

Struggle Is Real Part 4: Trauma Response

Trauma is an emotional response to a deeply disturbing or distressing event.

The wounds **you can't see** can hurt as much as the ones **you can see**.

✓ **Need to cool down.**

✓ **Need to be placed with care.**

✓ **Need to be used for good.**

"And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose." Romans 8:28 NASB1995

We **can't control everything** in life but we **can control our response**.

*"His brothers then came and threw themselves down before him. "We are your slaves," they said. But Joseph said to them, "Don't be afraid. **Am I in the place of God?** You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don't be afraid. I will provide for you and your children." And he reassured them and spoke kindly to them." Genesis 50:18-21 NIV*

1. Face your feelings.

*"My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! **Why am I discouraged? Why is my heart so sad?** I will put my hope in God! I will praise him again— my Savior and my God!" Psalms 42:4-5 NLT*

2. Lean on your loved ones.

*"Therefore confess your sins to each other and **pray for each other** so that you may be healed. The prayer of a righteous person is powerful and effective." James 5:16 NIV*

*"Therefore encourage one another and **build each other up**, just as in fact you are doing." 1 Thessalonians 5:11 NIV*

3. Prioritize self-care.

*"But Jesus often **withdrew** to lonely places and prayed." Luke 5:16 NIV*

*"Without counsel purposes are **disappointed**: But in the multitude of counsellors they are **established**." Proverbs 15:22 KJV*

4. Fix the little things.

*"Catch for us the foxes, the **little foxes** that **ruin the vineyards**, our vineyards that are in bloom." Song of Songs 2:15 NIV*

*"Dead flies in perfume make it stink, And **a little foolishness** decomposes much wisdom." Ecclesiastes 10:1 MSG*

5. Be patient.

"If possible, so far as it depends on you, be at peace with all men." Romans 12:18 NASB1995

*"But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and **by his wounds we are healed**." Isaiah 53:5 NIV*