

Overcoming Trauma

All things work together for good, for those who love him. Romans 8:28

Bad things happen, and it doesn't mean God is punishing or abandoning you. We live in a fallen world, where people have free will to accept God and His ways, or to turn from God.

For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. Matthew 5:45

However, it's important to remember, you are in a controlled environment in Christ Jesus, even when things are out of control around you.

Every pain we hold onto, we possess and God can't heal us of it. As long as you are blaming God for causing it, He can't heal you from it. When you blame Him for what happened, you don't trust Him to fix it. But He is our creator and our healer. When we keep pain from God, we are also keeping ourselves from God. Being distant from God, keeps our healing distant from us.

When we minimize and hide our pain, our resistance to vulnerability can make us unsympathetic and fake. In the Bible, Isaiah is inspiring because he is real and raw in expressing his deep pain to God. He is honest and pours his heart out to the Lord, about how hard it is to hear and see Him in the midst of the trial. His relationship with God deepens due to this vulnerability and his trust in the Lord strengthens.

He said to me, "You are my servant, Israel, and you will bring me glory."

I replied, "But my work seems so useless! I have spent my strength for nothing and to no purpose. Yet I leave it all in the Lord's hand; I will trust God for my reward." Isaiah 49:3

The people who thrive after trauma instead of spiral, are those with a strong support network to process the grief with. This is where finding a Bible believing church and strong, spiritual friends is imperative to our healing and growth.