

“Hope in Trauma”
Hope for Everyday
Part 7

Three basic Types of Trauma. There is:

- *Acute*
- *Chronic*
- *Complex*

How do we Heal from trauma?

“Joseph said to them, “Don’t be afraid. Am I in the place of God? ²⁰ You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

Genesis 50:19-20

“Saul, why are you persecuting me?”⁵ And he said, “Who are you, Lord?” And he said, “I am Jesus, whom you are persecuting.⁶ But rise and enter the city, and you will be told what you are to do.”

Acts 9:4

You must acknowledge the trauma

Process the pain of our trauma

“Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. ²⁴ Five times I received from the Jews the forty lashes minus one. ²⁵ Three times I was beaten with rods, once I was stoned, three times I was shipwrecked, I spent a night and a day in the open sea, ²⁶ I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my own countrymen, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false brothers.

Process the pain of our trauma

27 I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. 28 Besides everything else, I face daily the pressure of my concern for all the churches.”

2 Corinthians 11:23 -28

“We were under great pressure, far beyond our ability to endure, so that we despaired even of life.”

2 Corinthians 1:8-9

Prayerfully cry out to God

“Three times I pleaded with the Lord to take it away from me. But he (God) said to (Paul) me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

“That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 Corinthians 12:8-10

Nothing can change your past
But God CAN Heal your broken heart

***“The LORD is close to the brokenhearted and
saves those who are crushed in spirit.”***

Psalm 34:18

Pursue Purpose in trauma

“ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,⁴ who comforts us in all our troubles, (WHY) so that we can comfort those in any trouble with the comfort we ourselves have received from God.

2 Corinthians 1:3-4

***“we know that in all things God works for the
good of those who love him,
who have been called according to his purpose.”***

Romans 8:28

Pursuing God for healing is Your Responsibility

TO THIS WORLD BUT Be tRansFormed BY THE RENEWAL OF your MIND

you shall not walk in their statutes

Lev 18:3

After the Image of it's Creator

Col 3:10

Christ who lives in me

Gal 2:20

do not be conformed to the passions of your former ignorance

1 Peter 1:14

If anyone is in Christ he is a new creation

2 Cor 5:17

We are God's children now

1 John 3:2

Be Conformed to Christ we all... are being transformed into the SAME IMAGE from one degree of GLOBY to another