

RECOVERING FROM TRAUMATIC EXPERIENCES

Rethinking Your Life – Part 11

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WHAT GOD SAYS ABOUT EVIL & TRAUMA

1. _____
“Sin came into the world because of what one man did (Adam),
and with sin came death.” Romans 5:12 (NCV)
2. _____
“There will be more and more evil in the world, so most people
will stop showing their love for each other.” Matt. 24:12 (NCV)
3. _____
“In all their suffering, he (God) suffered too.” Isaiah 63:9

“You, Lord, keep a record of all my sorrows. You’ve collected all my
tears in your bottle and list each one in your book.” Psalm 56:8 (NLT)
4. _____
“Nothing can be hidden from God; everything in all creation is
exposed to his eyes. And each of us will give an account of our lives
to him.” Hebrews 4:13 (TEV)
5. _____
“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

FIRST STEPS IN RECOVERING FROM TRAUMA

Be patient! Each of these steps TAKES TIME!!

1. _____
“God comforts us in all our troubles so that we can comfort others.
Then when others are troubled, we’re able to give them the same
comfort God has given us.” 2 Cor. 1:4 (NLT)

- “By helping carry each other’s troubles and burdens you are
obeying the law of Christ.” Galatians 6:2

2. _____
Paul: “We were crushed and completely overwhelmed, and
WE THOUGHT we’d never live through it. WE EXPECTED to die!
BUT as a result, we learned to NOT trust in ourselves, but
on God . . .” 2 Corinthians 1:8-9 (NLT)

- Jesus: “The truth will set you free.” John 8:32

- The trauma is NOT _____
- The trauma is NOT _____
- The trauma is NOT _____

3. _____
“God says, ‘Don’t insist on getting even; that’s not for you to do.
I’ll do the judging and I’ll take care of it.’”
Romans 12:19 (The Message)

- “Good leaders do not tolerate evil, because justice is what makes
a government strong.” Proverbs 16:12 (Mes/TEV)

- “Get up and pray for help all through the night. Pour out your
feelings to the Lord, as you would pour water out of a jug.”
Lamentations 2:19 (CEV)

4. _____
“The plans I have for you are plans to prosper you and not to
harm you, plans to give you hope and a future.” Jeremiah 29:11

- “Give your whole heart to God and hold out your hands for him to
help . . . Then you will lift up your face without shame, and you will
stand firm without fear. Then all your troubles will fade from your
memory, like water under a bridge. Your life will be brighter than
sunshine at noon, and life’s darkest hours will shine like the
dawn. You will live secure and full of hope. God will protect you
and give you rest. You won’t be afraid of your enemies. In fact
many people will ask you for help!” Job 11:13-19 (NCV, NIV, TEV)

- “I, the Lord God, will make up for all the years the locust ate
and destroyed.” Joel 2:25