Faith and Recovery

Restoring the Soul After Combat | Psalm 23

The Warrior and the Shepherd

- David was a shepherd, warrior, leader, and a man who needed God.
- Psalm 23 offers images of trust, rest, restoration, and hope.

Reflection: What has been hardest to set down after military service?

Psalm 23 | A Path Toward Restoration

VERSE 1 | TRUST

The Lord is my shepherd. Where do I need guidance or support?

VERSE 2 | REST

He leads me beside still waters. What helps me feel safe enough to rest?

VERSE 3 | RESTORATION

He restores my soul. What part of my inner life needs care?

VERSE 4 | PRESENCE

You are with me. Who walks with me through difficult memories?

VERSES 5-6 | BELONGING & HOPE

Where can I receive care, reconnect, and imagine a future?

Practice the Reflection

Two fictional case studies for discussion and personal reflection

Case Study 1 | Still in the Valley

Mike survived an IED attack in Afghanistan that killed a fellow soldier.
Back home, nightmares, guilt, and mistrust made him feel trapped in combat.
He says, "Everyone says I am home, but I still feel stuck on that road."
Psalm 23:4 invites him to consider companionship in the valley, not denial.

What might Mike need from a trusted friend, chaplain, or counselor?

How can "You are with me" offer hope without minimizing his loss?

Case Study 2 | A Soul That Needs Rest

James, a Marine veteran, remains constantly alert after returning home.
He scans rooms, struggles to sleep, and feels distant from his family.
He says, "I do not know how to turn it off." Psalm 23:2 speaks of rest.
With support, he begins practicing quiet walks, prayer, and connection.

What would rest look like for James beyond simply getting more sleep?

What support might help him begin to feel safe?

My Restoration Plan

Small steps toward rest, connection, and renewed purpose

Notice | Name | Reach Out

NOTICE | What signs tell me I am carrying too much?

NAME | What grief, guilt, fear, or spiritual question needs attention?

REACH OUT | Who is one safe person I can talk with?

My Next Faithful Step

One practice I can try this week (rest, prayer, lament, connection):

One person or resource I can contact for support:

Faith can support recovery alongside counseling, medical care, and peer support.