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May 26, 2024

“HEALING FROM TRAUMA GOD’S WAY”

¹ *God is our refuge and strength, always ready to help in times of trouble. Psalm 46:1 NLT*

Substance Abuse and Mental Health Services Administration

- **23.1% (59.3 million) adults had a mental illness in the past year.**
- **46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their lifetime.**

Trauma - a deeply distressing or disturbing experience.

The response to the trauma event is what can wreck us. It is the fallout and aftermath of trauma that keeps people stuck in their suffering for years.

Jesus understood trauma...

³³ *“I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” John 16:33 NLT*

Paul understood trauma...

⁸ *We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. ⁹ In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. ¹⁰ And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us. ¹¹ And you are helping us by praying for us. Then many people will give thanks because God has graciously answered so many prayers for our safety. 2 Corinthians 1:8-11 NLT*

HERE ARE SOME STEPS WE CAN TAKE THAT CAN LEAD TO HEALING FROM TRAUMA:

WE MUST PROCESS THROUGH THE PAIN OF THE TRAUMA.

- **Biblically Based Counseling.** Christian trauma counseling connects you with someone who will continually remind you of the hope of Christ and share from God’s Word steps that lead to healing.
- **Prayer** – talking to God about the trauma and crying out to him.
- **Reading, applying, and claiming God’s Word.**
- **Journaling** can be a good way to get things out of your head and onto paper, it helps us process through the pain.
- For healing to occur people need to stop seeing themselves as **diseased or deficient**. It isn’t their personalities that are abnormal, but rather the event or events that they experience that is abnormal.

WE DON’T HEAL IN ISOLATION; WE HEAL BEST IN COMMUNITY.

- Life is **better together!**
- We need people in our life that are healthy.
- We need people we can **share our struggles and suffering** with.
- We need someone that will hold **us accountable** because they love us.

¹⁸ *The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. Psalm 34:18 NLT*

³ *All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:3-4 NLT*

May you know peace and joy. When you look in the mirror, may you see the person God sees.

Next steps for me today...

- **Don’t ignore the trauma or pain but begin to process it.**
- **Trust Jesus to heal you by faith as you take steps.**
- **See a biblically based counselor that can help you process and navigate the steps toward Jesus and true healing.**
- **Surround yourself with people that are getting healthy spiritually, emotionally, physically, and relationally.**
- **Join a Life Group.**
- **Join Celebrate Recovery on Monday nights.**