

MEMORY VERSE: Romans 8:28 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.

- Trauma is a response to a deeply disturbing or distressing event.
- The wounds you can't see can hurt as much as the ones you can see.

The Three Types of Trauma

- _____: a response from a one-time traumatic event
- _____: a long-term response from prolonged or repeated events
- _____: a response to multiple and ongoing events

A Few Places Paul Faced Traumatic Events:

- Damascus (Acts 9:23-25)
- Antioch in Pisidia (Acts 13:50-51)
- Iconium (Acts 14:2, 5-6)
- Lystra (Acts 14:19)
- Thessalonica (Acts 17:5-9)
- Berea (Acts 17:13-14)
- Corinth (Acts 18:12-17)
- Jerusalem (Acts 21:27-36)

1. We _____ the pain of our trauma
 - Instead of seeking connection, we prioritize protection.
 - We don't heal in isolation. We heal best in community.
 - 2 Corinthians 11:23-28 & 2 Corinthians 1:

2. We prayerfully _____ in to God with our trauma.
 - 2 Corinthians 12:8-10

**Nothing can change your past.
But God can heal your broken heart.**

3. We _____ purpose in our trauma.
 - 2 Corinthians 1:3-4
 - Romans 8:28

REFLECTION QUESTIONS

Read **2 Corinthians 12:9-10**. How could God's grace change the way you view your situation?

"Getting over" a hurt is different than truly healing. Share about a time when you experienced healing. How did you lean into God during that healing?

Is there a trauma or hurt that you need to process with trusted people? Consider sharing that hurt with your Gospel Community so you can pray for healing together.

MY NEXT STEP TODAY IS (WHAT IS THE WISE THING?):
