

Post-traumatic Stress Disorder (PTSD) and Veterans

PTSD Prayer Request List

Veterans

- For those who have been injured
- For those who are healing from physical or psychological wounds
- For those who have witnessed devastation and death
- For those who have lost friends
- For those whose memories affect their daily lives
- For those who struggle with anger, anxiety, mood swings, or depression
- For those who are frustrated by trying to readjust to civilian life
- For those who need to reestablish family roles
- For changes in marriages and relationships with children
- For flexibility in negotiating changing roles in relationships
- For the ability to communicate
- For those who have discomfort being around other people
- For those who feel misunderstood by friends and loved ones
- For those who feel like they have missed significant events in life and cannot catch up
- For those who have problems sleeping
- For those who have trouble keeping a job
- For those who feel left out or like they are no longer needed
- For those who feel stressed or overwhelmed
- For those who feel guilty
- For those who have lost motivation or interest in life
- For those who feel emotionally numb
- For those having problems concentrating
- For those having flashbacks

Families

- For the enormous relief of a safe return
- For those disappointed if the returning veteran is different from how they imagined
- For the changing roles in relationships with the returning vet
- For those who feel underappreciated
- For those who feel no longer needed
- For those caring for a wounded veteran
- For communication and flexibility
- For patience
- For balancing time with the returning veteran and allowing him/her alone time or time with others
- For the additional stress from watching the pain of a veteran
- For those who worry about the redeployment of a loved one
- For young children of veterans who may not remember their parent well
- For older children who may not fully understand and worry about being left again
- For wisdom to parent children of returning veterans well

Those Currently Serving

For physical safety
For those worried about the uncertainties of war
For wisdom to make good decisions in combat
For courage in the face of danger
For compassion for fellow soldiers and civilians
For comfort in distress
For hope and strength

Families left behind

For those who must take on new responsibilities
For those who feel alone or abandoned
For those who worry about the safety of their loved ones
For those who eagerly wait for a phone call or email
For those who must parent alone
For those who miss their mom or dad

For Families of those who have died
For those who constantly miss a lost loved one
For those dealing with feelings of anger, jealousy or guilt
For hope and strength for coming days

Church

For an awareness of needs and a willingness to meet them
For understanding and openness
For providing space for brokenness
For becoming a community that supports the families of soldiers and veterans
For creating a place for those with PTSD to share experiences and find hope
For a willingness to listen and pray
For discerning the balance of giving support and allowing veterans and their families space to heal
For those who will support veterans and their families rebuild marriages, acquaint families, and renegotiate life

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