

Wife of a Soldier, A Journey of Faith

Going Deeper: A Study Guide

This study guide is meant to serve as a tool for personal reflection and deeper of the Bible as you read and can be used individually or in a group setting. Specific scriptures and questions will help you process and apply the key ideas from each chapter.

Chapter 1 - Foundation of Faith

1. Have you personally accepted Jesus Christ as your Lord and Savior? If not, I would encourage you to read the book of John. Pray and ask God to reveal His love for you and the plan He has for your life.

2. Memorize the following scriptures:

Philippians 4:13: "I can do all things through Christ who strengthens me."

Psalms 73:25-28: "Whom have I in heaven but You? And the earth has nothing I desire besides You. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Those who are far from you will perish...but as for me, it is good to be near God."

3. When did you begin your journey as a military spouse? How would you describe your journey up to this point?

4. Are there things in your life that you have had to surrender? If yes, what were they and what was the result of choosing to surrender?

5. Is there something God is calling you to surrender right now? If so, identify what He is asking of you and pray for the courage and faith to trust Him and obey.

6. Write down a time when you thought you couldn't accomplish something and you did!

Chapter 2 - The Commitment

1. Memorize Genesis 2:18: “And the Lord God said, ‘It is not good that man should be alone: I will make him a helper comparable to him.’”
2. How do you see your role as your husband’s helper in this military lifestyle?
3. What is the attitude of your heart towards committing to this life as a military spouse? If you are fighting the commitment, begin by asking God to help you be content and thankful for each new day and to teach you how to embrace this life He has called you to.
4. Memorize Psalm 31:24: “Be strong and take heart, all you who hope in the Lord.”
 - Write down two things God is telling you to do in Psalm 31:24. How might these concepts shift your outlook as a military spouse?
5. Memorize 1 Corinthians 10:31: “Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”
 - What is this scripture asking you to do? How might your daily life look different if you put this verse into practice?

Chapter 3 - Separation and Loneliness

1. Memorize the following scriptures:

Isaiah 41:10: “Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.”

Joshua 1:9: “Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”
2. Read 2 Corinthians 1:3-4. What is God’s promise to us in these verses?
3. Read Jeremiah 17:5-8. These verses create a very clear picture of our choice to either trust in our own strength or to trust in the Lord. Based on these verses, how might your life look different as a result of choosing to trust the Lord?

4. Have you experienced seasons of loneliness and long separations? If so, how did you handle it? What was your attitude? Take a moment to journal how you grew through that time in your life.
5. Would you allow God to take what you have learned through your situation and use it to help someone else? Brainstorm a few ways you might be able to share your experiences with someone else going through a similar challenge.
6. Make a list of things that have helped to sustain you through the challenges as a military spouse, especially during seasons of separation.
7. Review your list and pray for opportunities to share it with other military spouses.

Chapter 4 - Making the Most of every Opportunity

1. Memorize the following scriptures:

Colossians 4:5-6 (NIV): “Be wise in the way you act towards outsiders; make the most of every opportunity. Let your conversation always be full of grace, seasoned with salt, so that you may know how to answer everyone.”

Hebrews 13:20-21: “May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus Christ, that great Shepherd of the sheep, equip you

with everything good for His will, and may He work in us what is pleasing to Him through Jesus Christ, to whom be glory forever and ever.”

Galatians 5:13a: “Serve one another in love.”

Proverbs 11:25: “She who refreshes others will herself be refreshed.”

2. Write down a time when someone reached out to you. How did it impact your life?
3. A positive shift occurs when we shift our focus from ourselves and towards others. What are some ways you can practice “refreshing others” in your life?

4. What opportunities have you taken to “love your neighbor as yourself”? (Matthew 22:39) Your children are always watching what you do. What example are you setting in loving others?

5. Make a list of the opportunities you have been given as a military family. What impact have they had on your family?

6. Make a list of the gifts and talents you possess. Have you asked God for opportunities to share them with others? Begin praying for a way to share them with others, especially during times of separation from your husband.

Chapter 5 - Another Move

Memorize Jeremiah 29:11-13: “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. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

2. What is your reaction to another set of PCS orders?

3. Do you find yourself weary or excited at the thought of another move? How do your children respond?

4. If you know a move is imminent, have you considered praying before the orders are cut?

5. List your last three duty assignments and the one thing that was significant to you and your family in each location.

6. Have you ever considered there are benefits to being a military family? If you had to make a list, what would those benefits be for you and your family?

7. Do you believe God is in control of each duty assignment? Have you planted yourself and your family after each move or have you held your heart back? It is never too late to surrender to God’s purpose and plan for you in each new place.

8. In your journal, reflect on all the places you have called home, and prayerfully consider God’s faithfulness at each assignment. Ask your family to do the same, and then compare your answers.

Chapter 6 - The Waiting

1. Briefly write down what your current situation is as a military spouse: (i.e.) husband deployed, husband soon to deploy, husband currently home.
 2. Are you currently in a season of waiting? If so, what are you waiting for? Are you surrendered to God's timing?
 3. Are you being patient as you wait or are you experiencing times of anxiousness? Be honest, God already knows the answer!
 4. Now, take the time to give God your situation. Read, again, Philippians 4:6. What does it tell you to do?
 5. Meditate on the list you just made from question 4 and memorize Philippians 4:6: "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."
 6. Read and memorize Romans 8:28: "And we know that in all things, God works for the good of those who love Him, who have been called according to His purpose."
- Write down some examples in your own life when God took a very difficult situation and used it for good.

Chapter 7 - The Painful Goodbyes

1. Memorize the following scriptures:
Isaiah 61:10. "I will greatly rejoice in the Lord. My soul shall be joyful in my God."
Habakkuk 3:18. "Yet I will rejoice in the Lord, I will joy in the God of my salvation."
2. Read James 1:2-4. What is it telling you to do? What does it tell you the outcome will be for any trial you may face?
3. Are you willing to allow God to use you in a new way while your husband is away? Begin today by praying for God's leading.

4. Make a list of some things you have thought about doing but didn't because you felt you did not have the time or talent. Now is the time to take that step of faith and allow God to do His work in and through you.

Chapter 8 - Seasons of Grief

1. Define grief in your own words.
2. Share a time in your life when you experienced the loss of something or someone you loved.
3. How did this season of grief impact your heart? Your life?
4. Read Ecclesiastes 7:3 and 7:4. What is the message of hope spoken of in each passage? How might they help us walk through times of grief in our lives?
5. Read the following scripture verses and note the promises in each that help strengthen our hearts during seasons of grief.

- Deuteronomy 31:6 - Psalm 29:11

- Psalm 62: 5-8

- John 16:33

6. Read 2 Corinthians 1:3-4. How has God used your experience with grief to comfort someone else walking through a time of great loss in their life?
7. Take a moment and reflect on the wisdom you have gained because of times of loss in your life. Write these reflections in your journal.
8. Recite and memorize Ecclesiastes 7:3: "Sorrow is better than laughter, for by a sad countenance the heart is made better."

Chapter 9 - Maintaining a Place of Refuge

1. Memorize Psalm 141:8. "But my eyes are upon You, O God the Lord; in You I take refuge."
2. Read Psalm 91 and Psalm 121. Make a list of all of God's promises to you as you choose Him as your place of refuge.

3. Read Proverbs 24:3-4.

- How do these verses encourage you to build your foundation of faith?

- Do you think filling the rooms of your heart with God's Word impacts your ability to love and support your husband and family? If so, in what way do you feel it makes a difference?

4. Read Proverbs 31:10-31:

- What are the practical ways the virtuous woman maintains a place of refuge for her husband and her family?

- How does God describe her important role as a wife?

- Reread verses 11, 23, 28, and 30. Describe the results of her hard work. Memorize these verses to remind you of the difference you are making in your role as a wife and mother, as you seek the Lord for His wisdom and strength.

- Reread verses 17 and 25. What do you think is your source of strength? - Ask the Lord to reveal His heart for you as a virtuous woman.

Chapter 10 - Resting in God's Peace

1. Meditate on these verses and write down what God is speaking to you from each one.

- James 1:2-3 – “My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.”

- 2 Timothy 1:7 – “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

- Psalms 31:24 – “Be of good courage, and He shall strengthen your heart, all you who hope in the Lord.”

- John 16:33 – “These things I have spoken to you, that in me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

- Isaiah 26:3-4 – “You will keep him in perfect peace, whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for in YAH, the Lord, is everlasting strength.”

- Psalm 28:7 – “The Lord is my strength and my shield; my heart trusted in Him and I am helped.”

- Isaiah 26:12 – “Lord, you will establish peace for us, for you have also done all our work in us.”

2. Are you choosing to abide in Jesus, who is your source of help? If not, what can you do to learn to abide?

3. Read John 15:9. What is God’s promise to you? What does this verse tell you to do?

4. As we respond to difficult situations in this military lifestyle, we are setting the example for our children. Is your example during trials one you would want your children to follow?

5. Has there been a difficult trial in your life that has led to un-forgiveness in your heart? Briefly describe this trial and its effect on your heart. Read Colossians 3:13 and write down what it tells you to do.

6. Are there any fears you are wrestling with? Be honest with yourself and God and write them down in your journal. If you are unsure, ask God to help you identify any fears in your life. Confess them to God and ask Him to strengthen your heart.

7. Look up three scriptures that address fear, and allow the Lord to use His truth to bring peace and set you free from fear.

Chapter 11 - Prayer Warriors

1. In your own words, describe prayer.

2. Reflect on your own journey with God, and describe how prayer has impacted your life.

3. When the unexpected happens, how do you react?

4. Read and memorize Romans 12:12, Philippians 4:6-7, and Luke 18:1. How does God want us to react to the unexpected and trials in our lives?

5. Prayer becomes powerful as we learn to pray with faith. Read Hebrews 11:1 and define faith in your own words.

6. In your daily life, what action can you take to strengthen your trust and faith in God?
7. Read the following scriptures and write what they reveal about why God answers prayer.

- John 3:16 and 1 John 4:19

- Psalms 84:12, Psalms 28:6-7, Psalms 37:5, and Psalms 16:1 - Romans 9:17 and Psalms 109:27

8. How do these scriptures deepen your understanding of God and prayer?

Chapter 12 - Embracing the Call of a Military Spouse

1. Read Psalms 33:13-15. What do these verses tell you about God as our Creator? Do you believe that God has prepared your heart to be a military spouse?
2. Have you ever considered the positive difference you have made in support of your husband's profession? Write down a few examples that come to mind.
3. When was the last time you told your husband how proud you are of him? How about your children? Have you thanked them for the sacrifices they have made? If this is an area you have struggled in, how can you do a better job of encouraging your husband and family?
4. Write down the names of the military spouses who have made a difference in your life. Write down what you admired the most in each one.
5. Read Hebrews 12:1-2. These verses tell us to run the race marked out for us with endurance. What in your life is requiring endurance? How might you better cultivate endurance in your life?
6. Read Romans 8:28. What does this scripture promise us?
7. Read Roman 8:28 again and look at the promise found in this verse. How might this promise apply to a current situation in your life?

Chapter 13 - Passing the Colors

1. Read Proverbs 3: 5-6. In your role as a military spouse, how has God taught you to trust Him more?
2. List the character traits you believe describe the heart of the military spouse.
3. From your answer to question 2, which traits would you identify as your strengths? Which ones do you still need God's help to cultivate?
4. Proverbs 14:1 says, "The wise woman builds her house, but with her own hands the foolish tears hers down." Each day you make choices that either build your house or tear it down. Think about the attitudes of your heart and consider whether you are passing on a positive vision or a negative one. Either way, you are passing something on to your children. What are you building today?
5. Give an example of when God showed Himself faithful and provided for the smallest detail or met a specific need in your life.
5. God never intended for you to walk this journey as a military spouse alone. His heart is that you rely totally on Him and live life with others around you. Read Ephesians 6:10 and Hebrews 12:1-2. What do these verses tell you about the journey you are on and how you are meant to live?
6. Regardless of where you are in your journey as a military spouse, how are you cultivating the vision to pass the colors to the next generation?