionate biblical exploration into God's truth, grace, and forgiveness to bring peace to wounded hearts. Survivor's guilt can feel isolating and confusing, but Scripture reveals that God's love and grace are bigger than our pain. Each day we will reflect on God's Word to find healing, restoration, and hope.

The journey begins with acknowledging the deep emotional toll survivor's guilt can carry. Veterans often face questions of "Why me?" and "Why not them?" These feelings can lead to overwhelming sorrow, self-condemnation, or even alienation from God and community. Yet, Scripture affirms that God's grace is sufficient for every sorrow and doubt.

Through this study, you will uncover comforting promises and powerful truths showing that God understands your pain, offers forgiveness where shame resides, and grants peace that transcends understanding. You are not alone. God's presence walks beside you as you work through complex feelings, and His strength will support your journey forward.

Remember, grace is not earned by perfection but given freely by the One who sees the heart. We will explore how Jesus bore our burdens, how the Holy Spirit comforts and restores, and the freedom found in surrendering guilt at







the cross. This is a path of hope for anyone wrestling with the profound challenge of living while others did not.

Let us open our hearts to God's healing word, ready to receive forgiveness, renewal, and peace through His unchanging love. May these seven days bring you closer to the heart of God—to the grace that heals and the peace that saves.

















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 Do not fear, for I am with you; do not be dismayed, for I am your God.
- Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.







#### Devotional: God Draws Near to the Brokenhearted

**Survivor's guilt** often silently weighs heavy on the heart. It can isolate us, making deep peace feel far away. Psalm 34:18 reminds us that *God is* especially near to those who feel broken and crushed within. The first step toward healing is not to hide our feelings but to bring them honestly before God. He is a refuge for the deeply hurting.

God does not condemn your feelings or ignore your pain. Instead, He invites you to come as you are, as Matthew 11:28 encourages, offering rest to those who carry heavy burdens. Isaiah 41:10 further assures that you are not alone in this journey—God Himself walks with you, offering strength and courage when fear and shame arise.

Take time today to acknowledge your pain and lay it before the Lord. Opening your heart to God is the beginning of lifting the weight of survivor's guilt. You are safe in His presence, and His love will begin the healing process.







# Reflect and Apply

| 1. | What feelings are you carrying that need to be brought honestly before God?              |
|----|--|
|    |  |
|    | How does knowing God is close to the brokenhearted change your perspective on your pain? |
|    |  |
| 3. | In what ways can you invite God to help you carry your burdens today?                    |
|    |  |
|    |  |







#### **Journaling Prompts**

|    | Write down the emotions that come to mind when you think about your survivor's guilt. |
|----|---|
|    |   |
| 2. | Record a prayer inviting God to meet you in your brokenness.                          |
|    |   |
| 3. | List any fears or doubts you need to surrender to God today.                          |
|    |   |
|    |   |







#### Prayer for Today

**Dear Lord,** thank You for being close to my broken heart. I bring my pain, my guilt, and my heavy burden to You today, trusting that You will not reject me. Help me to feel Your presence and rest in Your loving arms. Strengthen me when fear or shame threaten to overwhelm me. Teach me to lean on Your grace and the peace only You can provide. In Jesus' name, *amen*.  $\swarrow$ 







# Day 2: Embracing God's Grace and Forgiveness









Day 2: **B** Embracing God's Grace and Forgiveness

#### Your Verse

Ephesians 2:8-9 - For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.

#### **Supporting Scriptures**

- 1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
- Psalm 103:12 As far as the east is from the west, so far has he removed our transgressions from us.







Day 2: Bembracing God's Grace and Forgiveness

# Devotional: Receiving God's Gift of Grace and Forgiveness

Survivor's guilt often leads to deep self-blame and unforgiveness toward oneself. Yet, God's grace breaks through every chain of guilt and shame. Ephesians 2:8–9 highlights that salvation and forgiveness are gifts from God, not something we can earn or deserve. The burden of feeling "less than" or unworthy is lifted when we accept that grace.

1 John 1:9 offers a powerful promise: if we confess our sins, God forgives fully and purifies us completely. This includes the guilt and questions we wrestle with from surviving when others did not. Psalm 103:12 poetically reminds us that God removes our sins far beyond human understanding.

Allow yourself to embrace grace today—the overwhelming love and forgiveness God freely extends. Forgiveness begins by inviting God to cleanse your heart from guilt, pain, and blame. His mercy restores dignity and grants freedom to move forward without condemnation.







Day 2: **B** Embracing God's Grace and Forgiveness

# Reflect and Apply

|    | What parts of your survivor's guilt might you need to confess and release to God?          |
|----|--|
|    |  |
|    | How does understanding grace as a gift change how you view your worthiness of forgiveness? |
|    |  |
| 3. | In what practical ways can you extend grace to yourself today?                             |
|    |  |
|    |  |







Day 2: 💋 Embracing God's Grace and Forgiveness

# **Journaling Prompts**

| 1. | Write a letter to God confessing the guilt you carry.            |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | Make a list of ways God has shown grace in your life previously. |
|    |  |
|    |  |
| 3. | Describe what freedom looks like to you when forgiven by God.    |
|    |  |
|    |  |







Day 2: 💋 Embracing God's Grace and Forgiveness

#### Prayer for Today

**Lord of mercy,** thank You for Your abundant grace that covers all my guilt and failure. I ask You to forgive the painful weight of survivor's guilt. Help me fully receive the gift of Your forgiveness and to release myself from blame. Teach me to walk in freedom and peace that only You can give. In Jesus' name, amen.







# Day 3: 😂 Finding Peace in God's Presence









Day 3: W Finding Peace in God's Presence

#### Your Verse

Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

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







Day 3: SFinding Peace in God's Presence

#### Devotional: Jesus Offers Peace Beyond Understanding

Anxiety often accompanies survivor's guilt, stirring restless thoughts and heartache. Yet, God offers a peace that transcends circumstance. Philippians 4:6-7 encourages us to approach God with our anxieties through prayer and thanksgiving, promising a peace that guards our hearts and minds.

Jesus promises in John 14:27 a peace unlike anything the world can give. It is a divine tranquility rooted in God's presence, not our situation. Isaiah 26:3 shows that perfect peace is maintained when we keep our minds focused on and trusting in God.

Today, lean into God's calming presence. Replace anxious thinking with prayer and with gratitude for His faithfulness. Allow the peace of Christ to fill your heart, calming your spirit even amidst complicated emotions. This peace is an anchor for your soul, steady and sure.







Day 3: 🛱 Finding Peace in God's Presence

# Reflect and Apply

| 1. | What anxieties or fears does survivor's guilt stir in your heart?                 |
|----|---|
|    |   |
| 2. | How can prayer and thanksgiving transform your worries today?                     |
|    |   |
|    | How might you keep your mind steadfast on God during moments of doubt or anxiety? |
|    |   |
|    |   |







Day 3: 🛱 Finding Peace in God's Presence

# **Journaling Prompts**

| 1. | Write out prayers presenting your worries and fears to God.   |
|----|---|
|    |   |
| 2. | List blessings or moments to thank God for, even in hardship. |
|    |   |
| 3. | Describe what 'perfect peace' means or looks like to you.     |
|    |   |







Day 3: 🛱 Finding Peace in God's Presence

#### Prayer for Today

**Gracious Father,** thank You for Your promise of peace when I bring my anxieties to You. Help me to trust You completely and to focus my mind on Your goodness. Calm my heart amidst the turmoil of survivor's guilt and fill me with Your perfect peace. Teach me to walk each day anchored in Your presence. In Jesus' holy name, *amen*.







# Day 4: Strength in Weakness through Christ









Day 4: 🔥 Strength in Weakness through Christ

#### Your Verse

2 Corinthians 12:9 - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses.

#### **Supporting Scriptures**

- Isaiah 40:29 He gives strength to the weary and increases the power of the weak.
- Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.







Day 4: 🖰 Strength in Weakness through Christ

#### Devotional: God's Strength Shines in Our Weakness

Survivor's guilt can make us feel weak, broken, or even ashamed of our vulnerabilities. Yet God's Word reveals a beautiful truth: in our weakness, His strength is made perfect. 2 Corinthians 12:9 reminds us that God's grace is enough, and His power shines most brightly when we admit our insufficiency.

Isaiah 40:29 comforts us with the promise that God renews the strength of the weary and weak. In times when you feel drained or overwhelmed, God is your refuge and strength, never distant or uninvolved (Psalm 46:1).

Today, instead of hiding pain or guilt, bring your weaknesses honestly before God. Celebrate how His grace supports you and transforms your brokenness into strength. Your vulnerabilities are not shortcomings but opportunities for God's power to be revealed.







Day 4: 🖰 Strength in Weakness through Christ

# Reflect and Apply

|    | How does admitting weakness change your understanding of God's power in your life? |
|----|--|
|    |  |
|    | What areas of survivor's guilt feel like weaknesses you can surrender to God?      |
|    |  |
| 3. | In what ways has God proven to be your refuge and strength before?                 |
|    |  |
|    |  |







Day 4: 🖰 Strength in Weakness through Christ

# **Journaling Prompts**

| 1. | Write about a time you felt weak but experienced God's strength.            |
|----|---|
|    |   |
| 2. | List personal weaknesses or struggles you want to bring to God today.       |
|    |   |
| 2  |   |
|    | Describe how surrendering these weaknesses might change your peace of mind. |
|    |   |
|    |   |







Day 4: 🔥 Strength in Weakness through Christ

#### Prayer for Today

**Lord Jesus,** I confess my weakness and ask You to fill me with Your strength. Your grace is sufficient for every part of me, even the parts weighed down by survivor's guilt. Help me to boast in my vulnerabilities, knowing Your power works best there. Be my refuge and help in every struggle. In Your mighty name, *amen.*

















Day 5: 1 Standing Firm in God's Hope

#### Your Verse

Romans 15:13 - 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**

- 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.
- Psalm 31:24 Be strong and take heart, all you who hope in the Lord.







Day 5: V Standing Firm in God's Hope

#### Devotional: Hope Anchored in God's Purpose and Spirit

**Survivor's guilt can cloud the future with despair or hopelessness.** But God is the God of hope, and He desires to fill us with joy and peace as we trust Him. Romans 15:13 encourages us that the Holy Spirit empowers us to overflow with hope, even amidst pain.

Jeremiah 29:11 reminds us that God's plans include hope and a future, beyond the scars and sorrow. Psalm 31:24 exhorts us to be strong and courageous by holding firmly to the hope found only in the Lord.

Today, build your faith on the rock of God's promises. Trust that your life is part of His purposeful plan and that He equips you with hope through the Holy Spirit. Let your heart be encouraged—hope is not wishful thinking but a confident expectation anchored in God's character.







Day 5: ① Standing Firm in God's Hope

# Reflect and Apply

|    | How does trusting God help you experience joy and peace despite survivor's guilt? |
|----|---|
|    |   |
| 2. | What hope does God's promise of a future bring to your life?                      |
|    |   |
| 3. | How can the Holy Spirit empower you to overflow with hope today?                  |
|    |   |
|    |   |







Day 5: ① Standing Firm in God's Hope

# **Journaling Prompts**

| Write about hopes you can hold onto amid your struggles.        |
|---|
|   |
| List ways God has shown His faithfulness in your past.          |
|   |
| Describe how you can remind yourself daily of God's good plans. |
|   |
|   |







Day 5: **(**) Standing Firm in God's Hope

#### **Prayer for Today**

Heavenly Father, fill me with Your joy, peace, and hope as I learn to trust You more deeply. Even when survivor's guilt clouds my mind, help me to lean on Your Spirit's power to remain hopeful. Remind me that Your plans for me are good and full of promise. Strengthen my heart as I walk in faith. In Jesus' name, amen. 💸 🙏 🗭 🕡

















#### Your Verse

Nehemiah 8:10 - Do not grieve, for the joy of the Lord is your strength.

#### **Supporting Scriptures**

- Psalm 30:5 Weeping may stay for the night, but rejoicing comes in the morning.
- John 10:10 I have come that they may have life, and have it to the full.







#### Devotional: God's Joy Restores and Empowers Us

Survivor's guilt can steal joy from our lives, leaving sorrow in its place. But Scripture assures us that true strength and restoration come from the joy of the Lord. Nehemiah 8:10 encourages believers not to grieve without hope, because the Lord's joy empowers us to stand strong.

Psalm 30:5 offers comfort, acknowledging the reality of sorrow but promising that rejoicing will come again. Jesus' words in John 10:10 remind us He came to give life abundantly, full of hope and joy beyond current pain.

Today, open your heart to God's restoring love and let His joy renew your soul. As you spend time in His presence, ask Him to replace grief with hope and strength. God's joy is not just a fleeting feeling but a deep, lasting wellspring that sustains us.







# Reflect and Apply

| 1. | What hinders you from experiencing joy despite difficult memories?             |
|----|--|
|    |  |
| 2. | How can you invite God's joy to strengthen you today?                          |
|    |  |
|    | What difference could focusing on God's fullness of life make in your healing? |
|    |  |
|    |  |







# **Journaling Prompts**

| 1. | Write about moments when God's joy brought you strength.              |
|----|---|
|    |   |
| 2. | List blessings that spark joy in your life even now.                  |
|    |   |
| 3. | Describe how you can cultivate joy through daily connection with God. |
|    |   |
|    |   |







#### Prayer for Today

**Lord,** thank You that Your joy is my strength and refuge. Heal the places where grief and guilt have stolen my joy. Help me to experience the fullness of life You offer and to rely on Your loving presence to restore my soul. Fill me with hope and renewal today and always. In Jesus' name, *amen.* 

















#### Your Verse

Isaiah 43:18-19 - Forget the former things; do not dwell on the past. See, I am doing a new thing!

#### **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 3:13–14 Forgetting what is behind and straining toward what is ahead.







#### Devotional: Embracing God's New Purpose and Peace

Healing from survivor's guilt involves looking ahead with hope and trust in God's new work in our lives. Isaiah 43:18–19 encourages us to release the past and embrace the new things God is doing. This does not mean forgetting our history, but rather not letting the past define or imprison us.

In Christ, we are new creations (2 Corinthians 5:17), and God invites us to keep pressing forward, leaving behind destructive guilt and pain. Paul's words in Philippians 3:13–14 inspire us to forget what hinders and strain toward God's purpose and promises.

Today, commit to moving forward under God's peace and guidance. Trust His grace as your daily strength and His peace as your steady companion. You are not alone—God is doing a new thing, and your life holds hope-filled purpose beyond survivor's guilt.







# Reflect and Apply

| 1. | What past experiences do you need to release to God today?       |
|----|--|
|    |  |
| 2. | How can you embrace the new things God wants to do in your life? |
|    |  |
| 3. | What steps will you take to move forward in peace and hope?      |
|    |  |







# **Journaling Prompts**

| 1. | Write about what it means to you to be a new creation in Christ. |
|----|--|
|    |  |
| 2  | List fears or doubts to surrender as you move forward.           |
| ۷. |  |
|    |  |
| 3. | Describe your hope for the future with God's guidance.           |
|    |  |
|    |  |







#### Prayer for Today

**Heavenly Father,** thank You for the new things You are doing in my life. Help me to release the past and its burdens, including survivor's guilt, and walk confidently into Your future. Fill me with Your peace and grace each day as I trust in Your plan. Guide my steps and strengthen my heart to follow You. In Jesus' name, *amen*.







#### Where God's Word Meets Your Daily Life



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 <a href="mailto:info@holyjot.com">info@holyjot.com</a>.



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.