



Trauma

2 Corinthians 1,
11 & 12

*Trauma = response to a deeply
disturbing or distressing event*

Three types of trauma:

- Acute trauma
- Chronic trauma
- Complex trauma.

To pursue healing from trauma::

1. I process it.

(In order to process it, I must acknowledge it.)

2. Prayerfully press into God with our
trauma.

Three times I pleaded with the Lord to take it
away from me. (2 Corinthians 12:8, NIV)



Trauma

2 Corinthians 1,
11 & 12

My grace is sufficient for you, for my power is made perfect
in weakness. (2 Corinthians 12:9a, NIV)

To pursue healing from trauma::

3. I pursue purpose in my 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 have received
from God. (2 Corinthians 1:3-4, NIV)

*With God's help, you can be
healed, and you can be way
stronger on the backside of what
you've experienced.*

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)