Restoring Marriages After Deployment Strain



A 7-day journey to heal and restore marital bonds after long separations caused by deployment, drawing strength from Scripture.





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Introduction

Deployment and distance can create deep challenges within marriages.

Whether because of physical separation, emotional strain, or the difficulty of reintegration, veterans and their spouses often face a unique set of hurdles. This 7-day Bible study plan *invites you into a fresh path toward healing and restoration*. Together, we will explore the power of God's Word to mend what feels broken and strengthen bonds that might seem stretched or fragile.

Throughout Scripture, we see the themes of reconciliation, enduring love, and renewed hope. With God's help, the wounds of separation can be healed. Each day will focus on Biblical truths that equip both veterans and their spouses to communicate better, forgive, and rebuild intimacy.

As we embark on this journey, remember that healing is a process. It requires patience, grace, and often intentional actions to reconnect emotionally, spiritually, and physically. *God delights in restoring relationships and making the broken whole again.* You are not alone in this walk.

May this plan bring encouragement, powerful insights, and practical steps to bring your marriage to a place of renewed hope, unity, and love. Let's begin with hearts open to God's transformative work.







Day 1: Trusting God Through Separation









Day 1: **(**) Trusting God Through Separation

Your Verse

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."

Supporting Scriptures

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: **(**) Trusting God Through Separation

Devotional: Putting God's Trust Above Our Challenges

Deployment creates uncertainty and emotional distance. It is natural to feel anxious, hurt, or disconnected from your spouse during these times. But God calls us to place our trust fully in Him — especially when circumstances feel overwhelming.

Proverbs 3:5-6 reminds us to lean not on our own understanding but to submit all our ways to the Lord. This trust is a foundation for healing. When we place God at the center, He promises to guide us through difficult seasons.

Whether you are the partner deployed or the one waiting, allow God to carry the heavy weight of uncertainty. He is close to the brokenhearted (Psalm 34:18) and offers comfort and strength beyond human limits. This is the first step in healing the distance: **trusting that God is working even when you cannot see the full picture.**

Reflect on areas where you are tempted to rely on your own understanding about your marriage or emotions. Lift these to God in prayer today.







Day 1: ① Trusting God Through Separation

Reflect and Apply

1.	Where do I struggle to trust God in my marriage during deployment?
2	How can advanted ding Cod's prosones shapes my view of congration?
۷.	How can acknowledging God's presence change my view of separation?
3.	What fears or doubts can I surrender to God right now?







Day 1: ① Trusting God Through Separation

Journaling Prompts

1. Write about a time God has guided you through uncertainty.
2. List areas in your marriage where you want to trust God more fully.
3. Describe how trusting God could transform your current feelings of distance.







Day 1: **(**) Trusting God Through Separation

Prayer for Today

Lord, thank You for Your unfailing presence amid separation and strain. Help me to trust You with all my heart, even when I don't understand the challenges before me. Heal the wounds caused by distance and guide our marriage back to unity and love. Teach us to rely on Your perfect plans and embrace Your peace that surpasses understanding. In Jesus' name, Amen.







Day 2: Rebuilding Emotional Intimacy









Day 2: 🗭 Rebuilding Emotional Intimacy

Your Verse

Ephesians 4:2-3 - "Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."

Supporting Scriptures

- Colossians 3:12–14 "Clothe yourselves with compassion, kindness, humility, gentleness and patience...and over all these virtues put on love."
- 1 Corinthians 13:4 "Love is patient, love is kind."







Day 2: PRebuilding Emotional Intimacy

Devotional: Patience and Love in Healing Hearts

After long separations, couples often find that emotional distance has grown. Rebuilding that intimacy requires deliberate patience and humility. *Ephesians 4:2–3* calls us to be gentle and patient, bearing with one another out of love.

Love isn't just a feeling but an action. The qualities listed in Colossians 3:12–14 —compassion, kindness, humility, gentleness, and patience—are essential when reconnecting. Being quick to listen and slow to anger creates space for healing.

Consider how time apart might have changed perspectives and emotions. Both spouses may carry wounds or feel misunderstood. Unity begins when both commit to making every effort for peace and mutual understanding.

As you reflect today, *pray for a heart ready to forgive and open to renewed connection.* Embrace the patience God offers and mirror His love in your responses to your spouse.







Day 2: Pebuilding Emotional Intimacy

Reflect and Apply

1.	How am I practicing patience and gentleness toward my spouse?
2.	In what ways can I show love through my actions rather than just words?
3.	What hurts or misunderstandings need God's renewing love today?







Day 2: Pebuilding Emotional Intimacy

Journaling Prompts

	Write about moments you've felt misunderstood and how God's love can heal that.
	List practical ways you can show kindness and patience to your spouse this week.
3.	Reflect on how humility can change your interactions with your partner.







Day 2: Pebuilding Emotional Intimacy

Prayer for Today

Father, help me to embody Your love—patient, kind, humble, and gentle.

Teach me to bear with my spouse in love and to make every effort to restore peace between us. Heal the emotional wounds, remove barriers, and help us grow closer through Your grace. In Jesus' name, Amen. 🙌 💞







Day 3: A Communicating with Compassion









Day 3: A Communicating with Compassion

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."







Day 3: See Communicating with Compassion

Devotional: Healing Through Words and Listening

Communication is often strained after deployment. Misunderstandings and frustrations quickly escalate when harsh words replace gentle dialogue. *James 1:19* encourages us to be quick to listen and slow to speak or anger.

Listening carefully allows us to understand our spouse's heart and feelings. Gentle answers (Proverbs 15:1) help defuse tension and open the way for reconciliation. Guard your words to build up rather than tear down (Ephesians 4:29).

Restoring communication takes effort and prayer. If you feel hurt, pause before responding. **Pray for God's wisdom to speak lovingly and hear deeply.** Choose connection over defensiveness, remembering that your words have power to heal or hurt.

Today, commit to conversations marked by compassion and patience as a foundation for restoration.







Day 3: See Communicating with Compassion

Reflect and Apply

1.	Am I truly listening to my spouse's heart or just preparing my response?
-	
2.]	How can my words bring healing rather than hurt?
-	
-	
	What changes can I make to communicate more effectively in our marriage?
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Day 3: See Communicating with Compassion

Journaling Prompts

Recall a difficult conversation and how better listening could have helped.
List ways you can communicate with gentleness and build up your spouse.
Write your hopes for future conversations that bring connection and peace.







Day 3: Se Communicating with Compassion

Prayer for Today

Lord, teach me to be a patient listener and a gentle speaker. Help me to choose words that heal and build up my spouse, reflecting Your love in our communication. Remove anger and selfish desires from my heart, so our talks lead to understanding and unity. In Jesus' name, Amen.









Day 4: Forgiveness and Grace









Day 4: Prorgiveness and Grace

Your Verse

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."

Supporting Scriptures

- Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God 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: Progiveness and Grace

Devotional: Freedom Found in Forgiving Hearts

Long separations can inflate grievances and wounds. Unspoken hurts often deepen the divide. Yet God calls us to forgiveness as a vital step in restoration.

Colossians 3:13 urges us to forgive as the Lord forgave us, releasing resentment and allowing healing to take root. Forgiveness doesn't mean forgetting but choosing grace over bitterness. It frees both giver and receiver from unhealthy chains.

God also commands kindness and compassion toward each other. When we extend that grace to our spouse, we mirror Christ's heart, opening the door for renewed intimacy and peace.

Take time today to prayerfully consider any unforgiveness you may harbor. Ask God for strength to forgive and to receive His forgiveness anew.







Day 4: Prorgiveness and Grace

Reflect and Apply

1.	Is there any hurt I am holding on to that blocks healing?
2.	How does God's forgiveness model the grace I should offer my spouse?
3.	What steps can I take to extend genuine forgiveness today?







Day 4: Prorgiveness and Grace

Journaling Prompts

1.	Write about a time you experienced forgiveness that changed your heart.
2.	Reflect on how refusing to forgive affects your marriage.
3.	List ways you can show kindness and compassion as you forgive.







Day 4: Progiveness and Grace

Prayer for Today

Heavenly Father, I come before You with a heart in need of forgiveness. Help me release any bitterness or resentment toward my spouse and embrace the grace You freely offer. Teach me to forgive as You have forgiven me, restoring our relationship and freeing us to love fully. Thank You for Your unending mercy and love. In Jesus' name, Amen. 🙌 💝















Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Supporting Scriptures

- Mark 10:9 "Therefore what God has joined together, let no one separate."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Devotional: Standing Strong Together in Love

Healing after deployment requires renewed commitment. Ecclesiastes 4:9-10 reminds us that marriage is a partnership where each supports the other. When one stumbles, the other lifts them up—this is true unity.

God's design for marriage is unbreakable. As Mark 10:9 teaches, what God joins together remains intact despite hardships. This day calls couples to intentionally recommit themselves to each other in love and honor.

Such devotion means placing the marriage above individual pride or desires. It is choosing to bind yourselves again in God's covenant of love. This unified front strengthens your ability to face future challenges.

Reflect on your own commitment and ask God to help you lead and love well within your marriage.







Reflect and Apply

1.	How can I better support my spouse as a partner after deployment?
2.	What does it mean for our marriage to be God-joined and unbreakable?
3.	In what ways can I honor and prioritize my spouse daily?







Journaling Prompts

1.	Write a letter recommitting your love and loyalty to your spouse.
2.	Describe ways you can 'lift up' your spouse when they struggle.
3.	Reflect on the covenant of marriage and what it means to you.







Prayer for Today

Lord, renew our commitment to each other today. Help us to stand united, to lift each other up, and to honor the sacred bond You have created. Teach us to love selflessly and to protect our marriage from forces that seek to divide. May we face every trial strengthened together by Your grace. In Jesus' name, Amen.















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 4:6-7 "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."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Devotional: God's Peace Restores What Is Broken

Strain and separation often bring fear and anxiety into marriages. Yet Jesus promises a peace unlike the world's—a deep, steady calm in the storms. *John 14:27* reminds us not to let our hearts be troubled or afraid.

Through prayer and thanksgiving, Philippians 4:6-7 teaches us to bring our worries to God, trusting Him to guard our hearts and minds. This divine peace begins to heal emotional fissures and gently restores hope.

As couples embrace God's peace together, old wounds can find rest. Isaiah 26:3 shows that perfect peace comes to those who remain steadfast in trusting God.

Today, intentionally surrender your fears about your marriage's future. Embrace God's peace and invite Him to heal your hearts.







Reflect and Apply

1.	What fears about my marriage do I need to surrender to God today?
2.	How can embracing God's peace change our relationship?
3.	What practical steps can I take to cultivate peace between us?







Journaling Prompts

	List things causing anxiety in your marriage and give them to God in prayer.
2.	Write about a moment when God's peace comforted you previously.
3.	Describe how you envision peace transforming your daily interactions.







Prayer for Today

Jesus, thank You for the peace You freely give. Calm our troubled hearts and remove fear from our minds. Help us to rest in Your presence and trust Your healing power in our marriage. Guard our hearts as we walk in peace together, restored and hopeful. In Your holy name, 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

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."







Devotional: God's Plans for a Hopeful Tomorrow

As this study concludes, be encouraged by God's promises of hope and restoration. Jeremiah 29:11 affirms that God's plans for your marriage are good—designed to prosper and bless.

Trusting in Him fills us with joy and peace (Romans 15:13), even when the road ahead seems uncertain. Healing is ongoing, but God's gentle hand is always present, binding up broken hearts (Psalm 147:3).

Hold onto this hope as you continue rebuilding your marriage after deployment. God is not finished; He is working all things for good.

Celebrate the progress made, however small, and set your sights on the future with faith. Your marriage can emerge stronger, united, and deeply loving.







Reflect and Apply

1.	How can I lean into God's hope for my marriage going forward?
2.	What future do I want to build with my spouse under God's guidance?
3.	How will I continue nurturing restoration beyond these seven days?







Journaling Prompts

1.	Write a prayer or declaration of hope for your marriage's future.
	List practical next steps you will take to continue restoring your relationship.
3.	Reflect on ways God has shown His faithfulness during this journey.







Prayer for Today

Gracious God, thank You for the hope and future You promise. Help me to trust Your plans for my marriage and to walk forward confidently in Your love. Fill us with joy and peace, and continue healing what is broken. May our hearts be steadfast as we build a new chapter together under Your care. In Jesus' name, Amen.







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