

HEALING JOURNEY

OCTOBER 17, 2022

SERIES: "KNOWING GOD IN MY PAIN"

SEEKING HEALING FROM TRAUMA

Be it an event in our distant past, or something even more recent, we all become victims of trauma at some time or other in life. How we handle that trauma determines whether we come away from it victorious or victimized. We can come away from difficult times stronger for it, or we can carry the hurt and fracture for a long time, for some even to their end. Sometimes, we are not even aware that there are remnants of that trauma lingering in our minds, in our emotions, and that it is preventing us from experiencing true happiness, true peace. But once we discover it is there, we must go through a process of healing, in order to become whole, in order to find peace with ourselves and the event.

VIDEO NOTES

What is trauma? It's not the actual event. It's the _____ to a particular event. By definition, it's a response to a deeply distressing event.

Trauma can be physical, _____, mental or even _____.

The wounds you can't see, can hurt as much as the ones you can see. And sometimes, they even take _____ to heal.

Romans 8:28, many Christians with good intentions, will quote this verse to a wounded person, "And we know that in _____ things God works for the _____ of those who love Him, who have been called according to His _____."

This is a powerful truth, a life-changing truth, an _____ truth. But while it's all true, it may not always feel _____.

Trauma is when you:

- Feel like you're in shock
- May be in denial
- Feel moody because you can't control your emotions
- Feel overwhelmed with anxiety
- Feel numb completely
- Even though what happened to you is not your fault, you may feel guilt or shame

(Opening prayer)

You don't just get _____ trauma. You don't just move past it. You have to _____ from it.

THREE TYPES OF TRAUMA:

1. Acute
2. Chronic
3. Complex

1. **Acute Trauma** is a response from a _____ - _____ traumatic event.
2. **Chronic Trauma** is a long-term response from a prolonged event or _____ events.
3. **Complex Trauma** is a response to _____ and ongoing events.

No matter what type, trauma changes you, and changes your perspective. It can change how you see people, how you see _____, and your outlook on life.

You don't compare your trauma with others' trauma – you just seek God for _____.
Your trauma may have caused you to not trust _____, to not trust God.

HOW DO WE HEAL FROM TRAUMA?

The apostle Paul, who wrote 2/3 of the New Testament, experienced acute, chronic and complex trauma. God brought Paul through the process of healing.

(Paul's story described – Paul who was a Christian killer became a killer Christian preacher.)

For the rest of his life, Paul endure prolific abuse – running for his life. He suffered severe trauma, and he healed from it. How?

THREE WAYS TO SEEK HEALING FROM TRAUMA

1. We process the _____ of our trauma.

- In order to process it, you need to _____ it.
- You don't heal when you ignore the wound.
- You start to heal when you take it to God, and you start to process it.
- Sometimes, instead of seeking connection (with others), we prioritise protection (we deny in order to protect ourselves from facing the hurt).
- Sometimes, instead of taking our pain to _____ people, we often push trusted people away.
- We don't heal in _____, we heal best in community. We heal better in the company of others, with the people of God (like coming to Healing Journey).
- Iron sharpens iron. We can confess our faults to one another and pray for each other, so that we may be healed.
- In 2 Corinthians 11:23-28, Paul is processing his pain, his trauma, by listing all his afflictions.
- 2 Corinthians 1:8 says, "We were under great pressure, far beyond our ability to endure, so that we despaired of life itself."

What was Paul saying or doing? He was talking about his despair, he was writing about it, he was processing it.

- Find the right place, the right _____ to process the pain of your trauma. Perhaps here at Healing Journey, perhaps with a pastor, a Christian counsellor.
- We don't heal when we _____ it. We have to acknowledge it, and process it with trusted people.

2. We prayerfully press into _____ with our trauma.

- We take it to God. We cry out to God. We talk to God. We might even complain to God.
- This is what Paul did when he spoke about the thorn in his life.
In 2 Corinthians 12:8, Paul said, "Three times I pleaded with the Lord to take it away from me."
- You can be totally and completely _____ with God. Don't hold back. The Bible says, "Cast all your cares upon Him, because He cares for you." (1 Peter 5:7)
- 2 Corinthians 12:9 says, "But God said to me, 'My grace is sufficient for you, for my _____ is made perfect in _____.'"

- In 2 Corinthians 12:10, Paul says, “That is why, for Christ’s sake, I _____ in weaknesses, in insults, in hardships, in persecutions, in _____. For when I am weak, then I am _____.”
- That strength can only come from the presence of God. You take it to God, you take it to God, you take it to God!
- NOTHING can change your past. BUT God can _____ your broken heart.
- Psalm 34:18 says, “The Lord is close to the _____, and saves those who are _____ in spirit.”

3. We pursue _____ in our trauma.

- In 2 Corinthians 1:3-4, Paul said, “Praise be to the Father of _____ and the God of all _____, who comforts us in _____ our troubles (for a purpose), so that we can comfort those in any trouble with the comfort we ourselves receive from God.”
- If you’re not okay, you’re not okay. Something happened to cause you pain, trauma. Not only can you be healed, you can be way _____ on the backside.
- Romans 8:28, “And we know that in _____ things, God works for the _____ of those who love Him, who have been called according to His _____.”
- Your trauma may not have been your fault, but pursuing God for healing is your _____. You gotta do it!
- No more victim. We can hurt, and we can heal, because we have a good God.

GROUP DISCUSSION

1. Do you have a point in time (distant past or more recent) when you experienced trauma that left you with hurt, pain? Which of the 3 types of trauma would you describe it as? (Acute, chronic or complex)
2. In order to begin the healing process of a trauma in your life, think about that time of trauma, and complete this sentence, “I was _____.” (abused, raped, disrespected, offended, etc.)
3. Has your trauma left you broken-hearted or crushed in spirit? Describe how that showed up in your life.
4. Do you have remnants of trauma effects in your life? Based on today’s lesson, how can you bring that hurt, that trauma, to healing?
5. 2 Corinthians 1:3-4 tells us that God comforts us in times of trouble, and He does that so that we may comfort others with that same compassion when they go through difficult times. Have you experienced the opportunity to comfort others because of the trauma you experienced? Share what that was like for them and for you.