

Understanding Trauma

God is a Refuge in Trouble

Psalm 46:1-3

Presented by
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A Few Helpful Descriptions of Trauma...

“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 Stickland

The Significance of “Is”

- “Is” = right here, right now (Exodus 3:14-15)
- “Is” = sufficient alone (Isaiah 45:5-6)
- “Is” = completely reliable (Malachi 3:6; Hebrews 13:8)
- “Is” = inexhaustibly powerful (Isaiah 40:28)

The Impact of “Is”

- Because God is, we can exchange crippling fear for confident faith.
- Because God is, we can change our “what if” to “even if”