# Restoring Marriages After Deployment Strain



A 7-day plan to heal disconnect and distance in veteran marriages after deployment separations.





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#### Introduction

Deployment presents unique challenges to marriages, placing immense strain on relationships through physical separation, emotional distance, and disrupted communication. Veterans and their spouses often face the difficult task of reconnecting and rebuilding intimacy after enduring months or even years apart. This Bible study plan, designed specifically to address the restoration of marriages after deployment strain, aims to guide couples through God's Word to find hope, healing, and renewed closeness.

Throughout this week, you will be encouraged to explore scripture focused on love, patience, forgiveness, communication, and unity. These themes are essential in overcoming the barriers that long separations create. Whether you are the veteran returning home or the spouse who has waited faithfully, know that God's Word speaks directly into the pain of distance and offers a pathway to restoration.

Each day presents a scripture passage with reflections and practical journaling prompts to inspire honest conversations and deeper connection. Let the truths of the Bible renew your hearts and minds, mend the brokenness caused by absence, and strengthen your marriage to endure beyond deployment challenges. Remember, "a cord of three strands is not quickly broken" (Ecclesiastes 4:12)—with God at the center, your marriage can thrive anew.







May this study be a balm of peace, a source of wisdom, and a reminder of the unchanging love that binds your marriage together. Take these steps intentionally, lean on prayer, and invite God's restoration in every moment of your journey back to each other.









#### Day 1: Connecting Hearts









#### Your Verse

Ecclesiastes 4:12 – "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

#### **Supporting Scriptures**

- 1 Corinthians 13:7 "Love always protects, always trusts, always hopes, always perseveres."
- Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."







### Devotional: Building Strength Through Love and Patience

Coming home after deployment can feel like meeting a stranger—distance and time have created unseen walls. **Ecclesiastes 4:12** reminds us that unity and strength come from weaving relationships tightly with love and perseverance, involving God as the third strand. Reconnecting isn't just about proximity; it's about intentionally rebuilding trust, communication, and emotional closeness.

Marriage often suffers wounds in separation. Sometimes misunderstandings or unmet expectations seep in. This is the time to choose humility and patience, as **Ephesians 4:2** urges. Approach conversations gently and listen carefully, seeking to understand rather than to be heard first. Your love must protect and persevere beyond temporary hurt, as **1 Corinthians 13:7** instructs.

Your first step today is to open the door to vulnerability—share your emotions honestly but lovingly with your spouse. This mutual effort begins the mending process that God promises to strengthen.







#### Reflect and Apply

1.	In what ways has separation affected the emotional connection in your marriage?
2.	How can inviting God as the "third strand" change your approach to rebuilding trust?
3.	What are some ways you can practice gentleness and patience with your spouse today?







#### **Journaling Prompts**

	Write honestly about your current feelings toward your spouse after deployment.
2.	List three ways you can begin showing protective love in your marriage.
3.	Describe what 'being patient' looks like in your unique marital situation.







#### **Prayer for Today**

**Heavenly Father,** as we begin this journey of reconnection, guide our hearts to patience and humility. Help us to protect our love and to build strength as we unite with You at the center. Teach us to listen and to speak with grace, renewing our bond after the trials of separation. Restore what was lost and fill any gaps with Your perfect peace. In Jesus' name, *amen.* 🙏 💙 🖏















#### 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."
- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."







#### Devotional: Listening Well to Heal and Restore

Communication, which can become strained during deployment, is vital for healing post-separation. **James 1:19** encourages us to listen carefully before we speak and to manage our emotions wisely. When emotions run high, words can either build up or break down.

Choosing a soft, gentle approach—as illustrated in **Proverbs 15:1**—helps prevent unnecessary conflict and opens the door for understanding and grace. **Ephesians 4:29** challenges us to use words that uplift, encouraging healing language that fosters unity rather than division.

Today, make listening a priority. Create a safe space where both you and your spouse can express emotions without fear, welcoming healing conversations grounded in love and patience.







#### Reflect and Apply

1.	How does your communication style change under stress or after separation?
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۷.	What steps can you take to ensure your words build up rather than tear down?
3.	How can being slow to speak and quick to listen create a better environment for healing?







#### **Journaling Prompts**

Reflect on a recent conversation where communication was difficult — what could have helped?
Write down three gentle phrases or affirmations you can use to encourage your spouse.
Identify personal triggers that make you quick to anger and think about how to respond differently.







#### Prayer for Today

**Lord,** teach us to listen deeply and to respond with kindness and wisdom. Help us control our tongues, speaking words that encourage rather than wound. Heal the communication gaps caused by distance and bring mutual understanding and peace. May our conversations be seeds for growth and restoration. In Jesus' name, *amen*.

















Day 3: Renewing Emotional Intimacy

#### Your Verse

Song of Solomon 2:16 – "My beloved is mine and I am his; he browses among the lilies."

#### **Supporting Scriptures**

- 1 Peter 3:8 "Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Day 3: Renewing Emotional Intimacy

#### Devotional: Growing Devotion and Compassion Together

Emotional intimacy may feel fragile after deployment, but God desires your marriage to flourish in love and devotion. **Song of Solomon 2:16** beautifully portrays mutual belonging and affection—a goal for every restored marriage.

Becoming like-minded and compassionate toward one another, as **1 Peter 3:8** encourages, helps deepen empathy and connection. Likewise, **Romans 12:10** teaches the importance of honoring your spouse's heart above your own needs—a powerful act that fosters emotional safety.

Commit today to small but significant acts of love and thoughtfulness that communicate your devotion beyond words.







Day 3: Penewing Emotional Intimacy

#### Reflect and Apply

1.	In what ways has emotional intimacy been affected by time apart?
2.	How can you honor your spouse's feelings and needs right now?
3.	What new habits can you build to show daily love and compassion?







Day 3: Penewing Emotional Intimacy

#### **Journaling Prompts**

	Describe moments when you have felt most emotionally connected to your spouse.
2.	List three simple actions you will do this week to nurture intimacy.
	Reflect on how humility can help bridge emotional distances in your relationship.







Day 3: Renewing Emotional Intimacy

#### **Prayer for Today**

**Father**, kindle a renewed passion and tender affection between us. Help us be compassionate and humble, honoring one another as You honor us. Heal any emotional distance and draw our hearts closer in love and devotion. May Your love be the foundation for our intimacy restored. In Jesus' name, *amen*.







#### Day 4: • Overcoming Hurt and Forgiveness









Day 4: • Overcoming Hurt and Forgiveness

#### Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

#### **Supporting Scriptures**

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







Day 4: • Overcoming Hurt and Forgiveness

#### Devotional: Choosing Forgiveness to Heal Wounds

Pain and misunderstanding during deployment can leave scars in a marriage. Forgiveness is essential to release bitterness and make room for healing. **Ephesians 4:32** relates kindness and compassion with forgiveness—qualities that imitate Christ's grace.

**Colossians 3:13** instructs us to bear with one another, understanding that we all have weaknesses. Forgiving each other as God forgives us allows wounds to heal and restoration to begin. **Matthew 6:14** promises that as we forgive others, God's forgiveness flows into our lives, freeing us from resentment.

Take today to identify hurts and intentionally choose forgiveness. This act, though sometimes difficult, unlocks the door to peace and renewed connection.







Day 4: ① Overcoming Hurt and Forgiveness

#### Reflect and Apply

What hurts or resentments are you holding onto from your separation or deployment?
How can embracing forgiveness open pathways to peace in your marriage?
What does God's forgiveness teach you about extending grace to your spouse?







Day 4: ① Overcoming Hurt and Forgiveness

#### **Journaling Prompts**

1.	Write out any negative feelings you need to release through forgiveness.
2.	Journal about a time when forgiveness brought healing in your life.
3.	List practical ways you can demonstrate forgiveness this week.







Day 4: ① Overcoming Hurt and Forgiveness

#### Prayer for Today

**Lord Jesus,** help us to forgive as You have forgiven us. Remove any bitterness and fill our hearts with kindness and compassion. Heal deep wounds caused by distance and hurt, and restore our marriage with Your grace. Teach us to bear with one another and walk in Your peace every day. *Amen.*  $\bigwedge$   $\bigcirc$ 















#### Your Verse

Philippians 2:2 - "Then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."

#### **Supporting Scriptures**

- Matthew 19:6 "So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."
- 1 Corinthians 1:10 "I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you."







# Devotional: Pursuing Oneness Through Love and Purpose

God designed marriage to be a union that reflects His own nature: united, loving, and harmonious. **Philippians 2:2** challenges couples to pursue unity in purpose, love, spirit, and mind. Recovery from deployment strain involves intentionally aligning hearts and minds as one.

The imagery of becoming one flesh (Matthew 19:6) reminds couples that separation is temporary, and restoration to wholeness is God's desire. Avoiding division through grace-filled agreement in 1 Corinthians 1:10 fosters peace and collaboration.

Focus today on cooperative decision-making and praying together to strengthen your oneness through Christ.







#### Reflect and Apply

1.	Where do you see unity thriving or struggling in your marriage?
2.	How can you work together to cultivate a shared vision and purpose?
3.	What role does prayer play in strengthening your marriage bond?







#### **Journaling Prompts**

1.	Describe a shared goal or dream you want to pursue as a couple.
2.	Write about how you can encourage one another to be 'like-minded' in Christ.
3.	Reflect on how focusing on unity can help overcome past struggles.







#### Prayer for Today

**God of unity,** bring our hearts and minds into harmony. Help us to be likeminded and united in love and purpose. Teach us to honor our marriage covenant and to stand firm as one body in You. Remove all divisions and deepen our connection through Your Spirit. In Jesus' name, *amen.*  $\heartsuit$ 

















#### Your Verse

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

#### **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."
- Galatians 5:22 "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness."







# Devotional: Embracing God's Peace and Joy in Marriage

After turmoil caused by separation, couples long for peace and joy to return. **Romans 15:13** offers a powerful promise that God fills believers with hopedriven joy and peace as they trust Him fully.

**John 14:27** reminds us that Jesus' peace differs from the world's—it is sustaining and calming, even amid challenges. The fruit of the Spirit, including peace and joy, nourishes relationships and helps marriages thrive after strain (**Galatians 5:22**).

Invite the Holy Spirit to restore joy and peace in your hearts today, choosing trust over worry and grace over frustration.







#### Reflect and Apply

How can trusting God reshape your marriage experience after hardship?
What are practical ways to cultivate joy and peace in daily married life?
How can the fruit of the Spirit be evident in your renewed relationship?







#### **Journaling Prompts**

	Write about moments when you have experienced God's peace during difficult times.
	List ways you and your spouse can create joyful memories together this week.
	Reflect on how trusting God changes your perspective on marriage challenges.







#### Prayer for Today

**Lord of hope,** fill our hearts with Your peace and joy as we rebuild our marriage. Help us to trust You fully even when the road is difficult. Bless us with the fruit of the Spirit in abundance so our love will flourish and bring glory to Your name. We rest in Your goodness today. *Amen.*







#### Day 7: Committing to New Beginnings









Day 7: (1) Committing to New Beginnings

#### Your Verse

Isaiah 43:19 – "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

#### **Supporting Scriptures**

- 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; great is your faithfulness."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Day 7: (1) Committing to New Beginnings

# Devotional: Stepping Forward Into God's New Blessings

As this week closes, God invites you to embrace the new beginning He is making in your marriage. **Isaiah 43:19** declares that God does new things, even in the driest and hardest places. Deployment strain may feel like wilderness, but God promises streams of life and renewal.

His mercies are fresh each day (**Lamentations 3:22–23**), and through Christ, you become a new creation (**2 Corinthians 5:17**), empowered to leave past struggles behind and step forward with hope and purpose.

Commit today to walk forward with faith, investing in your marriage with God's strength to flourish in the days ahead.







Day 7: 🙌 Committing to New Beginnings

#### Reflect and Apply

1. W	hat new things do you sense God wants to do in your marriage?
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2. Ho	ow can you let go of past pain to embrace the renewed hope God offers?
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3. W	hat practical steps will you take to nurture the fresh start God provides?
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Day 7: 🙌 Committing to New Beginnings

#### **Journaling Prompts**

1.	Write a declaration of commitment to your spouse and God for the future.
2.	List hopes and dreams you want to pursue together moving forward.
3.	Reflect on God's faithfulness in your marriage journey so far.







Day 7: 🙌 Committing to New Beginnings

#### **Prayer for Today**

**Gracious God,** thank You for making all things new and for never giving up on our marriage. Help us to perceive Your work in this season and to walk confidently into the fresh hope You provide. Renew our hearts and bind us together in love that honors You forever. We commit this new beginning into Your hands, trusting Your faithfulness. In Jesus' name, *amen*.







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