

July 17th - 23rd

Triumph over Trauma

In this lesson you will learn three ways to deal with trauma.

Intro: Trauma is defined as a deeply distressing or disturbing experience or physical injury. The term trauma comes from Greek antiquity meaning wound. Childhood trauma often involves a negative reaction called a traumatic stress. This reaction follows a traumatic event that greatly challenges a child's ability to cope with the deeply upsetting and negative emotions experienced in the traumatic event. Life has a tendency of piling on our hearts pain, wounds, and hurts. Most of the problems in our lives and in our relationships stem from mental and emotional health issues. There are several ways God wants us to heal from the trauma we have experienced.

I. Give your Trauma to the Lord

- A. Admit that you experienced the trauma. Recognize what happened to you during the traumatic event and write it down. Then give the whole event and all the emotions and feelings attached to it to the Lord. Allow the Lord to deal with your trauma. We are instructed to cast all of our cares on the Lord (1 Pet 5:7). Give your case to the Lord and allow him to bring you justice for the wrong done to you. As long as you hold onto the offense, God cannot deal with your trauma.

II. Forgive Yourself and the Perpetrator

- A. Never blame yourself for the wrongs that others have committed against you which have caused you trauma. Take the time to forgive yourself for any wrongdoing or perceived wrongdoing on your part. Then allow God to help you forgive the person who wronged you and caused you all of the trauma. Free yourself from the burden of trying to fix the whole situation. Don't allow the hurt and the bitterness from the trauma poison your heart and mind (Heb 12:15). Forgive the person who wronged you and allow the healing process to begin in your life.

III. Get in Community

- A. Plant yourself within a community of believers who will support you and help you through the healing process. Find a trusted friend who can serve as your accountability partner to keep you on the right track. Help others in need. Look for ways to bring healing and hope to those around you. Lift your eyes off of yourself and look out to be a blessing to those who are hurting and in need. As we sow into other people's lives, we can be assured that God will supply us with our healing, our needs, and our harvests (Phil 4:19).

Discussion Questions

1. What traumatic experience have you given to the Lord?
2. Have you forgiven the person who has wronged you?
3. What connect group are you actively involved in on a regular basis?