

FAITH

UNDER FIRE

5 Truths for the Wounded Soul

A message of Healing, Hope, and Spiritual
Strength for the Weary Warrior!

G e n e C o b b

A Message of Healing, Hope, and Spiritual Strength for the Weary Warrior

By Gene Cobb

Introduction: My Wounds Had a Voice, But God Had the Final Word

I know what it feels like to be wounded—and not just in the physical sense. I've stood in the ashes of trauma, carrying the invisible weight of things I couldn't explain and others couldn't see. Years of serving as a firefighter and public safety leader meant I was trained to face danger, but nothing prepared me for the emotional collapse that came later. I wore strength like a badge, but inside, I was unraveling.

There was a season I truly believed God had forgotten me. I wasn't sure I could bounce back. But by His grace, I learned something powerful: **faith doesn't fail in fire—it's forged there.**

This short guide is for anyone feeling weary, wounded, or wondering if there's still purpose on the other side of pain. Let me remind you: **God's not done with you.** In fact, your greatest impact may still be ahead.

Here are 5 truths God revealed to me in my darkest hours...

Truth 1: You're Not Broken Beyond Repair

Trauma has a way of whispering lies: *You're too far gone. You'll never be whole again. You're damaged goods.* But here's the truth—God is not intimidated by your wounds. He specializes in restoration, not just repair.

You may feel shattered, but you're still God's masterpiece. In Jeremiah 30:17, the Lord says, *"I will restore you to health and heal your wounds."* Not *might*, not *maybe*—He *will*.

What the world calls broken, God calls *redeemable*. He's not looking for perfect vessels; He's looking for *willing* ones. Don't measure your value by your scars—measure it by His grace.

If you've felt like a mess, just know you're exactly the kind of person God uses. There's beauty in the rebuilding process. He's not done with your story—He's rewriting it in strength.

Truth 2: You're Not Alone in This Fight

Pain has a strange way of isolating us. We convince ourselves no one could possibly understand, and before long, we retreat into silence. But the truth is, you're not alone—and you never have been.

Jesus Himself experienced anguish so deep, He sweat drops of blood in the Garden of Gethsemane. "*My soul is overwhelmed with sorrow to the point of death,*" He told His disciples (Matthew 26:38). He gets it.

Hebrews 4:15 reminds us we don't serve a distant Savior but One who *sympathizes with our weaknesses*. He's been there—and He's with you now.

You're also not the only one who's walked this road. I've talked to hundreds of warriors—first responders, parents, pastors—carrying the same burdens in different uniforms. You're part of a brotherhood and sisterhood of survivors.

Lean in. Ask for prayer. Find support. You don't need to walk through fire alone—especially when you serve a God who walks in it with you.

Truth 3: Your Story Still Has Purpose

When you're going through hell, it's hard to imagine there could ever be a "why." But let me say it plainly—**your pain is not pointless.**

Romans 8:28 tells us that "*God works all things together for the good of those who love Him.*" That includes your trauma. Your heartbreak. Your darkest night.

You might feel like your story has too many jagged edges to be useful, but those are the exact places God shines through. Your scars can become someone else's survival guide. Your comeback may be the catalyst for someone else's courage.

Purpose doesn't begin after the pain ends. Sometimes, it's born *in* the pain. You don't have to wait to be fully healed to be fully used. You can be in the middle of your mess and still be a messenger of God's goodness.

You were created on purpose, for a purpose—even now. Keep walking. God is still writing.

Truth 4: You Can Be Both Strong and Surrendered

In the world of first responders, military service, or leadership, there's an unspoken rule: *Never let them see you weak.* But God's Kingdom flips that script. True strength isn't found in hiding weakness—it's found in surrendering it.

Paul, in 2 Corinthians 12:9, writes: "*My grace is sufficient for you, for my power is made perfect in weakness.*" Let that sink in. God's power is most evident *not when you've got it all together*, but when you fall into His arms, undone.

It's okay to admit you're tired. It's okay to rest. Surrender is not quitting—it's trusting God to fight the battle you can't. You don't have to carry the weight of the world. He already carried the cross so you wouldn't have to.

You can be a warrior and still lay your armor down at His feet. That's not weakness—that's wisdom. That's where healing begins.

Truth 5: Healing Begins With Hope

Sometimes the only thing more painful than the trauma is the fear that it'll never get better. That the fog won't lift. That you'll always feel this way. But listen closely: **healing begins with hope.**

Hope is not wishful thinking—it's anchoring your soul to something greater than your current circumstance. Hebrews 6:19 says, *"We have this hope as an anchor for the soul, firm and secure."*

Even if your faith feels small, God honors it. Jesus said if you have faith the size of a mustard seed, you can move mountains. (Matthew 17:20) That includes the mountain of depression. The mountain of trauma. The mountain of fear.

You don't have to see the full path—just take the next step with God. Healing is possible. I've lived it. I've seen it. And I believe it's available to *you* too.

Hold on. Hope is here. And His name is Jesus.

Conclusion: You're Not Alone—Join the Movement of Healing and Hope

If these truths stirred something in your soul, I want you to know—you're not alone in this. What you just read is more than a mini-book... it's an invitation to a new beginning. And I'd like to walk that road with you.

That's why I created **The GOOD NEWS Club**—a faith-based community of people just like you who are seeking strength, resilience, and encouragement rooted in the Word of God. As a member, you'll get exclusive access to deeper devotionals, resilience tools, encouraging video messages, bonus content, and more. It's a place to grow stronger, together.

Because you weren't meant to suffer in silence. You were meant to rise. And The GOOD NEWS Club is here to help you do just that—one truth, one prayer, one step at a time.

If you're ready for more than survival—if you're ready for **revival**—then join us. Your comeback story starts now.

You've been through fire. Now let's walk in freedom.

Faith Under Fire - 5 Truths for the Wounded Soul...

In "Faith Under Fire - 5 Truths for the Wounded Soul," Gene Cobb shares a heartfelt message of healing and hope for those grappling with emotional pain and isolation. Drawing on his experiences as a firefighter, Cobb reveals how faith is not diminished by struggle but forged through it, reminding readers that their scars do not define them. With powerful truths and encouragement, he offers a path toward purpose and restoration, assuring that even in our darkest moments, we are never alone.

Find out more about Gene by visiting his website at www.GeneCobb.com