Restoring Fatherhood After Active Duty



A 7-day journey for veterans to reconnect with children and lead the home with love and grace after deployment.





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Introduction

Welcome to this 7-day Bible study plan focused on restoring fatherhood after active duty absence. Returning from military service brings many challenges, especially when it comes to reconnecting with your children and leading your family with love and grace. Time apart can unintentionally create distance, but God's Word offers hope, strength, and guidance for rebuilding those vital relationships.

This study will walk you through Scriptures that affirm your calling as a father and guide you toward a renewed commitment to love, patience, and grace within your home. Whether your children are young or grown, God's truths offer timeless wisdom that strengthens bonds and restores trust.

You will discover practical ways to communicate, lead by example, and build an atmosphere where your children feel safe and cherished. Each day includes powerful Scriptures, reflections, and prayers designed specifically for the veteran father's journey back into his family.

Remember, restoration is a process, and God walks alongside you every step of the way. Lean on His strength and embrace the new chapter He is writing in your story as a father and leader of your home. Let's get started, and may this time deepen your relationship with both God and your children.







Day 1: V Embracing the Call to Fatherhood









Day 1: ① Embracing the Call to Fatherhood

Your Verse

Psalm 103:13 – "As a father has compassion on his children, so the LORD has compassion on those who fear him;"

Supporting Scriptures

- Ephesians 6:4 "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."
- Proverbs 3:12 "Because the LORD disciplines those he loves, as a father the son he delights in."







Day 1: Day 1: Embracing the Call to Fatherhood

Devotional: Start Fatherhood with Compassion and Grace

Coming home after deployment often feels like stepping into a new world.

The call to fatherhood remains, but the dynamics may have shifted during your absence. Psalm 103:13 reminds us that God's compassion reflects the heart of a loving father. You are invited to step into this role with tenderness and grace—qualities foundational to healing and reconnection.

God disciplines and loves simultaneously, teaching us that fatherhood isn't about harsh control but loving correction and presence. It's natural to feel uncertain about how to re-enter your children's lives. Remember, God's compassion is your model. God understands the struggle and offers patience as you rebuild. Begin with humility and openness—let your children see your heart.

Fatherhood is not about perfection but faithfulness. By bringing your children up in the Lord's training, you invest in a legacy of love that will outlast any absence.







Day 1: **(**) Embracing the Call to Fatherhood

Reflect and Apply

	How does knowing God's compassion as a father encourage you in your own fatherhood journey?
	In what ways can you practice patience and grace with your children after your absence?
3.	What fears or doubts do you have about reconnecting with your children, and how can you surrender them to God?







Day 1: ① Embracing the Call to Fatherhood

Journaling Prompts

	Write about your hopes for your relationship with your children now that you are home.
2.	List ways you can show compassion to each of your children this week.
	Describe a time when you experienced God's loving discipline in your life.







Day 1: ① Embracing the Call to Fatherhood

Prayer for Today

Lord, thank You for Your compassionate heart, reflecting the love of a father.

Help me to approach my children with patience and grace as I reconnect with them after my time away. Teach me to lead by example and to nurture their hearts with Your love. Strengthen me when I feel inadequate, and remind me that restoration is Your work as much as mine. Guide my words and actions to heal and rebuild trust in our family. *Amen.* \bigwedge







Day 2: Healing Through Honest Communication









Day 2: # Healing Through Honest Communication

Your Verse

James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry,"

Supporting Scriptures

- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."
- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."







Day 2: B Healing Through Honest Communication

Devotional: Listen and Speak with Healing Grace

Rebuilding relationships after separation begins with communication rooted in understanding. James 1:19 encourages us to be quick listeners and slow speakers. Your children may have questions, frustrations, or feelings bottled up from your time apart. Create space for them to express themselves openly and honestly.

Gentle words can disarm defensiveness and open hearts. At the same time, forgiveness is vital on both sides. You may need to forgive past hurts, and also seek forgiveness where your absence affected their lives.

Active listening is a powerful tool for restoring connection. It tells your children they are valued and heard. Practice patience and humility as you rebuild trust through honest conversations, remembering that God's grace covers every broken or strained moment.







Day 2: # Healing Through Honest Communication

Reflect and Apply

	Are you ready to listen more than you speak with your children? Why or why not?
	What emotions do you notice when thinking about opening honest conversations with your family?
3.	How can forgiveness open new pathways to healing and restoration?







Day 2: **B** Healing Through Honest Communication

Journaling Prompts

	Write down a recent conversation you wish had gone differently and how you would handle it now.
	Identify fears that hold you back from open communication with your children.
3.	List practical ways you can listen more effectively in your family this week.







Day 2: # Healing Through Honest Communication

Prayer for Today

Father, give me the gift of listening ears and a gentle tongue. Help me to create space for my children's voices and to respond with kindness and grace. Teach me to forgive and to seek forgiveness where needed. May my words mend hurt instead of causing it, and may honest communication bring healing and restoration to our home. *Amen.*















Your Verse

1 Corinthians 16:14 - "Do everything in love."

Supporting Scriptures

- Micah 6:8 "Act justly and to love mercy and to walk humbly with your God."
- Titus 2:7-8 "Show yourself in all respects to be a model of good works."







Devotional: Lead Your Family with Integrity and Love

Leading your family well means embodying love in every action. Paul's simple but profound instruction in 1 Corinthians 16:14 calls us to do everything in love. This includes daily decisions, discipline, and how you support and encourage your children.

Micah reminds us that leadership involves justice, mercy, and humility—qualities that reflect God's heart. As a returning veteran father, your integrity sets the tone for your home environment. Children look to you to see how faith is lived out.

Being a model of goodness is more powerful than words alone. Your commitment to walk humbly and love deeply can inspire your children to trust and follow your lead. Let love guide your leadership, drawing your family closer under God's care.







Reflect and Apply

What does leading with love look like in your daily family life?
How can humility and mercy influence your approach to parenting?
In what ways can you be a model of good works for your children?







Journaling Prompts

1.	Reflect on areas where you want to grow as a loving leader in your home.
2.	Write about a leader you admire and the qualities that inspire you.
3.	List specific actions you can take this week to lead your family with love.







Prayer for Today

Lord, empower me to lead my family with love and integrity. Help me to act justly and to show mercy with humility. May my actions inspire my children to trust and follow You. Guide me to be a model of good works that honors Your name and builds a home rooted in faith. *Amen.* ① ②















Your Verse

Romans 12:15 - "Rejoice with those who rejoice; mourn with those who mourn."

Supporting Scriptures

- Isaiah 40:11 "He tends his flock like a shepherd: He gathers the lambs in his arms."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Devotional: Be Present in Your Children's Emotions

Emotional presence is key to rebuilding close father-child relationships. After active duty, it is easy to feel disconnected, but Romans 12:15 calls us to share deeply in the emotions of those we love. Celebrate joys with your children and provide comfort in their struggles.

The image of God as a shepherd tenderly carrying lambs reminds us that nurturing care is gentle and protective. Your children need to feel emotionally safe in your presence.

Sharing burdens and joys strengthens bonds and fosters trust. This requires intentional effort to be available, attentive, and empathetic. Your readiness to enter your children's emotional world is a powerful step in healing and restoration.







Reflect and Apply

1.	How well do you currently understand your children's emotional needs?
2.	What challenges do you face when trying to be emotionally present?
3.	How can you mirror God's shepherd-like care within your family?







Journaling Prompts

1.	Recall a moment when you felt deeply connected emotionally with your child.
2.	Write about ways you can 'carry' your children's burdens this week.
3.	List joyful events to celebrate together as a new beginning.







Prayer for Today

God, help me to rejoice with my children and comfort them in sorrow. Teach me to be emotionally present, offering strength and tenderness as a loving father. Guide my heart to be open and empathetic, reflecting Your care. May my presence bring healing and deep connection. *Amen.* *

















Your Verse

Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone."

Supporting Scriptures

- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."







Devotional: Choose Forgiveness to Restore Relationships

Forgiveness is an essential foundation for restoring trust and harmony.

Absence can sometimes cause hurt feelings or misunderstandings. Paul's words in Colossians 3:13 remind us that forgiveness is not optional but vital to healthy family relationships.

Jesus teaches us that our willingness to forgive is linked directly to the forgiveness we receive from God. This means releasing resentment opens the door for personal healing and renewed fellowship.

As you lead your family, cultivate an atmosphere of kindness and compassion. Forgiveness may be challenging but it dismantles barriers that prevent closeness. Extend grace as you have received grace, and watch how restoration blooms in your home.







Reflect and Apply

1.	Are there unresolved hurts you need to forgive or seek forgiveness for?
2.	How can forgiveness transform your family dynamics?
3.	What are practical steps you can take to foster an environment of grace?







Journaling Prompts

1.	Write about a past hurt you are ready to release through forgiveness.
2.	Reflect on how God's forgiveness impacts your ability to forgive others.
3.	List ways to model forgiveness to your children this week.







Prayer for Today

Lord, teach me to forgive as You have forgiven me. Help me to release all bitterness and embrace kindness and compassion in my family. Heal any wounds that keep us apart and build a foundation of grace and restoration. May forgiveness bring freedom and new beginnings. *Amen.* 💝 😂







Day 6: Rekindling Joy and Playfulness









Day 6: A Rekindling Joy and Playfulness

Your Verse

Psalm 127:3 - "Children are a heritage from the LORD, offspring a reward from him."

Supporting Scriptures

- Ecclesiastes 3:4 "A time to weep and a time to laugh, a time to mourn and a time to dance,"
- Proverbs 17:22 "A cheerful heart is good medicine."







Day 6: A Rekindling Joy and Playfulness

Devotional: Bring Joy and Play Back Into Your Home

Joy and playfulness are vital ingredients in father-child relationships. After the seriousness of military service and its challenges, reconnecting through fun and laughter can heal hearts and build memories.

Recognizing children as a precious heritage from God reminds us to cherish every moment. Ecclesiastes reminds us there is a time for laughter and dancing—a time to celebrate life and family.

Laughter and joyful interaction are expressions of God's goodness. They communicate love and security beyond words. This day invites you to intentionally create moments of play, fun, and delight with your children, rekindling the joy of fatherhood.







Day 6: 🖰 Rekindling Joy and Playfulness

Reflect and Apply

	When was the last time you shared a genuine joyful moment with your children?
2.	How can playfulness open channels for connection and healing?
3.	What activities can you plan to bring joy to your family this week?







Day 6: 🖰 Rekindling Joy and Playfulness

Journaling Prompts

	Describe your favorite childhood joyful memory with your father or role model.
2.	List ways you can incorporate laughter and fun into family routines.
3.	Write about the emotions you want your children to associate with your presence.







Day 6: \(\begin{aligned}
\text{Rekindling Joy and Playfulness}
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Prayer for Today

Father God, remind me that children are Your precious gift. Help me to bring laughter and joy into our home, healing hearts through playfulness and love. Teach me to celebrate life with my children, creating cherished moments filled with happiness and grace. *Amen.*















Your Verse

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."

Supporting Scriptures

- Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus."
- Hebrews 11:1 "Faith is confidence in what we hope for and assurance about what we do not see."







Devotional: Trust God's Plan for Your Fatherhood Journey

As you conclude this study, embrace the hope God places in your future as a father. Returning home and restoring relationships is a journey filled with challenges but also rich with God's promises.

Jeremiah 29:11 assures us that God's plans for you—and your family—are good. Philippians reminds us that God is faithful to complete the work He has begun, and Hebrews calls us to live by faith and confidence.

Step forward with courage, trusting God's guidance. Your renewed presence, leadership, and love will shape your family's future. Keep leaning into God for strength, continually building on the foundation you've set during these days of reflection and prayer.







Reflect and Apply

	How does trusting God's plan influence your outlook on fatherhood post-deployment?
2.	What areas do you need God's faithfulness and strength moving forward?
3.	How can you maintain hope and confidence through challenges in your family?







Journaling Prompts

1.	Write a declaration of faith about your role as a father going forward.
2.	List specific hopes you have for your family's future.
3.	Reflect on how God has been faithful during your restoration journey.







Prayer for Today

Lord, thank You for Your good plans and faithfulness. Help me walk forward in faith and hope, trusting You to complete the work You've begun in me and my family. Strengthen me for the days ahead and guide my leadership with Your wisdom and grace. May our home be a place of peace and love anchored in You. *Amen.* 💸 🔔 🍑







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