

November 5th, 2023

What Do I Do With My Trauma?

INTRO

It was a normal winter day in Northern Colorado. I was in the 5th grade. On an ice fishing trip with my family and a couple other families. It was a normal day. Until something changed...I hadn't touched a fishing pole the whole time we were there, but I did a lot of sledding. And it was the last morning, we were set to leave in just a couple hours. And as I stood at the top of that hill on that winter morning, cheap plastic sled in hand, I know there was something I just had to do. You see, some big kids the night before had made a big ramp.

Now, 5th grade Andrew was no daredevil. Current day Andrew is no daredevil! But it was calling to me. I simply had to take that ramp on. And so, I lined up my sled and I took off. Everything was going great! I hit the ramp head on, and it launched me so high into the air! And then, I landed. And I felt it in my wrist. I had broken my left radius. And had to have a cast for 8 weeks.

- An event took place. There was pain. And I needed help for it to heal.
- **Going through pain can really hurt sometimes**
- Today, we're going to talk about trauma. What is trauma?

Trauma results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social, emotional, and/or spiritual well-being

- The loss of a loved one...veteran dealing with ptsd...maybe you experienced bullying in grade school
- And maybe you've tried to cope in different ways and it's not working. And it comes out in different ways! How you talk to your spouse and kids..how you're always reaching for your phone and checking out..taking different substances to escape.
- And it's like you're just trying to put on a band-aid with a deeper wound. Imagine if we had put a band-aid over my broken arm??
- The more we stuff down those hard things, the more it comes out in different ways..

So, the question we are going to ask ourselves today is this: What do I do with my trauma?

We're going to look at three different key passages this morning to answer that question of "What do I do with my trauma?"

We're going to start in Matthew 11:28-30.

And our main point today is this:

God is there with you in your pain

What do I do with my trauma?

1. Go to Jesus with my hurts (Matthew 11:28-30)

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light." -Matthew 11:28-30

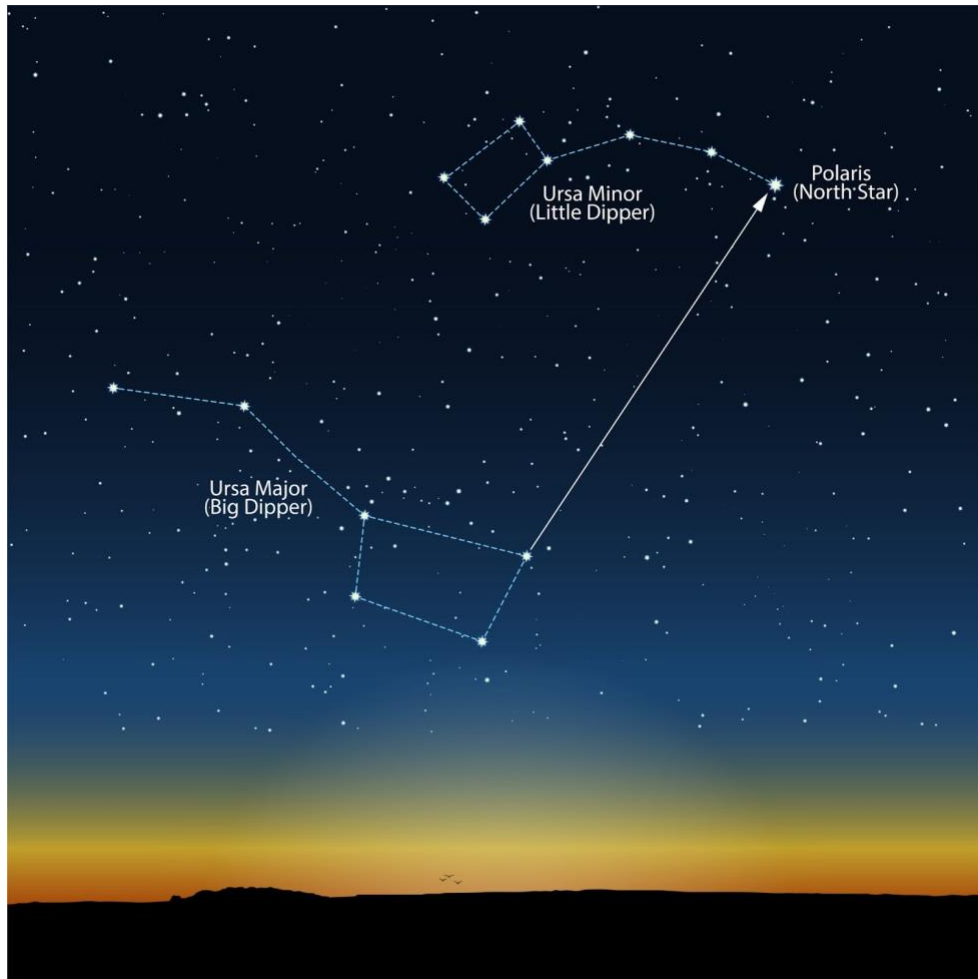
- a. Can you imagine a better person to take your hurts to?



- b. **Micah Football**
c. We don't always understand it all
d. Spend time with Him!
e. He delights in you coming to Him!

2. Embrace His Grace (2 Corinthians 12:7-10)

7...Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. 8 Three times I pleaded with the Lord to take it away from me. 9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 10 That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.



- a. **North star** in the midst of the chaos and confusion and disorientation
- b. This is a hard journey-his grace is there to guide you!

3. **Comfort Others (2 Corinthians 1:3-4)**

3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

- a. Healing Ointment to our wounds
- i. **Well of Comfort**: drink and offer that drink to others



4. Conclusion

- Trauma informed therapy might be for you. This is complex! Tangled knot that you may need help untying.
- **Next Steps**: **Know** Jesus (respond today!)...**Share** with someone (sign up for ReGen..prayer card)..**Comfort** Someone (text someone)
- Going through pain can really hurt. Go to Jesus with your hurts, embrace his grace, comfort others
- God is with you in your pain

Talk It Over

Missing Peace

Part 6

What Do I Do With My Trauma?

SMALL TALK

1. Share a childhood memory where you took a risk (like sledding over a big ramp!). How did it turn out?

VIEWPOINT

2. **Read Psalm 23.** How can this passage bring comfort in hard times?
3. **Read Psalm 34:17-18.** What are some ways that God is close to the brokenhearted and with the crushed in spirit? How can knowledge of this passage bring comfort and encouragement?
4. **Read Psalm 46:1-3.** What do we see about God's presence in this passage?

GETTING PERSONAL

5. Share a time when you have felt God's presence or received support from others when facing a hard situation.

MAKING PROGRESS (THIS WEEK)

6. What are ways you can comfort someone else this week?

