# Peace for Military Families – Trusting God during Deployments



Discover God's peace and strength while navigating deployment challenges in this 5-day study for military families.





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#### Introduction

Peace is more than just a feeling; it's a profound assurance that transcends our circumstances, especially for military families facing deployment. When a loved one serves far from home, uncertainty, anxiety, and separation can shake even the strongest hearts. *Yet, God offers a peace that calms the storms we face, a peace that anchors us firmly in hope.* This study invites you to explore biblical truths about peace, specifically tailored for those who live with the challenges of military life, uncertainty, and waiting.

Throughout this journey, you'll learn how to lean on God's promises, embrace His comforting presence, and cultivate a trust that perseveres through loneliness, fear, and change. These five days will gently guide you into Scripture, offering encouragement, reflection, and prayerful application to support you in your unique season.

Whether you are a spouse, parent, child, or friend of someone in service, this plan reminds you that God's peace is not dependent on circumstances but on His unchanging nature. As you commit these reflections to heart, may you find greater calm, hope, and strength to support your family and remain steadfast in faith.

Let us journey together, trusting that God's peace sustains and surrounds us —no matter the distance. ❖







# Day 1: W The Foundation of True Peace









Day 1: "The Foundation of True 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 4:7 "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."







Day 1: W The Foundation of True Peace

#### Devotional: Jesus Offers Unshakable Peace

#### Peace from the Prince of Peace

Military families often face uncertainty and fear, especially during deployments. How can we find peace when the future feels so unpredictable? Jesus offers a peace unlike any the world can give, one that remains steady even when all around seems chaotic.

John 14:27 reminds us that Jesus does not give peace as the world does, which is often temporary and conditional. Instead, His peace calms our anxious hearts and removes fear. This peace doesn't depend on circumstances or news updates; it rests in the unchanging character of God.

Philippians 4:7 explains that God's peace surpasses human understanding and acts as a guard for our hearts and minds. This divine peace is not passive but protective; it enables us to live with courage and hope despite the unknowns of deployments.

Isaiah 26:3 encourages us to keep our minds steadfast and focused on trusting God. When your thoughts are anchored in His promises, you can experience the perfect peace He offers.

Today, reflect on where you place your trust. Are you letting worrying headlines or loneliness steal your peace? Remember that Jesus' peace is your firm foundation — a gift you can receive and lean into every day, even in difficult moments.







Day 1: 🖏 The Foundation of True Peace

# Reflect and Apply

1.	How do you currently define peace in your life, and how does God's peace compare?
2.	What fears or worries are you holding onto that might be preventing you from experiencing God's peace?
	In what ways can you redirect your mind to focus on trusting God when anxiety arises?







Day 1: 🖏 The Foundation of True Peace

# **Journaling Prompts**

1.	Write about a time when God's peace helped you during a hard moment.
2.	List areas of your life where you need to ask God for His peace today.
3.	Describe what 'perfect peace' means to you in the context of your family's deployment.







Day 1: W The Foundation of True Peace

#### Prayer for Today

Lord, today I seek Your peace — a peace that calms my anxious heart and protects my mind. Help me to trust You fully, especially when the future is uncertain. Surround my family with Your presence and remind us that Your peace is greater than any fear we face. Strengthen our faith as we wait, and fill our hearts with hope that rests in You alone. Amen.  $\bigwedge$ 















#### Your Verse

Psalm 46:1-2 - "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "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."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."







#### Devotional: God Is Our Unfailing Refuge and Strength

#### Finding Refuge in God

Deployment seasons often bring upheaval—plans change, and feelings of instability rise. Psalm 46 opens with powerful assurance that God is our refuge and strength, always present especially in times of trouble. This truth challenges us to stop fearing even when the world around us seems to fall apart.

*Proverbs 3:5-6* encourages us to trust the Lord wholeheartedly, not relying on our limited understanding. Trust means surrendering our need to control every detail and believing God will lead our family through the unknown paths.

God's promise in *Isaiah 41:10* is especially comforting for military families: He will strengthen, help, and uphold you. You are not alone in this journey. God's mighty hand supports you and your loved ones during separations and challenges.

Today, reflect on your trust level. Are you using moments of fear to deepen reliance on God? He is stronger than any challenge you face, ready to be your safe place and source of strength.







# Reflect and Apply

1.	What worries or uncertainties feel overwhelming to you right now?
	How can viewing God as a refuge change your response to stressful or fearful moments?
	What does it look like for you to 'lean not on your own understanding' in your daily life?







# **Journaling Prompts**

	Write about a personal experience where God proved to be your refuge in a difficult time.
	List ways you can remind yourself to trust God during moments of uncertainty.
	Describe how God's strength has helped your family endure deployment challenges.







#### **Prayer for Today**

Father, You are my refuge and strength. When fear threatens to overwhelm me, help me to fix my eyes on You. Teach me to trust You completely, even when I don't understand the path ahead. Uphold me and my loved ones through every hard moment. Thank You for never leaving us alone. Amen. ①

















Day 3: B Resting in God's Promises

#### Your Verse

Matthew 11:28–30 – "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

#### **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 3: Besting in God's Promises

#### Devotional: Jesus Offers Rest for the Weary

#### Finding Rest Amid the Load

Deployment seasons can be exhausting—physically, emotionally, and spiritually. Jesus invites all who are weary and burdened to come to Him for rest. This rest isn't just physical; it's a deep soul-rest that renews and sustains us through trials.

*Matthew 11:28–30* highlights Jesus' gentle and humble heart, promising that when we learn from Him, we find refreshing rest. Taking His yoke means partnering with Him, allowing Him to carry the heavy parts so you're not alone.

*Psalm 55:22* reminds us to cast our cares onto the Lord. When faced with anxiety over a loved one deployed overseas, it's vital to actively release our worries to God instead of shouldering them ourselves.

2 Corinthians 12:9 further encourages us that God's grace is enough even in our weakest moments. Deployments can reveal our limitations, but God's power shines brightest there.

Today, rest in the promise that God's grace will carry you through weariness. Accept His invitation to lay down your burdens and be renewed.







Day 3: B Resting in God's Promises

# Reflect and Apply

1.	What burdens are you carrying right now that you need to give to Jesus?
	How have you experienced God's grace in moments of weakness or struggle?
3.	What practical steps can you take to rest and renew your soul today?







Day 3: Besting in God's Promises

# **Journaling Prompts**

1.	Write a prayer handing over your worries and burdens to God.
	List ways you can create space to rest and rely on Jesus during deployment.
	Reflect on how partnering with Jesus changes your perspective on your load.
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Day 3: B Resting in God's Promises

#### Prayer for Today

Jesus, I come to You weary and burdened. Please grant me Your rest—rest that refreshes my soul and renews my strength when I feel overwhelmed. Help me take Your yoke and learn from You daily. May Your grace be enough for me in my weakness, and may I trust You to sustain me. Amen.  $\cancel{B} \circlearrowleft$ 















#### 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. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### Supporting Scriptures

- 1 Thessalonians 5:16–18 "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."
- Jeremiah 29:12 "Then you will call on me and come and pray to me, and I will listen to you."







#### Devotional: Prayer Unlocks God's Guarding Peace

#### Prayer as a Path to Peace

One of the greatest ways for military families to experience God's peace during deployment is cultivating a vibrant prayer life. Philippians advises us not to be anxious but to bring every concern to God through prayer, petition, and thanksgiving.

Prayer shifts our focus from the problem to the problem-solver. It invites God's peace to guard our hearts and minds, protecting us from anxiety and fear. Cultivating gratitude even in hard times expands our awareness of God's presence.

1 Thessalonians 5:16–18 encourages continual prayer and rejoicing, reminding us that God's will is for us to remain connected to Him in all circumstances.

*Jeremiah 29:12* reassures us that when we call on God, He listens. No concern is too small or too big. This knowledge strengthens faith and calms the storm within.

Today, commit to a specific time to pray and bring your family's needs before God. Thank Him for the ways He is working and trust His faithful care.







# Reflect and Apply

1.	How consistent is your prayer life during challenging seasons?
2.	What changes when you include thanksgiving as part of your prayers?
3.	In what ways does knowing God listens impact your faith and peace?







# **Journaling Prompts**

1.	Write out a prayer expressing your biggest concerns and thanksgiving.
2.	List specific times or ways you want to improve your prayer habits.
3.	Record any peace or answers you notice as you deepen your prayer life.







#### Prayer for Today

God, thank You for the gift of prayer that brings peace in anxious moments. Help me to present every request with gratitude and trust that You hear me. Guard my heart and mind against fear, and strengthen my faith as I pray for my family. Keep us connected to Your peace. Amen. ?

















Day 5: 6 Hope and Peace for Tomorrow

#### 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**

- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."







Day 5: 6 Hope and Peace for Tomorrow

#### Devotional: Hope Anchors Us Firmly in God's Peace

#### Clinging to Hope, Confident in Peace

As your deployment journey continues, it is natural to long for the future arrival of your loved one and normalcy. God's Word invites us to rest in hope and peace as we trust Him.

*Romans 15:13* is a beautiful reminder that God, the source of hope, desires to fill us with joy and peace. This overflowing hope is not based on what we see but on the Holy Spirit's power working within us.

*Hebrews 13:5* reassures us that God will never leave or forsake us—this promise is especially meaningful when you feel alone or facing separation.

Isaiah 40:31 encourages us to keep hoping in the Lord, promising renewed strength and endurance. No matter the duration or difficulty of deployment, God empowers you to keep moving forward with confidence and peace.

Today, let hope fill your heart and allow peace to overflow in your life as you trust in God's unfailing promises about your family's future.







Day 5: 🌈 Hope and Peace for Tomorrow

# Reflect and Apply

How does hope affect your emotional and spiritual state during deployment?
What promises of God bring you the greatest encouragement and strength?
How can you share this hope and peace with your family and community?







Day 5: 🌈 Hope and Peace for Tomorrow

# **Journaling Prompts**

1.	Write about what hope looks like for you right now.
2.	List God's promises that help you remain peaceful and strong.
3.	Describe ways to encourage others in their journeys with hope and peace







Day 5: 6 Hope and Peace for Tomorrow

# **Prayer for Today**

Father of hope, fill me with joy and peace as I place my trust in You. Help me to overflow with hope through Your Holy Spirit even in waiting and uncertainty. Remind me that You never leave me and will strengthen my heart through every challenge. May Your peace sustain my whole family today and always. Amen. 🜈 🙏 💸







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