understanding

Ling God's restorative path

Psalm 46
MAM

Two Prominent Elements in Trauma

- Steve Midgley



A distressing event outside the range of usual human experience



An experience of helplessness or powerlessness

"A whole being response to the threat of destruction without opportunity for escape or the resources to recover and restore."

John Henderson

"The term 'traumatized' describes someone who has been severely impacted by a devastating event that was (1) sudden and unpredictable (2) life-threatening (3) a profound violation of trust."

Darby Strickland



God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,
though its waters roar and foam,

though the mountains tremble

at its swelling.

Selah 55



There is a river whose streams make glad the city of God, the holy habitation of the Most High. God is in the midst of her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The LORD of hosts is with us; the God of Jacob is our fortress.

Selah



Come, behold the works of the Lord, how he has brought desolations on the earth. He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. "Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The LORD of hosts is with us; the God of Jacob is our fortress. Selah 55



Handle with

CARE



"Trauma goes far beyond just a 'hard time' or an inconvenience...The reality of trauma is not discerned by what eye can see or by how quickly someone resumes everyday life."

Darby Strickland

"Some people who seem fine may be unraveling inside. Others may carry deep suffering for years before they can name it."

Darby Strickland





"The horrors of trauma can become a primary lens through which people read the Bible, distorting and coloring the text in destructive ways."

Dave Dunham

"Faithful biblical counselors will need to help trauma victims learn to read the Bible from God's perspective instead of their own."

Dave Dunham





Even when...

GOD IS!





Is = Right here. Right now. Exodus 3:14-15

The Significance of "God is"...

1

Is = Right here. Right now. Exodus 3:14-15

The Significance of "God is"...

2

Is = Sufficient aloneDeuteronomy 6:4

The Significance of "God is"...



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Is = Completely reliableMalachi 3:6; Hebrews 3:18

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Is = Completely reliableMalachi 3:6; Hebrews 3:18



Is = Inexhaustibly powerful Isaiah 40:28

THE LOGIC of FAITH

Because God is, we replace crippling fear with confident faith.





God is our

REFUGE







God is our

STRENGTH







God is our

HELPER



"The secret of confidence is the consciousness of the nearness of God."

G. Campbell Morgan

THE LOGIC of FAITH

Because God is,
we can change our "what if"
to "even if"



God is a safe place to hide, ready to help when we need him. We stand fearless at the cliff-edge of doom, courageous in sea-storm and earthquake, Before the rush and roar of oceans, the tremors that shift mountains. Jacob-wrestling God fights for us, God-of-Angel-Armies protects us.

SELAH

When we reflect on "is" our confidence in God returns



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