

Trauma - a response to a deeply disturbing or distressing event

...In this world you will have trouble. But take heart! I have overcome the world.

John 16:33 (NIV)

3 TYPES OF TRAUMA

- Acute
- Chronic
- Complex

Acute trauma - a response to a one time traumatic event.

Chronic Trauma - a long term response from prolonged or repeated events

Complex Trauma - A response to multiple and ongoing events

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

John 10:10 (NLT)

HOW DO WE HEAL FROM TRAUMA?**1. PROCESS THE TRAUMA WITH OTHERS**

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. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. 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. Besides everything else, I face daily the pressure of my concern for all the churches.

2 Corinthians 11:23-28 (NIV)

We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

2 Corinthians 1:8 (NIV)

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Ecclesiastes 4:9-10 (NIV)

2. PRESS IN TO GOD IN OUR TRAUMA

Three times I pleaded with the Lord to take it away from me. But he said to 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 (NIV)

...Hear my cry, O God; attend to my prayer. From the end of the earth I will cry to You. When my heart is overwhelmed; lead me to the rock that is higher than I.

Psalms 61:1-2 (NKJV)

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalms 34:18 (NIV)

3. PURSUE PURPOSE FROM OUR TRAUMA

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

2 Corinthians 1:3-4 (NIV)

And 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 (NIV)