



# Scars & Strength for Men Healing from War and PTSD



This 21-day study helps young men returning from war confront trauma, find peace in Christ, and heal from the scars of PTSD through truth, grace, and strength.

---

# Table of contents

<u>Introduction</u>	4
<u>Day 1: You Are Not Broken Beyond Repair</u>	5
<u>Day 2: The Battle Is Not Over — But You're Not Alone</u>	10
<u>Day 3: God Understands Your Pain</u>	15
<u>Day 4: You Don't Have to Be Strong <u>All</u> the Time</u>	20
<u>Day 5: When Flashbacks Return — Finding <u>Peace</u> in the Storm</u>	25
<u>Day 6: Grieving <u>What</u> You Lost</u>	31
<u>Day 7: Night Terrors and the God Who Stays</u>	37
<u>Day 8: The <u>Weight</u> of Guilt</u>	43
<u>Day 9: Flashbacks and God's Steady <u>Presence</u></u>	49
<u>Day 10: When You're Numb <u>Inside</u></u>	55
<u>Day 11: Trusting <u>Again</u> After Betrayal</u>	61
<u>Day 12: <u>Anger</u> that Won't Let Go</u>	67
<u>Day 13: Facing <u>the</u> Darkness <u>Within</u></u>	73
<u>Day 14: From Numbness to Feeling <u>Again</u></u>	79
<u>Day 15: When Sleep Won't Come</u>	85
<u>Day 16: When You Don't Feel Like <u>Praying</u></u>	91
<u>Day 17: Facing <u>Guilt</u> Over What You Had to Do</u>	97



<u>Day 18: Rebuilding Trust After Trauma</u>	103
<u>Day 19: When You Feel Like a Burden</u>	109
<u>Day 20: Finding Joy Again</u>	115
<u>Day 21: A New Mission</u>	121



## Introduction

War leaves more than just physical scars. The silence after the battle can be the loudest sound a man hears. For many young men returning from combat zones, the transition back to civilian life feels like stepping into a different world—one where people don't understand what you've seen, what you've done, or what still wakes you up at night.

PTSD isn't just about flashbacks or nightmares—it's about feeling disconnected from yourself, from others, and sometimes even from God. It can steal your peace, numb your emotions, and make you feel like healing is out of reach. But that's not the end of your story.

This Bible study isn't about pretending the pain isn't real. It's about taking every thought captive, inviting God into the broken places, and learning to fight your battles differently—not with fists, but with faith. Jesus understands trauma. He was betrayed, beaten, crucified, and left to die. But He rose again—and through Him, so can you.

Over the next 21 days, you'll walk through scriptures of restoration, lament, healing, courage, and purpose. You'll learn to release guilt, process grief, and rediscover your identity—not just as a soldier, but as a *son of God*. This is your journey to wholeness. And you don't have to walk it alone.





## Day 1: You Are Not Broken Beyond Repair



## Day 1: You Are Not Broken Beyond Repair

## Your Verse

*Psalm 34:18 (NIV) “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*

## Supporting Scriptures

- *Isaiah 61:1 (NIV) “The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”*



## Day 1: You Are Not Broken Beyond Repair

## Devotional: God Draws Near to the Shattered

There's a lie that creeps into the hearts of those who've endured the unthinkable: *You're too broken for God to care*. It shows up in the silence after the trauma. In the moments when your hands shake for no reason. In the nights when sleep is more dangerous than wakefulness. You may not say it out loud, but deep down, maybe you believe it: *If God saw what I've seen, He wouldn't come near*.

But Psalm 34 makes a bold, healing promise: **The Lord is close to the brokenhearted**. Not disgusted by them. Not repelled by their mess. **Close**. And not only close—He *saves* those whose spirits have been crushed by life, war, guilt, and trauma.

You may feel cracked wide open. But cracks let the light in. Isaiah 61 tells us that Jesus came *specifically* for the brokenhearted. He came for the prisoners—not just physical ones, but emotional ones too. If you're stuck in darkness, regret, flashbacks, or shame, you're the exact person Jesus came to rescue.

Your healing won't be instant, but it will be holy. Day by day, as you show up, God will meet you. Not because you've earned it. But because He *loves you right now*—even if your hands still tremble and your memories still burn.

You are not broken beyond repair. You are a man God sees, loves, and is already moving toward.



## Day 1: You Are Not Broken Beyond Repair

# Journaling Prompts

1. What part of my trauma or past do I feel is too messy or shameful for God to touch?

---

---

---

2. When have I felt like I was beyond saving—or too broken to pray?

---

---

---

3. What does it mean to me that Jesus was *sent to bind up the brokenhearted*?

---

---

---





## Day 1: You Are Not Broken Beyond Repair

## Prayer for Today

God, I don't even know where to begin. Some days I feel too far gone, too numb, or too angry to believe You're near. But Your Word says You're close to the brokenhearted. That means You're close to *me*. I open the door—just a little—so You can come into the pain I've buried. Bind up what's broken in me. Help me believe that healing is possible. I may not feel strong, but I'm showing up. Meet me here. In Jesus' name, amen.





## Day 2: The Battle Is Not Over — But You're Not Alone



## Your Verse

*Deuteronomy 31:8 (NIV) “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”*

## Supporting Scriptures

- *Romans 8:38–39 (NIV) “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”*



## Devotional: God Walks into the Darkness With You

There are days when your mind feels like a battlefield—loud, chaotic, exhausting. Even after you've left the war zone, the war sometimes doesn't leave you. Sounds can trigger you. Sleep can trap you. Conversations feel fake, and crowds feel threatening. And worst of all, you might feel completely **alone** in it.

But God's Word is clear: **“The Lord Himself goes before you and will be with you.”** That means He's not only behind you or ahead of you—He's walking *with you* through every memory, every panic, every sleepless night. You're not forgotten. You're not invisible. You are seen, shielded, and *surrounded*.

Romans 8 reminds us that *nothing* can separate us from God's love—not PTSD, not survivor's guilt, not anxiety, not shame, not even that moment you wish had never happened. God doesn't run from trauma—He steps into it. He doesn't flinch when you're overwhelmed—He stays.

Healing isn't linear. Some days you'll feel okay. Some days, you won't. But every day, God walks beside you, carrying you when you can't take another step. You might not always feel Him, but He promised: **“I will never leave you.”** And God never breaks a promise.

You're still in the fight, but you're never fighting alone.



# Journaling Prompts

1. What makes me feel most alone in my current struggle with PTSD or anxiety?

---

---

---

2. Have I ever felt God near me in a moment of fear or despair? What happened?

---

---

---

3. What would it look like to truly believe God is with me—even on my worst days?

---

---

---



## Day 2: The Battle Is Not Over — But You're Not Alone

## Prayer for Today

God, sometimes I feel like no one understands me—not my family, not my friends, not even myself. But You say You're *with me*. That You'll never leave. Help me believe that. Sit with me in the dark places. Speak peace into the chaos of my mind. And when I don't feel anything, remind me of Your Word—that *nothing* can separate me from Your love. Not war. Not trauma. Not this. Thank You for not walking away. In Jesus' name, amen.





## Day 3: God Understands Your Pain



## Day 3: God Understands Your Pain

## Your Verse

### *Hebrews 4:15–16 (NIV)*

*“For we do not have a high priest who is unable to empathize with our weaknesses,  
but we have one who has been tempted in every way, just as we are—yet he did not sin.*

*Let us then approach God’s throne of grace with confidence,  
so that we may receive mercy and find grace to help us in our time of need.”*

## Supporting Scriptures

- *Isaiah 53:3–5 (NIV)*

*“He was despised and rejected by mankind, a man of suffering, and familiar with pain.*

*Like one from whom people hide their faces he was despised, and we held him in low esteem.*

*Surely he took up our pain and bore our suffering...*

*the punishment that brought us peace was on him, and by his wounds we are healed.”*





## Devotional: You're Not Alone in the Suffering

One of the most isolating things about trauma is the belief that no one truly understands it. People say, “*Just move on,*” or “*Be grateful you made it back.*” But they don’t know what it’s like to carry invisible wounds. To feel panic when nothing’s wrong. To walk through a grocery store as if it’s a minefield. That kind of pain feels like no one can possibly relate.

But Jesus can.

Hebrews reminds us that Jesus is not distant from our pain—He *empathizes* with it. He walked this earth fully human. He was betrayed by people He loved. He was mocked, spit on, beaten, and crucified. And in the end, everyone abandoned Him. **He knows suffering intimately.** And He doesn’t watch your pain from afar—He *carries it with you*.

Isaiah 53 paints a raw and powerful picture: Jesus was **familiar with pain**. Not just physical pain—but emotional rejection, loneliness, and sorrow. And by *His* wounds, **you can be healed**.

You’re not too complicated for God. You’re not too traumatized. He doesn’t look away in disgust or confusion—He looks at you with compassion. And He invites you to draw close, not shrink back. You don’t have to be cleaned up to approach Him—you just have to be *honest*.

He gets it. And He’s not going anywhere.



## Day 3: God Understands Your Pain

# Journaling Prompts

1. Have I believed the lie that no one truly understands my pain?

---

---

---

2. What does it mean to me that Jesus was “familiar with suffering”?

---

---

---

3. What might I say to Jesus today if I believed He fully empathizes with me?

---

---

---



## Day 3: God Understands Your Pain

## Prayer for Today

Jesus, You've felt pain. You've known rejection. You were abandoned and beaten. You understand what I can't even put into words. Thank You for being a God who doesn't stand far off but gets close. Thank You for taking my pain seriously. I bring You all the emotions I've buried—the fear, the anger, the numbness, the shame. Sit with me in it. Heal me through it. And remind me I don't have to walk this road alone. Amen.





## Day 4: You Don't Have to Be Strong All the Time



## Day 4: You Don't Have to Be Strong All the Time

## Your Verse

### *2 Corinthians 12:9–10 (NIV)*

*“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’*

*Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.*

*That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties.*

*For when I am weak, then I am strong.”*

## Supporting Scriptures

- *Psalm 73:26 (NIV)*

*“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”*



## Day 4: You Don't Have to Be Strong All the Time

# Devotional: God Isn't Waiting for You to Man Up—He's Waiting for You to Surrender

As a soldier—or just as a man—you were probably taught to *stay strong*. Don't show weakness. Don't cry. Push through.

But what happens when the mission is over and your strength is gone? What happens when the things you saw still haunt you, and the mental fight becomes harder than anything you faced on the battlefield?

You weren't created to carry the weight of war, trauma, and survival all by yourself.

Paul reminds us in 2 Corinthians that God's **power is made perfect in weakness**. That's not weakness as failure. That's weakness as *honesty*. God's not asking you to pull yourself together—He's inviting you to fall into His strength. His grace is enough. Not just for your sins, but for your symptoms. For the days you can't get out of bed. For the memories you can't unsee. For the tears you don't let anyone witness.

Psalms 73 puts it plainly: even when your **heart and flesh fail**, God is still your strength. Not *was*—*is*. Right now. Today.

It takes more courage to admit weakness than to fake strength. And when you do, you'll find that God doesn't shame you—He *holds you*. Let Him.



## Day 4: You Don't Have to Be Strong All the Time

# Journaling Prompts

1. What false beliefs do I hold about strength and weakness as a man?

---

---

---

2. Where in my life am I pretending to be strong but actually feel exhausted or afraid?

---

---

---

3. How can I practice surrendering to God instead of striving to “tough it out”?

---

---

---



## Day 4: You Don't Have to Be Strong All the Time

## Prayer for Today

Father, I'm tired of pretending to be strong. Some days I don't even know how I'm still standing. I've tried to bury the pain, power through the anxiety, and act like I'm okay—but You see the truth. And still, You love me. Help me to stop hiding my weakness from You. Let Your strength rise in me—not because I've earned it, but because You promised it. Carry me when I can't carry myself. I give You what little I have. Be my portion. In Jesus' name, amen.







## Day 5: When Flashbacks Return — Finding Peace in the Storm



## Your Verse

### **Mark 4:39–40 (NIV)**

*“He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.*

*He said to his disciples, ‘Why are you so afraid? Do you still have no faith?’”*

## Supporting Scriptures

- **Philippians 4:6–7 (NIV)**

*“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.”*



# Devotional: Jesus Is Still Lord Over the Storm in Your Mind

Flashbacks don't ask permission. They ambush you—sometimes in the middle of something as simple as driving, or laughing with a friend, or walking into a crowded store. Suddenly, you're back in it. The sights. The sounds. The adrenaline. The fear. You can't breathe. Your heart races. You're not at war anymore—but it feels like you never left.

But hear this: Jesus doesn't just calm storms in the sky—He calms the ones in *you*.

In Mark 4, when Jesus speaks to the storm, He says “**Quiet. Be still.**” The storm *listens*—and peace returns. That same Jesus lives inside you. And while PTSD is not cured by a snap of the fingers, His presence is real even in the panic. He is not afraid of your flashbacks. He is not surprised by your triggers. He doesn't get overwhelmed by your storms.

Paul's words in Philippians are radical—*peace that transcends understanding*.

Not logical peace. Not earned peace. But supernatural peace that comes *when you invite God in*. Not when you're calm—but *precisely when you're not*.

You can breathe again.

You can call on Him—even in the middle of a panic attack.

And His Spirit can speak the same words to your nervous system that He



spoke to the sea:  
“Peace. Be still.”



# Journaling Prompts

1. When was the last time I experienced a flashback or moment of panic?  
What triggered it?

---

---

---

2. How have I responded in the past—and how might I invite Jesus into that next time?

---

---

---

3. What does it mean for *peace* to guard my mind—even when my emotions feel chaotic?

---

---

---



## Prayer for Today

Jesus, You calmed the waves with just a word. Speak into the storm in me. When my heart races and my memories spiral, I feel trapped—like I'm back in danger. But I want to believe You are here, even in that place. I give You access to every part of my mind—every memory, every trigger, every fear. Help me trust that Your peace is greater than my panic. Guard my heart and mind today. In Your name I pray, amen.





## Day 6: Grieving What You Lost



## Day 6: Grieving What You Lost

## Your Verse

***Ecclesiastes 3:1, 4 (NIV)***

*“There is a time for everything, and a season for every activity under the heavens...*

*a time to weep and a time to laugh, a time to mourn and a time to dance.”*

## Supporting Scriptures

- ***Matthew 5:4 (NIV)***

*“Blessed are those who mourn, for they will be comforted.”*





## Day 6: Grieving What You Lost

## Devotional: It's Okay to Grieve

There's a kind of grief that people don't talk about when you come home from war.

Grief over the friends you lost.

Grief over the version of yourself that didn't survive.

Grief over the time, innocence, and sense of normalcy that's gone—and may never come back.

Most guys bury that pain deep. They put on a tough face and try to get on with life.

But unresolved grief doesn't disappear. It festers. It numbs you. Or it comes out in ways you don't expect—anger, addiction, apathy, or isolation.

Scripture tells us plainly: there's a **time to mourn**. A time to *feel* the sadness. A time to acknowledge what hurts, what's missing, what died. And more than that—Jesus *blesses* those who mourn. Not those who fake it. Not those who run from it. But those who *face it*, because comfort follows honesty.

The world may tell you to shake it off, but God says: *Come mourn with Me*.

He doesn't rush you. He sits with you. He hears your cries, even the ones that don't make it out of your throat. You can't truly heal from trauma if you never grieve what was broken.

There's still joy ahead. There's dancing to come.

But today, if you need to mourn—**it's okay**.



Jesus won't walk away.



## Day 6: Grieving What You Lost

# Journaling Prompts

1. What specific things from my military experience or life afterward do I still grieve?

---

---

---

2. Have I given myself permission to feel those losses honestly, without guilt or shame?

---

---

---

3. What might it look like for me to invite Jesus into my grief instead of hiding it?

---

---

---



## Day 6: Grieving What You Lost

## Prayer for Today

Lord, I don't always know how to grieve. Sometimes I feel nothing. Sometimes I feel everything. But I know You created me with emotions for a reason. Help me to stop shoving my pain down. Let me mourn what's been lost—friends, identity, time, even parts of my heart. Thank You for promising comfort to those who mourn. I need that today. Meet me in the sorrow, and show me how to move through it with You. In Jesus' name, amen.





## Day 7: Night Terrors and the God Who Stays



## Day 7: Night Terrors and the God Who Stays

## Your Verse

### *Psalm 4:8 (NIV)*

*“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”*

## Supporting Scriptures

- *Isaiah 41:10 (NIV)*

*“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: You Are Not Alone at Night

Nighttime can be the hardest part of the day when you're battling PTSD.  
 When everything's quiet... your mind isn't.  
 When the world is still... your body isn't.  
 And when no one else sees... the nightmares begin.

Many young men return from war with their days somewhat manageable, but their *nights* become warzones of the soul. The body holds on to trauma, and when you lie down, the silence makes it louder. The darkness seems deeper. And your brain, doing its best to survive, relives moments that you desperately want to forget.

But you are not abandoned in the dark.

Psalm 4:8 is a lifeline: "In peace I will lie down and sleep."  
 That isn't a denial of the nightmares—it's a declaration of **who holds the night**.

David didn't trust in circumstance—he trusted in God's *presence*. He believed that no matter what was lurking in his mind, **God was there too**—making him "dwell in safety."

Isaiah 41 reminds us why: "*Do not fear... for I am with you.*"

That's not poetic fluff. That's spiritual truth.

God isn't only active in daylight. He's a **midnight Savior**. A comforter when



others sleep. A protector when you feel vulnerable. A calming Father who sits beside you through the panic, whispering, “You are not alone.”

Tonight, you might not sleep perfectly. But you can *lay down in peace* knowing the Lord of Hosts stands guard over your soul.





## Day 7: Night Terrors and the God Who Stays

# Journaling Prompts

1. What are the nights like for me lately? What fears or flashbacks haunt me?

---

---

---

2. Do I truly believe God is with me in the darkest hours? Why or why not?

---

---

---

3. How might I practice inviting God into my sleep—through prayer, worship, or journaling?

---

---

---



## Day 7: Night Terrors and the God Who Stays

## Prayer for Today

God, You see me in the night. When everyone else is asleep, You're still awake, still watching over me. My nights have not been peaceful—my mind races, my body trembles, my heart fears the silence. But I want to learn to trust You with the night. Help me lay down without fear. Calm the storm inside me. Sit with me in the dark, Lord, and make Your presence real. I will rest because You never do. I am not alone. In Jesus' name, amen.





## Day 8: The Weight of Guilt



## Day 8: The Weight of Guilt

### Your Verse

**1 John 1:9 (NIV)**

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

### Supporting Scriptures

- **Psalm 32:5 (NIV)**

*“Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And you forgave the guilt of my sin.”*



## Day 8: The Weight of Guilt

## Devotional: Let Go of the Shame You Were Never Meant to Carry

Guilt is a heavy backpack some soldiers carry long after the war ends. Maybe it was a split-second decision.

Maybe it was something you did—or didn't do.

Maybe it's just the constant *what-ifs* replaying in your mind, whispering, "If I had just..." or "I should've..."

Guilt can morph into shame.

It can convince you that you're unforgivable, unworthy, broken beyond repair.

But Scripture speaks a louder truth: **God forgives what you confess.**

Not just the easy stuff. Not just the mistakes that don't weigh much. But **all** sin.

Even the decisions that haunt you at night. Even the things you've never said out loud.

David—a warrior, a king, and a man who knew real guilt—writes in Psalm 32 that when he finally stopped hiding, when he *confessed*, something shifted.

**God forgave not only the sin—but the guilt of it.** He set David free from the weight.

And 1 John 1:9 makes it clear—**forgiveness is God's promise, not your performance.**

You don't have to carry the burden alone.



You don't have to earn your way back into God's love.

You only have to come honestly—with an open heart and a willingness to be washed clean.

Let this be the day you stop dragging that guilt through life.

Jesus didn't die for part of you.

He died for **all** of you.



## Day 8: The Weight of Guilt

# Journaling Prompts

1. What guilt or shame have I been silently carrying?

---

---

---

2. Is there something I've never confessed to God—because I assumed it was too much?

---

---

---

3. How would it feel to believe I've been fully forgiven, even for *that*?

---

---

---



## Day 8: The Weight of Guilt

## Prayer for Today

Father, guilt has followed me for too long. I've tried to outrun it, ignore it, bury it—but it always comes back. Today I'm choosing to bring it to You instead. I confess the things that haunt me, the choices that I wish I could undo. I lay them down at Your feet. Thank You for Your promise to forgive—not based on how good I've been, but how good *You* are. Purify me, Lord. Set me free from shame. Let me walk as a son—not a slave to the past. In Jesus' name, amen.







## Day 9: Flashbacks and God's Steady Presence



## Day 9: Flashbacks and God's Steady Presence

## Your Verse

*Psalm 46:1 (NIV) “God is our refuge and strength, an ever-present help in trouble.”*

## Supporting Scriptures

- *Isaiah 26:3 (NIV) “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*



## Devotional: Peace in the Middle of a Mental Warzone

Flashbacks can strike like lightning—unexpected, vivid, and overwhelming. Your eyes may be open, but you're somewhere else entirely. A memory grabs you, shakes you, and for a moment, you're back in the middle of it all.

PTSD doesn't just affect your emotions—it hijacks your body. Your heart races. Your palms sweat. Your nervous system reacts like the threat is still real. And in those moments, it can feel like God is a million miles away.

But He's not.

Psalm 46:1 tells us that God is not just near when things are peaceful—He's our **refuge and strength when trouble strikes**.

He is "ever-present."

That means He's *there in the flashback*.

He's in the sweat-soaked sheets after the nightmare.

He's in the hollow feeling after a panic attack.

And He doesn't flinch at what you see.

He already knows it all—and He stays.

Isaiah 26:3 says peace comes to the steadfast mind.

Not the perfect mind.



Not the unshaken mind.

But the one that keeps turning back to **trust**.

You don't have to win the battle in your brain by yourself.

When the flashbacks hit, whisper His name.

When the anxiety peaks, reach for Scripture.

When your mind lies to you, invite God's truth to interrupt.

He's not waiting for you to be calm to show up.

He is **already with you**, in the middle of the storm.



## Day 9: Flashbacks and God's Steady Presence

# Journaling Prompts

1. What do my flashbacks or intrusive thoughts look like, and how do I usually respond?

---

---

---

2. Do I believe God is with me in those moments—or do I feel abandoned?

---

---

---

3. What truth from today's verses can I speak out loud next time I'm triggered?

---

---

---



## Day 9: Flashbacks and God's Steady Presence

## Prayer for Today

God, when my mind betrays me and takes me back to places I don't want to relive, I need Your steady presence. You are my refuge when the memories hit hard. You are my help when I feel lost in the past. Calm my nervous system, Lord. Bring peace to the chaos inside. I trust that You are with me—even in the darkest flashbacks. Help me breathe. Help me believe. Help me remember that healing is possible. In Jesus' name, amen.





## Day 10: When You're Numb Inside



## Day 10: When You're Numb Inside

### Your Verse

***Ezekiel 36:26 (NIV)***

*“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”*

### Supporting Scriptures

- ***Ephesians 4:18–19 (NIV)***
- *“They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality...”*





## Day 10: When You're Numb Inside

# Devotional: Numbness Is Not the End of You

One of the lesser-talked-about symptoms of PTSD is numbness.

Not just physical—but emotional.

You can smile and not feel joy.

Hug your mom and feel... nothing.

Even during worship, your heart can feel cold and disconnected.

It's not that you don't *want* to feel.

It's that your brain, trying to protect you, has **shut the doors** to keep out more pain.

But in doing so, it's also locked out love, joy, peace, and connection.

And that can make you feel even more broken.

But God sees beneath the stone.

Ezekiel 36:26 is a promise—not a performance.

God says, “I will give you a new heart.” Not: *you will earn it*.

Not: *you will figure it out*.

**He will do it.**

God knows the trauma you've lived through has hardened parts of you.

He understands the defense mechanisms. The dissociation. The emotional shutdown.

But He didn't design you to live that way forever.



You were created to feel deeply, love fiercely, and walk with a sensitive, responsive heart.

Ephesians 4 describes the danger of staying numb: it separates us from the life of God.

But you don't have to stay there.

Healing is slow, but it's real.

God is in the business of heart transplants—and your name is on the list.

Let today be a small act of faith:

Invite Him to reach into the coldest places of your soul.

Not to shame you—but to awaken what's still alive under the surface.



## Day 10: When You're Numb Inside

# Journaling Prompts

1. In what areas of life do I feel emotionally numb or disconnected?

---

---

---

2. Have I judged myself for this, or have I brought it to God honestly?

---

---

---

3. What would it look like for me to begin trusting God with my emotional healing?

---

---

---



## Day 10: When You're Numb Inside

## Prayer for Today

Father, sometimes I feel like I'm made of stone. I know I should care, feel, connect—but I'm just... numb. And I hate it. I want to live fully, love deeply, and laugh again without forcing it. Please take this hardened heart and begin softening it. Give me a new spirit. Make me sensitive again—not just to pain, but to love, peace, and joy. I give You access to the parts of me I've shut down. Heal what I can't fix. In Jesus' name, amen.





## Day 11: Trusting Again After Betrayal



## Day 11: Trusting Again After Betrayal

## Your Verse

***Proverbs 3:5–6 (NIV)***

*“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

- ***Psalms 118:8 (NIV)***

*“It is better to take refuge in the Lord than to trust in humans.”*



## Day 11: Trusting Again After Betrayal

## Devotional: The Courage to Trust Again

In war zones, betrayal can look like a failed mission, a friend who didn't have your back, or even leadership that made decisions costing lives.

In civilian life, it might look like people who abandoned you, a partner who left, or friends who don't reach out anymore.

And maybe worst of all—you **feel like God let you down too**.

He didn't stop the bad thing from happening.

He didn't answer your cry in the way you hoped.

So your heart built a wall to survive: *Don't trust. Don't need. Don't get hurt again.*

But now you're here—still breathing, still searching—and you know that wall isn't protecting you anymore. It's isolating you.

Proverbs 3:5–6 is a verse many people quote—but for you, it's more than words.

It's an invitation to risk something sacred: **your trust**.

Not just in people.

But in a God you're still trying to understand.

Psalms 118:8 reminds us that **trust in humans will fail—but trust in God never will**.

Yes, people disappoint. Yes, leaders fall short. But the Lord is different.



He's the One who sees everything—the confusion, the betrayal, the injustice  
—and still has a plan to guide your feet back to solid ground.

You don't have to trust perfectly.

Just take the next step.

Bring your distrust to Him honestly.

Ask Him to rebuild what others broke.

He can be trusted with your heart—even the broken, bruised parts.





## Day 11: Trusting Again After Betrayal

# Journaling Prompts

1. Who or what has made it hard for me to trust again?

---

---

---

2. Do I believe God is trustworthy—even when I don't understand Him?

---

---

---

3. What would it mean for me to submit my ways to God today?

---

---

---



## Day 11: Trusting Again After Betrayal

## Prayer for Today

God, I've been hurt. I've been let down. And part of me doesn't want to trust anyone—including You. But deep down, I know I need to. I need someone who won't fail me. Someone who won't disappear. So I'm bringing my guarded heart to You. Show me what it looks like to trust again—not blindly, but faithfully. Teach me how to submit my ways to You. Heal the parts of me that are afraid of hope. In Jesus' name, amen.





## Day 12: Anger that Won't Let Go



## Day 12: Anger that Won't Let Go

### Your Verse

**James 1:19–20 (NIV)** *“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”*

### Supporting Scriptures

- **Ecclesiastes 7:9 (NIV)** *“Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”*



## Day 12: Anger that Won't Let Go

# Devotional: Breaking Free from the Grip of Rage

You didn't ask for it, but it built up inside you anyway.

Anger.

Not just a little irritation—but the kind that bubbles beneath the surface like lava, ready to erupt when the smallest thing goes wrong.

Sometimes it feels like the only emotion you can still feel.

After war or trauma, anger can become a way of life.

You're angry at the people who hurt you.

Angry at the government.

Angry at the system.

Angry at yourself.

Maybe even angry at God.

But anger, if left unchecked, is like holding a hot coal in your bare hand—you're the one getting burned.

James 1 reminds us that while anger is a human reaction, **it does not produce the life God desires for us.**

In other words, righteous living and out-of-control rage don't mix.

God isn't condemning you for having anger.

He's inviting you to **surrender it before it consumes you.**

Ecclesiastes warns that when we live constantly provoked, we become foolish—not free.

And you weren't created to live in a cage of bitterness.



Let today be a turning point.

Name your anger.

Acknowledge its root.

And give it to God—every time it flares up.

Not once, but daily if needed.

Because letting go isn't weakness—it's wisdom.

And God can teach you how to express emotions without letting them own you.



## Day 12: Anger that Won't Let Go

# Journaling Prompts

1. What situations or memories trigger deep anger in me?

---

---

---

2. Do I feel guilty for my anger, or have I accepted it as part of me?

---

---

---

3. What would it look like to give God access to my rage and pain?

---

---

---



## Day 12: Anger that Won't Let Go

## Prayer for Today

Lord, I'm angry. Sometimes I don't even know why—it just builds and explodes. But I don't want to live this way anymore. I don't want to push people away or ruin moments with uncontrollable rage. Teach me to pause. To breathe. To listen. Help me release my anger instead of being ruled by it. Heal the wounds that fuel this fire inside. I surrender my temper and my triggers to You. Show me a better way to live. In Jesus' name, amen.







## Day 13: Facing the Darkness Within



## Day 13: Facing the Darkness Within

### Your Verse

*Psalm 139:11–12 (NIV) “If I say, ‘Surely the darkness will hide me and the light become night around me,’ even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.”*

### Supporting Scriptures

- *John 1:5 (NIV) “The light shines in the darkness, and the darkness has not overcome it.”*



## Day 13: Facing the Darkness Within

# Devotional: God Is Not Afraid of the Dark Places

There's a kind of darkness that doesn't come at night.  
It lives inside—the unspoken memories, the unspeakable regrets, the things you don't tell anyone.  
Some of those moments still haunt you.  
Others feel like proof that you're beyond redemption.

You've probably learned to keep it quiet.  
Smile when needed.  
Keep it moving.  
But there are nights when the mask slips, and you wonder, *Does God even want someone like me?*

Psalms 139 assures you that even when the darkness seems overwhelming, **it's not dark to God.**  
He sees everything—and still loves you.  
The parts of you that feel too far gone? He's not intimidated.  
The guilt you carry? He already paid for it.

You don't have to keep hiding.

John 1:5 gives us this beautiful truth:  
**The light shines in the darkness, and the darkness cannot overcome it.**  
That's not just poetry—that's power.



Jesus steps into the worst parts of our story and says, “*You are still mine.*”  
He brings healing where shame has grown roots.

Facing your inner darkness isn’t about self-hate.  
It’s about letting Jesus into the places you thought He’d reject.  
It’s in those very places—your pain, your past, your mistakes—that His love  
shines brightest.



## Day 13: Facing the Darkness Within

# Journaling Prompts

1. What “dark” places in my life have I been hiding from others—or even from God?

---

---

---

2. What would it look like to let God’s light into that space?

---

---

---

3. Do I believe God truly sees me and still chooses me?

---

---

---



## Day 13: Facing the Darkness Within

## Prayer for Today

God, sometimes I feel surrounded by darkness—not outside, but inside. The things I've done... the things that were done to me... they make me feel unworthy, broken, and far from You. But Your Word says that even darkness is as light to You. Shine into every corner of my heart. Pull me out of hiding. Heal what hurts. Cleanse what feels stained. I don't want to run anymore. I want to be free. Thank You for never giving up on me. In Jesus' name, amen.





## Day 14: From Numbness to Feeling Again



## Day 14: From Numbness to Feeling Again

## Your Verse

***Ezekiel 36:26 (NIV)***

*“I will give you a new heart and put a new spirit in you;  
I will remove from you your heart of stone and give you a heart of flesh.”*

## Supporting Scriptures

- ***Romans 12:15 (NIV)***

*“Rejoice with those who rejoice; mourn with those who mourn.”*





## Devotional: Learning to Feel Without Breaking

For a long time, the numbness probably served you.

In combat, you didn't have time to process pain or fear—you had to survive.

So you trained yourself to feel nothing.

And it worked... for a while.

But now, back in the world where people laugh freely and cry openly, you might feel stuck.

Disconnected.

You want to feel again—but you're scared.

Scared that if you let it all in, the pain will overwhelm you.

Scared that emotion equals weakness.

Scared that once the dam breaks, there's no putting it back together.

God understands that numbness.

He's not angry about it.

In fact, He promised through Ezekiel that He would *“remove your heart of stone and give you a heart of flesh.”*

That's not a punishment—it's healing.

It's the restoration of your humanity.

It's God reminding you that you were never meant to walk through life dead on the inside.

Romans 12:15 teaches us that feeling deeply is a part of godly living.

Joy. Grief. Compassion. All of it.



To mourn is not to be weak.  
To rejoice is not to be naive.  
It's to be fully alive.

Let God thaw the frozen parts of you.  
Let Him teach you how to feel again—slowly, safely, and in His presence.  
He's not rushing you.  
But He is inviting you to come back to life.



## Day 14: From Numbness to Feeling Again

# Journaling Prompts

1. Have I been afraid to feel emotions again? Why or why not?

---

---

---

2. What emotions do I struggle to name or understand?

---

---

---

3. What might it look like to invite God into my numbness?

---

---

---



## Day 14: From Numbness to Feeling Again

## Prayer for Today

Father, I've gone numb. I didn't mean to shut down, but it's how I learned to survive. Now I feel like I'm stuck in neutral—disconnected from joy, from sorrow, from everything. But You promise to give me a new heart. A soft one. A feeling one. I'm scared, Lord. I don't want to break. But I want to live again—not just breathe, but truly live. Help me feel again. Hold me in the places where pain rises up. Teach me to trust Your presence in every emotion. In Jesus' name, amen.





## Day 15: When Sleep Won't Come



## Day 15: When Sleep Won't Come

## Your Verse

***Psalm 4:8 (NIV)***

*“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.”*

## Supporting Scriptures

- ***Proverbs 3:24 (NIV)***

*“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.”*



## Day 15: When Sleep Won't Come

## Devotional: Resting in the Arms of the Father

The world gets quiet, and suddenly your mind gets loud.  
You close your eyes, but instead of peace, images replay.  
Voices echo.

Your heart races.

And you lie there in the dark, waiting—hoping for rest, but bracing for the night to turn against you.

Sleep is supposed to be a refuge.

But for those carrying trauma, it can feel like a battlefield all its own.

Psalm 4:8 is more than a poetic verse—it's a *promise*.

David, a warrior who knew what it was like to live in constant danger, says he lies down *in peace* and sleeps because God makes him *dwell in safety*.

Not because the world is safe.

But because **God is present**—even in the dark.

Proverbs 3:24 echoes this comfort:

Your sleep can be sweet—not because you control the night, but because God holds it.

You may still wake up in sweats.

You may still battle through nightmares.

But your healing is not dependent on perfection.

It's built on *presence*—God's presence beside you in every sleepless hour.



Tonight, invite Him into your sleep.

Speak scripture aloud before bed.

Pray with honesty.

Picture yourself resting in the arms of the Father—not a distant God, but a loving protector watching over His son.

You don't have to win this battle alone.

Rest is not weakness.

It is *warfare*—the kind that trusts God to fight for you even when you're asleep.





## Day 15: When Sleep Won't Come

# Journaling Prompts

1. What thoughts or memories keep me awake at night?

---

---

---

2. Do I believe God is near when I sleep?

---

---

---

3. How can I create a nighttime routine that includes God's Word and prayer?

---

---

---



## Day 15: When Sleep Won't Come

## Prayer for Today

Lord, You know my nights. You see the hours I lie awake, staring into the dark. The images. The fear. The pounding heart. I want to rest, but I feel trapped. Tonight, I lay it all at Your feet. I invite You into the places where fear lives. Cover me with peace. Quiet my mind. Slow my breath. Surround my bed with Your presence. Let me sleep—not because I've earned it, but because You are good. I trust You with my nights, just like I trust You with my days. In Jesus' name, amen.





## Day 16: When You Don't Feel Like Praying



## Day 16: When You Don't Feel Like Praying

## Your Verse

### *Romans 8:26–27 (NIV)*

*“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*

*And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.”*

## Supporting Scriptures

- *Psalm 34:18 (NIV)*
- *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*



## Day 16: When You Don't Feel Like Praying

## Devotional: When Words Run Dry

There are days when you just don't have the words.  
 You sit quietly—maybe with a Bible open—but nothing comes.  
 No strength.  
 No eloquence.  
 Just pain.

And you wonder if God's still listening.  
 If silence means separation.  
 If you're too far gone, too messed up, too exhausted to connect with Him.

But here's the truth:  
**God never needed your perfection—only your presence.**  
 Even when you can't pray, His Spirit *is already praying for you*.  
 Romans 8:26 says that when you don't know what to pray, the Holy Spirit  
 steps in with groans deeper than language.  
 You're not failing at faith—you're being *carried by it*.

Psalms 34:18 assures us that God is not distant from pain.  
 He is *closest* to the brokenhearted.  
 He draws near—not when you have the right words, but when you're crushed  
 and out of strength.

Sometimes the most powerful prayer is a sigh.  
 A tear.



A whispered, "*Help.*"

Don't avoid God when you feel empty.  
That's when He meets you most tenderly.  
Sit with Him.  
Let Him hold what you can't say.  
Let Him love you without condition.  
Because that's what grace does.



## Day 16: When You Don't Feel Like Praying

# Journaling Prompts

1. What keeps me from praying when I'm struggling?

---

---

---

2. Have I ever felt God's presence even when I didn't say a word?

---

---

---

3. How can I begin to trust that the Holy Spirit intercedes on my behalf?

---

---

---



## Day 16: When You Don't Feel Like Praying

## Prayer for Today

God, I don't always know what to say. Some days, I sit in silence, hoping You still see me—still love me. The pain feels too deep for words. But You promise that even when I have nothing left, Your Spirit speaks for me. Thank You for interceding. Thank You for never requiring performance. Just presence. I surrender my silence, my ache, and my weakness to You. Wrap me in Your mercy and hold what I can't carry alone. In Jesus' name, amen.







## Day 17: Facing Guilt Over What You Had to Do



## Day 17: Facing Guilt Over What You Had to Do

## Your Verse

**1 John 1:9 (NIV)**

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

## Supporting Scriptures

- **Isaiah 1:18 (NIV)**

*“Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”*



# Devotional: The Weight You Were Never Meant to Carry

You were trained to survive.

Trained to defend.

Trained to make split-second decisions with life-or-death consequences.

And even though you did your job—served with honor—there are moments you can't shake.

Maybe it was something you did.

Maybe it was what you didn't do.

Maybe it was necessary, but it still haunts you.

This is where guilt starts to dig in.

It tells you you're unworthy of peace.

It says you can't be clean again—not after *that*.

But here's what Scripture says:

**If you confess your sins, God is faithful and just to forgive.**

Not because of what you've done—but because of *who He is*.

Isaiah paints it vividly: even if your sins are scarlet—deeply stained—God can make them white as snow.

Pure.

Washed.

Free.



This isn't about denying what happened.  
It's about trusting that *no stain is stronger than the blood of Jesus*.

You may not forget.  
You may still carry the memories.  
But guilt doesn't get the final word—grace does.

You are not beyond redemption.  
What was meant to destroy you can become part of your testimony.  
God can use even the darkest chapters to show His power to redeem.



## Day 17: Facing Guilt Over What You Had to Do

# Journaling Prompts

1. What guilt or regret have I been carrying silently?

---

---

---

2. Do I believe that God's forgiveness covers *everything* —even the worst?

---

---

---

3. What would it feel like to lay down this guilt and pick up grace?

---

---

---



## Day 17: Facing Guilt Over What You Had to Do

## Prayer for Today

Father, I've tried to move on, but guilt keeps whispering that I'm too far gone. That what I've done is unforgivable. But Your Word tells me otherwise. You say that if I confess, You will forgive. Not because I deserve it—but because You are good. I bring You my guilt. I bring You my memories. I bring You what I'm ashamed of. Wash me clean. Help me believe I am still redeemable. I want to walk in freedom—not as a man condemned, but as a son forgiven. In Jesus' name, amen.





## Day 18: Rebuilding Trust After Trauma



## Day 18: Rebuilding Trust After Trauma

## Your Verse

*Proverbs 3:5–6 (NIV) “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

- *Psalms 56:3–4 (NIV) “When I am afraid, I put my trust in you. In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me?”*





## Devotional: Learning to Trust Again

War teaches you to always be on alert.

To trust no one until they prove themselves.

To expect the worst so you're never caught off guard.

And even after returning home, those instincts remain—especially when it comes to people... and even God.

You might find it hard to trust anyone, even yourself.

Your thoughts race. Your guard stays up. Your heart feels like a fortress.

Trust feels dangerous—like letting go of control.

But Scripture gently calls you into something deeper:

**Trust in the Lord with all your heart.**

Not blindly, not foolishly—but completely.

It's okay if trust doesn't come easily.

God isn't asking you to *force it*.

He's inviting you to *rebuild it*—day by day, moment by moment.

Psalm 56 reminds us that trust begins when we're afraid.

Not after the fear is gone, but *in the middle of it*.

It's okay to say, "God, I want to trust You, but I'm scared."

That honesty is the first step toward healing.

Trust doesn't mean ignoring what's been broken.

It means choosing, again and again, to believe that God is good—especially



when you don't understand the path.

He is steady.

He is patient.

And He is worthy of your trust.



## Day 18: Rebuilding Trust After Trauma

# Journaling Prompts

1. Who or what do I struggle most to trust right now?

---

---

---

2. How has trauma affected my ability to trust God or others?

---

---

---

3. What's one area where I can begin surrendering control to the Lord?

---

---

---



## Day 18: Rebuilding Trust After Trauma

## Prayer for Today

God, I want to trust again, but it's hard. I've seen things that make me question everything. I've been hurt. Betrayed. I've let fear and control take the place of faith. But I don't want to stay guarded forever. I want to heal. I want to trust You with my heart, my future, my story. Help me lean not on my own understanding but on Your promises. Be patient with me. Walk with me. Rebuild what's been broken inside. I choose today to take one step toward trust. In Jesus' name, amen.





## Day 19: When You Feel Like a Burden



## Day 19: When You Feel Like a Burden

## Your Verse

***Galatians 6:2 (NIV)*** “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

## Supporting Scriptures

- ***Romans 15:1 (NIV)*** “We who are strong ought to bear with the failings of the weak and not to please ourselves.”



## Day 19: When You Feel Like a Burden

## Devotional: You Are Not Too Much

There are days when the heaviness inside you makes you want to disappear. You wonder if your trauma is too intense for others to handle. You isolate—not because you want to—but because you don't want to weigh anyone down.

You may even tell yourself:

*"No one wants to deal with me."*

*"I'm too broken."*

*"I'll just keep this to myself."*

But that's a lie straight from the enemy.

God created the Body of Christ to *carry one another's burdens*.

That means you don't have to carry this alone.

In fact, letting someone walk beside you is part of what it means to fulfill the law of Christ—*the law of love*.

Romans 15 reminds us that those who are strong are called to support those who are struggling—not to judge, but to help bear the weight.

You are not weak for needing support.

You are *human*.

You are *worthy* of care.

And you are *not a burden*.



The right people—godly, loving people—won’t be annoyed by your pain.  
 They’ll step closer.  
 They’ll say, “You don’t have to hide here.”

Jesus Himself welcomed the weary.  
 And His Church is meant to do the same.

Don’t let shame silence your needs.  
 Let grace invite you into community.





## Day 19: When You Feel Like a Burden

# Journaling Prompts

1. Have I ever felt like a burden to the people in my life? Why?

---

---

---

2. What relationships feel safe enough to ask for support right now?

---

---

---

3. What would change if I believed I was worthy of help?

---

---

---



## Day 19: When You Feel Like a Burden

## Prayer for Today

Father, sometimes I feel like I'm just too much—too broken, too heavy, too difficult to love. But Your Word says we are meant to carry one another's burdens. That I'm not meant to walk alone. Help me to believe that I'm not a burden. Help me to accept love, care, and compassion from others—even when I feel undeserving. Give me the courage to ask for help. Surround me with people who reflect Your heart. And remind me that even in my lowest moments, I am deeply loved. In Jesus' name, amen.





## Day 20: Finding Joy Again



## Day 20: Finding Joy Again

## Your Verse

*Psalm 30:5 (NIV) "Weeping may stay for the night, but rejoicing comes in the morning."*

## Supporting Scriptures

- *John 16:22 (NIV) "So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."*



## Day 20: Finding Joy Again

## Devotional: The Sunrise Is Coming

There may have been a time when laughter came easily.  
But after war and trauma, joy can feel distant—like something reserved for another version of you.

You've seen too much.  
You've lost too much.  
You carry things that others don't understand.  
And with that weight, happiness can feel like a foreign language.

But here's what Scripture reminds us:  
**Weeping may last for the night, but joy is coming.**  
Not surface-level happiness. Not forced smiles.  
**Real, soul-deep joy.**

Jesus told His disciples that their grief would turn into joy—*and no one would take it away.*  
That promise is for you, too.

Grief and joy can coexist.  
Healing doesn't mean forgetting.  
It means allowing God to awaken something new in you—even after the darkness.

You may not feel joyful yet, and that's okay.  
But today is a reminder that the morning is coming.



The cold silence won't last forever.

There is joy up ahead—and it's stronger than the pain behind you.

God is not finished with your heart.

He delights in restoring joy to the broken.

He is a sunrise after a long night.

Let Him show you the way back to joy.



## Day 20: Finding Joy Again

# Journaling Prompts

1. When was the last time I felt genuine joy?

---

---

---

2. What parts of me feel numb or disconnected from happiness?

---

---

---

3. What would it mean to believe that joy could return—even after all I've been through?

---

---

---



## Day 20: Finding Joy Again

## Prayer for Today

God, I've been walking through the night—long, heavy, lonely. Joy feels so far away, and I wonder if I'll ever laugh again without pain behind my eyes. But Your Word says that joy is coming. That no one can take away the joy You restore. I'm asking You to awaken that part of me again. Even just a flicker. Help me believe that the sunrise is real and that I'm not stuck in the dark forever. Bring beauty from my ashes. Restore joy to my soul. I trust You to bring the morning. In Jesus' name, amen.







## Day 21: A New Mission



## Day 21: A New Mission

## Your Verse

### **2 Corinthians 5:17–18 (NIV)**

*“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.”*

## Supporting Scriptures

- **Isaiah 61:3–4 (NIV)**

*“...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair... They will rebuild the ancient ruins and restore the places long devastated.”*



## Day 21: A New Mission

## Devotional: This Is Not the End

You've been through war—both on the battlefield and in your soul.  
 You've faced trauma, wrestled with grief, endured flashbacks, and questioned your identity.  
 But here you are, 21 days later, still standing.

Maybe not perfect.  
 Maybe still healing.  
 But stronger. Softer. Wiser.  
 More aware of your need for God—and more in tune with His presence.

You are not just surviving anymore.  
 You are stepping into something new.

Scripture says that *if anyone is in Christ, he is a new creation*.  
 That means your identity isn't tied to your pain, your past, or even your military record.  
 You are not defined by what you've seen or done—you are defined by what Jesus has done for you.

And now, you have a mission.

Not just to be healed—but to bring healing.  
 Not just to receive comfort—but to offer it.  
 Not just to be rebuilt—but to help rebuild others.



Isaiah says God will give you *beauty for ashes* and *joy instead of mourning*.  
And from your story, He will raise up a man of purpose—someone who helps  
*restore the ruins*.

You were a warrior on the battlefield.  
Now you're a warrior of the Spirit.

You are not done.  
You are just beginning.



## Day 21: A New Mission

# Journaling Prompts

1. How has my view of God and healing changed over these 21 days?

---

---

---

2. What “new creation” truths can I start embracing more fully?

---

---

---

3. Who around me might need the same comfort I’ve received from God?

---

---

---



## Day 21: A New Mission

## Prayer for Today

Father, I thank You for walking with me through these 21 days. You saw every scar, every memory, every tear—and You never turned away. You stayed with me through the darkness, through the anger, through the fear. And now, You are calling me into something new. I may not feel fully ready, but I trust You. Make me a vessel of Your healing. Let my story bring comfort to others. Use my scars for glory. Help me walk in this new identity—not as a broken man, but as a new creation in Christ. Thank You for never giving up on me. In Jesus' name, amen.





## Where God's Word Meets Your Daily Life

### **A Personal Invitation from HolyJot**

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

### **Bonus for You:**

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### **Visit Now:**

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.