

Group Therapy Week 3

Small Group Questions - Finding Healing From Trauma

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Read

John 16:33, John 10:10, 2 Corinthians 11:23-28, Ecclesiastes 4:9-10, 2 Corinthians 12:8-10
Psalm 61:1-2, Psalm 34:18

Reflect

Jesus said, “in this world you will have trouble. But take heart, I have overcome the world.” He knew we would face trials and he gives us peace of mind knowing that he has already made a way for healing. Regardless of the type of trauma we have experienced, we all carry it with us in both seen and unseen ways.

Pastor Josh Surratt offers three ways we can begin to heal from our trauma.

HOW DO WE HEAL FROM TRAUMA?

1. PROCESS THE TRAUMA WITH OTHERS

- a. Where do you go first when processing your trauma? How does this method help or hurt you?
- b. Paul writes of being in constant danger and describes the traumatic life that lived. Why do you think that writing it down or saying it out loud helps us process?
- c. Reflect on the lyrics of “Family Photo” by Andy Mineo: “Cause when you bury emotions, you bury them alive. They only come back stronger, somewhere later in your life.” How have you seen this to be true in your own life? What has helped you?

2. PRESS INTO GOD IN OUR TRAUMA

- a. In what ways have you leaned on a strength bigger than yourself?
- b. The Bible describes God as one who carefully attends to our wounds. How can you release control and allow him access to treat your wounds?
- c. How have you seen God move in your pain?

3. PURSUE PURPOSE FROM OUR TRAUMA

- a. God never wastes our pain. How have you seen him use your experience?
- b. How can something that you’ve been through provide comfort to others?
- c. If you’re in a battle, who is someone with a similar experience who has helped, or could help you overcome trauma?

Respond

Where is God leading you? How can your small group support you?