



Overcoming the Lies of Depression: A Veteran's Journey



Discover hope and victory through God's truth as we overcome the lies of depression, drawing strength from Scripture and faith.

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Introduction

Welcome to this 7-day journey of healing and hope. Depression often feels like a shadow that threatens to consume the light in our lives. For veterans, the struggle can feel especially isolating, but God's Word offers powerful truth to dispel the darkness.

In these studies, we'll confront the lies that depression whispers: "You are alone," "You are worthless," "There is no hope." Instead, we will anchor ourselves in God's promises that affirm our value, purpose, and victory.

Each day centers on key Scriptures that illuminate the path from despair to peace, encouraging veterans and all believers to reclaim joy and strength. As you reflect and pray, we invite you to remember: **you are not defined by your struggles, but by God's unfailing love and purpose for your life.**

Let's embark on this journey together, guided by faith, hope, and the power of God's Word.





Day 1: Facing the Darkness



Day 1:  Facing the Darkness

Your Verse

Psalm 34:17 "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."

Supporting Scriptures

- *Psalm 42:11 "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God."*
- *Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 1:  Facing the Darkness

Devotional: Crying Out to God Brings Deliverance

Depression can feel like an overwhelming darkness, but Psalm 34:17 reminds us that God hears our cries. As veterans, the battles aren't just physical but deeply emotional and mental. It's easy to feel trapped in despair when lies about helplessness and isolation grow louder.

God promises to deliver us from our troubles, not by ignoring the pain but by walking with us in it. A vital first step in overcoming lies is to acknowledge the reality of our feelings and bring them to God honestly. Instead of running from the darkness, invite God's light into it.

Remember, you are not alone. God is ready to fight alongside you. Your pain is not meaningless, and your voice matters. Begin today by crying out to Him. He hears you and will deliver you.



Day 1:  Facing the Darkness

Reflect and Apply

1. What lies about loneliness or despair have you believed about yourself?

2. How can you bring your true feelings before God without fear?

3. In what ways do you sense God's presence even amid your struggles?



Day 1:  Facing the Darkness

Journaling Prompts

1. Write down the lies you hear from depression.

2. Record a prayer asking God to reveal His presence in your pain.

3. Describe a moment you felt God's comfort in the dark.



Day 1: 🛡️ Facing the Darkness

Prayer for Today

Lord, I acknowledge the heaviness in my heart and come before You with honesty. Thank You that You hear my cries and are near. Help me to reject the lies that whisper loneliness and hopelessness. Strengthen my faith to trust Your promises and feel Your presence. Bring light into my darkness and guide me on the path to healing.

In Jesus' name, Amen. 🙏 ✨ 🛡️ ❤️





Day 2: Freedom from False Identity



Day 2: 📖 Freedom from False Identity


Your Verse

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

Supporting Scriptures

- *Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*
- *Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."*



Day 2:  Freedom from False Identity


Devotional: Embracing Your New Identity in Christ

One of the hardest lies depression tells is about our identity: that we are broken beyond repair or worthless. Yet Scripture declares a powerful truth: in Christ, we are new creations.

This means the past, mistakes, and pain do not define you. For veterans, the weight of past experiences can feel crushing, but 2 Corinthians 5:17 reminds us that God's work transforms us daily.

Renew your mind by fixing on God's truth instead of the false narratives depression promotes. You are God's handiwork, lovingly crafted with value and purpose. Embrace your identity in Him and reject the lies that diminish your worth.



Day 2:  Freedom from False Identity


Reflect and Apply

1. What parts of your old identity do you need to release?

2. How does knowing you are God's handiwork affect your view of yourself?

3. What steps can help renew your mind with God's truth?



Day 2:  Freedom from False Identity


Journaling Prompts

1. List the lies about your identity you want to overcome.

2. Write a statement declaring who you are in Christ.

3. Journal about how you can focus more on God's promises daily.



Day 2:  Freedom from False Identity

Prayer for Today

Heavenly Father, thank You for making me new in Christ. Help me to break free from lies that steal my identity and worth. Renew my mind and fill me with Your truth about who I am. Teach me to see myself as You do — valuable, loved, and purpose-driven. Strengthen me to walk confidently in this freedom.

In Jesus' name, Amen. ✨🕊️❤️🙏





Day 3: 🕯️ Hope Amidst the Shadows



Day 3: 📖 Hope Amidst the Shadows

Your Verse

Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."

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."*
- *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."*



Devotional: Anchoring Your Soul in God's Hope

Depression often steals our sense of hope, making the future seem bleak. But God is the eternal source of hope, ready to fill our hearts with joy and peace when we trust Him.

Romans 15:13 encourages us to place our trust in God, even when circumstances seem discouraging. Remember, God's plans are for your prosperity and not harm. Every new day offers refreshed compassion and opportunities for healing.

Holding onto God's promises empowers you to persevere through the shadows. Let hope anchor your soul today, knowing God's steadfast love is unfailing.



Reflect and Apply

1. What makes it hard for you to hold onto hope during depression?

2. How can trusting God change your outlook on the future?

3. What new mercies or fresh starts have you experienced recently?



Day 3:  Hope Amidst the Shadows

Journaling Prompts

1. Write down God's promises that bring you hope.

2. Describe what trusting God feels like for you.

3. Reflect on a time God's peace surprised you.



Day 3: 🕯️ Hope Amidst the Shadows

Prayer for Today

Lord of Hope, fill my weary heart with Your joy and peace. Help me to place my trust in You each day, even when I cannot see the path ahead clearly. Thank You for Your unfailing love and new mercies each morning. Strengthen my faith to cling to Your promises and live with hope.

In Jesus' name, Amen. 🌅 ✨ 🕊️ ❤️





Day 4: Spiritual Battle and Victory



Day 4: 🦋 Spiritual Battle and Victory

Your Verse

Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."

Supporting Scriptures

- *James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*
- *1 Peter 5:8-9 "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."*



Day 4: 🦋 Spiritual Battle and Victory

Devotional: Equipped to Stand Against the Enemy

Depression is often part of a greater spiritual battle. The enemy uses lies to steal our peace and destroy our hope. But Scripture equips us to stand firm with God's armor.

Ephesians 6 reminds us to put on truth, righteousness, peace, faith, salvation, and God's Word as our defense. This spiritual armor empowers us to resist the enemy's attacks effectively.

Submitting to God and resisting lies is not easy but vital. When you stand firm in faith, evil must flee. Recognize that the fight is bigger than you but victory is guaranteed through Christ.



Day 4: 🦋 Spiritual Battle and Victory

Reflect and Apply

1. Which pieces of God's armor do you feel strongest wearing?

2. How can you better resist the lies tempting your mind?

3. What might God be calling you to submit fully to today?



Day 4: 🦋 Spiritual Battle and Victory

Journaling Prompts

1. List ways you can 'put on' God's armor each day.

2. Describe a spiritual victory you have experienced.

3. Write a prayer asking God for strength against lies.



Day 4: 🦋 Spiritual Battle and Victory

Prayer for Today

God of Victory, thank You for equipping me with Your armor to stand against lies and despair. Help me to wear truth and righteousness daily and to rely on Your Word as my shield. Give me wisdom to recognize the enemy's tactics and courage to resist him firmly. Strengthen my spirit to stand victorious in You.

In Jesus' name, Amen. 🛡️ 🦋 🙏 ✨





Day 5: Restoring Joy and Peace



Day 5: 🌿 Restoring Joy and Peace

Your Verse

John 16:33 "In this world you will have trouble. But take heart! I have overcome the world."

Supporting Scriptures

- *Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds."*
- *Psalms 16:11 "You make known to me the path of life; you will fill me with joy in your presence."*



Day 5: 🌿 Restoring Joy and Peace

Devotional: Finding Joy in Christ's Victory

Though life includes hardships, Jesus offers victory and peace beyond understanding. Depression chips away at joy, but God's presence restores it fully.

John 16:33 reminds us to take heart because Jesus has overcome the world's challenges. When we focus on Him, joy and peace replace despair.

Even when feelings of sadness linger, God invites you to rest in His presence. Allow His peace to guard your heart and mind, and receive the joy He promises as you walk the path of life with Him.



Reflect and Apply

1. How does Jesus' victory encourage you when overwhelmed?

2. What practical ways can you invite God's peace into your daily life?

3. When have you felt genuine joy despite difficult times?



Day 5: 🌿 Restoring Joy and Peace

Journaling Prompts

1. Recall moments God brought joy amid pain.

2. Write about what 'peace that transcends understanding' means to you.

3. List ways to cultivate resting in God's presence.



Day 5: 🌿 Restoring Joy and Peace

Prayer for Today

Jesus, Prince of Peace, thank You for overcoming the world's troubles for me. Help me to take heart and rest in Your victory. I ask for Your peace to guard my heart and mind today. Fill me afresh with Your joy as I walk with You, even through hard times. Teach me to lean on You fully.

In Your name, Amen. 🌿 🕊️ ✨ ❤️





Day 6: Encouragement and Support



Day 6: 🧡 Encouragement and Support

Your Verse

Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- *Ecclesiastes 4:9-10 "Two are better than one... If either of them falls down, one can help the other up."*
- *Hebrews 10:24-25 "Encourage one another—especially as you see the day approaching."*



Day 6: 🧡 Encouragement and Support

Devotional: Healing Through Shared Burdens

Recovery from depression is rarely a journey walked alone. God calls us to support each other, sharing burdens and encouragement.

Veterans often understand the power of camaraderie deeply. Galatians 6:2 reminds us it fulfills Christ's law when we help carry one another's struggles.

Don't hesitate to seek and accept support from trusted friends, family, or faith communities. Encouragement fuels healing and strengthens your resolve. Together, we reflect God's love and embody His peace.



Reflect and Apply

1. Who in your life encourages and supports you spiritually and emotionally?

2. What barriers might keep you from seeking help?

3. How can you offer encouragement to others facing their battles?



Journaling Prompts

1. Write about people God has placed in your life as support.

2. Journal your feelings about asking for or accepting help.

3. Plan practical ways to encourage someone else.



Day 6: 🧡 Encouragement and Support

Prayer for Today

Father of Compassion, thank You for placing supportive people around me. Help me to accept help humbly and to be an encouragement to others in need. Teach me to carry burdens lovingly and to build community rooted in Your grace. Strengthen our bonds and deepen our faith as we walk together.

In Jesus' name, Amen. 🧡 ❤️ 🙏 ✨





Day 7: A New Dawn of Hope



Day 7: 🌅 A New Dawn of Hope

Your Verse

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."

Supporting Scriptures

- *Isaiah 40:31 "But those who hope in the LORD will renew their strength."*
- *Psalms 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."*



Day 7: 🌅 A New Dawn of Hope

Devotional: Embracing God's Daily Renewal and Grace

This final day celebrates God's faithful compassion and fresh mercies. Even in the midst of ongoing struggles, His love renews us daily.

Lamentations 3:22-23 offers the beautiful promise that God's mercies are new every morning. As a veteran overcoming depression, this renewal is both a gift and a call to keep hope alive.

Trust that each day brings a new dawn of possibility, strength, and joy. Lean fully into God's compassion and let your soul rise with the morning light. Your journey is a testament to God's restorative power and unending grace.



Reflect and Apply

1. How have you experienced God's compassion in your healing journey?

2. What does 'new mercies every morning' mean to your daily walk?

3. How can you embrace hope even when depression feels persistent?



Day 7:  A New Dawn of Hope

Journaling Prompts

1. Recall moments when God renewed your strength recently.

2. Write a letter to yourself encouraging perseverance in hope.

3. List ways to celebrate small victories each day.



Day 7: 🌅 A New Dawn of Hope

Prayer for Today

Merciful God, thank You for Your unfailing love and daily mercies that renew my soul. Help me to awaken each morning with hope and strength rooted in You. Even in hard seasons, lift my spirit and remind me of Your great compassion. May my life reflect Your grace as I continue this journey.

In Jesus' name, Amen. 🌅 ❤️ 🙏 ✨





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