



GOD UNDERSTANDS

Comfort and Hope from the Scriptures

QUICK START GUIDE FOR VETERANS AND THEIR FAMILIES

God understands you. He understands your hopes and dreams. And he understands your sorrow and fear – every one of your emotions. Let the words of the God Understands series bring you needed hope, healing, comfort and encouragement.

May the LORD bless you and
take care of you;
May the LORD be kind and
gracious to you;
May the LORD look on you with
favor and give you peace.

– Numbers 6.24-26 (GNT)

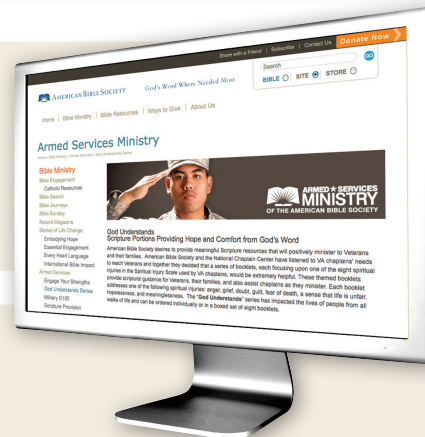
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1 Go On-line

- Go to GodUnderstands.AmericanBible.org
- Click on Get Started



2 Begin Your Journey

- Explore Spiritual Injury topics
- Personalize your journey by taking the spiritual assessment survey or choose a topic(s) that resonates with you
- Start with Introduction to get acquainted with your topic(s)
- Dig deeper by reflecting on the Scriptures, thought-provoking questions and prayers unique to each topic

3 Discover Customized Formats

- Read topics on-line: drop-down options allow you to engage the material conveniently by section
- Easy-to-read scalable font size, print and download options
- Get audio adaptations: listen to dramatic readings online or download audio to electronic devices
- Sign-up for text message journeys
- Order printed booklets

4 Connect with Others

- Join the God Understands Facebook group: initiate a discussion, share your journey
- Veterans, contact a VA chaplain at your local VA Medical Center

5 Give Feedback

We'd like to hear from you! Tell us what you think of the God Understands series by filling out a brief online survey.

Armed Services Ministry in collaboration with Veteran Affairs (VA) chaplain consultants developed the God Understands series: A program created to provide healing, hope and comfort to Veterans dealing with post-traumatic stress disorder and the spiritual, physical and emotional brokenness brought on by active duty service.

Based on the Spiritual Injury Scale used by VA chaplains, real life situations about Veterans are shared to help identify spiritual injuries that often lead to feelings of uncertainty. Themed topics such as anger, grief, hopelessness, guilt, fear of death, a sense that life is unfair, that life is meaningless are explored in combination with God's Word.

There is a common human thread that flows through our frailties, our weaknesses, our heartaches and our sufferings — and a common thread of hope that so many have found through prayer and Scripture.

May words of this God Understands series bring you that needed hope, healing, comfort and encouragement.