



SPIRITUAL WARFARE

THE UNSEEN BATTLE

PART II

A WORD FOR THE WOUNDED

Last Week....

God Gave Us A Sound Mind, But We Must Guard What God Gave

DO WE HAVE THE RIGHT WEAPONS FOR WARFARE

A Word For The Wounded?

Throughout Scripture, God continually ministers to wounded, weary, broken, fearful, grieving, and **traumatized people**. The Bible may not always use the modern clinical word **trauma**, but it consistently addresses the realities of distress, affliction, sorrow, fear, oppression, abandonment, grief, and emotional anguish.

Scripture is filled with people carrying **wounded minds**, **broken emotions**, **fearful reactions**, and **painful memories**.

Trauma, in modern language, often describes the **lasting emotional, psychological, and spiritual impact of painful events**. It can come from **abuse, betrayal, violence, grief, abandonment, war, oppression, rejection, fear, loss, or prolonged hardship**.

“**Trauma** is not just what happened **TO YOU**; sometimes **trauma** is what happened **IN YOU** because of what happened **TO YOU**.”

God **SPECIALIZES** in **healing wounded people** while still giving them **purpose, power, and peace**.

Throughout Scripture, God does not merely command wounded people to “**MOVE ON**.” He provides **therapeutic principles** that bring **healing, stability, restoration, and hope**.

Introduction

MANY BELIEVERS LOVE GOD BUT STILL CARRY WOUNDS.

Throughout Scripture, some of God's greatest servants battled *fear, grief, rejection, betrayal, abuse, disappointment, exhaustion,* and *emotional distress...*

Salvation changes our *eternity immediately, BUT HEALING* in our *emotions, memories,* and *minds* is often *A PROCESS.*

TRAUMA DOES NOT MEAN YOU LACK FAITH

One of the greatest misconceptions in *church culture* is:

"If I'm hurting emotionally, I must not trust God."

But Scripture proves *faithful people still hurt, spiritual people still struggle, believers still need healing*

Tonight, We Will Examine...

How God provides *SPIRITUAL THERAPY* through *His Word*

God does not *ignore wounded people.* He provides *healing principles* that help believers *MOVE FROM SURVIVING* to *SPIRITUALLY RECOVERING.*

Psalm 147:3

"He heals the brokenhearted and binds up their wounds."

*Tonight... Let's Evaluate 3 Key Principles
For Dealing With Trauma*

1) The Power of PRAYER

2) The Power Of PURPOSE

3) The Power Of POSITIVE PEOPLE

Principle #1 ~ The Power Of Prayer

Psalms 55:22 (NIV)

*22 Cast your cares on the Lord and HE WILL SUSTAIN YOU;
he will never let the righteous fall.*

Prayer Is Therapy For The Wounded Soul ~ Prayer Helps Us Process The Pain

*PRAYER gives hurting people PERMISSION to tell God THE TRUTH about their condition.
Many believers suffer longer because they think HONESTY WITH GOD IS DISRESPECTFUL.
But God already knows the pain — PRAYER INVITES HIM INTO IT.*

*David teaches us that PRAYER IS NOT PRETENDING you are strong...
PRAYER is bringing your brokenness into the presence of a God who is strong enough to heal it.*

PRAYER may not erase trauma immediately, but prayer keeps trauma from having THE FINAL WORD.

The Psalms are full of raw, emotional, trauma-informed prayers.

*One of the reasons David is so powerful in conversations about trauma is because
HE REFUSED TO PRETEND HE WAS OKAY WHEN HE WAS NOT OKAY.*

*He teaches us that PRAYER IS NOT ALWAYS POLISHED — sometimes prayer is painful.
Sometimes worship sounds like weeping. Sometimes faith sounds like frustration trying to hold on to God.
David shows us that HEALING BEGINS when wounded people BECOME HONEST BEFORE GOD.*

Principle #1 ~ The Power Of Prayer

Psalms 55:22 (NIV)

22 Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.

Prayer Releases The Pain

Trauma has a way of *trapping pain internally*.... But prayer becomes *the release valve for the soul*.
What stays buried often stays painful....But what is brought before God can begin healing.

Psalms 6:2-3, 6-7 (NLT)

2 Have compassion on me, Lord, for I am weak. Heal me, Lord, for my bones are in agony.

3 I am sick at heart. How long, O Lord, until you restore me?

6 I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears.

7 My vision is blurred by grief; my eyes are worn out because of all my enemies.

PRAYER RELEASES: SUPPRESSED EMOTIONS, HIDDEN HURT, INTERNAL TENSION, AND SPIRITUAL EXHAUSTION.

Psalms 62:8 (NLT)

8 O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

Prayer Releases Pressure

Trauma Creates ***INTERNAL PRESSURE***...mental, emotional, spiritual, and psychological ***PRESSURE***
PRAYER TRANSFERS WEIGHT FROM OUR SHOULDERS TO GOD'S STRENGTH

1 Peter 5:7 (NLT) ~ 7 Give all your worries and cares to God, for he cares about you.

Principle #1 ~ The Power Of Prayer

Psalms 55:22 (NIV)

22 Cast your cares on the Lord and **HE WILL SUSTAIN YOU**; he will never let the righteous fall.

Prayer Shifts Your Perspective

Psalms 13:1-2, 5-6 (NLT)

1 O Lord, how long will you forget me? Forever? How long will you look the other way?

2 How long must I struggle with anguish in my soul, with sorrow in my heart every day?

How long will my enemy have the upper hand?

5 **But** I trust in your unfailing love. I will rejoice because you have rescued me.

6 I will sing to the Lord because he is good to me.

THE CIRCUMSTANCE DID NOT **IMMEDIATELY CHANGE** — DAVID'S PERSPECTIVE CHANGED.

Prayer Restores Peace

Psalms 4:8 (NLT)

8 In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.

One of trauma's greatest attacks is against **PEACE**.

But prayer **RECENTERS THE HEART** in God's presence.

Principle #1 ~ The Power Of Prayer

Release Pain...Release Pressure...Restore Peace...Shift Perspective

1 Samuel 1:9-11 (NLT)

9 Once after a sacrificial meal at Shiloh, Hannah got up and WENT TO PRAY.

10 Hannah was in deep anguish, crying bitterly as she prayed to the Lord.

11 And she made this vow: "O Lord of Heaven's Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to you. He will be yours for his entire lifetime..."

Prayer gave Hannah PERMISSION to bring her bitterness, barrenness, disappointment, and emotional exhaustion before God. Prayer does not require you to pretend you are okay.

PRAYER GIVES YOU A PLACE TO BE HONEST WHILE YOU ARE HURTING.

1 Samuel 1:17-18 (NLT)

17 "In that case," Eli said, "go in peace! May the God of Israel grant the request you have asked of him."

18 "Oh, thank you, sir!" she exclaimed. Then she went back and began to eat again, and she was no longer sad.

AFTER PRAYER, Hannah's situation had not changed YET, but Hannah had changed. She did not have Samuel YET, but she had strength. She did not have the answer YET, but she had assurance.

She did not have evidence YET, but she had enough peace to eat again.

Peace is not always proof that the problem is over; sometimes

PEACE IS PROOF THAT YOU HAVE PLACED THE PROBLEM IN GOD'S HANDS.

Principle #1 ~ The Power Of Prayer

Luke 22:41-46 (NLT)

41 He walked away, about a stone's throw, and knelt down **and prayed**, 42 “Father, if you are willing, please take **this cup of suffering** away from me. Yet I want your will to be done, not mine.” 44 **He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.**

JESUS' PRAYER in the Garden of Garden of Gethsemane is one of the clearest biblical pictures of what prayer does for a wounded, overwhelmed, and burdened soul.

We see Jesus carrying *emotional agony, spiritual pressure, and the weight of what was ahead of Him.* **YET** instead of *running from the pressure, He prayed through the pressure.*

The garden reminds us that *spiritual maturity is not pretending you are fine.*
EVEN JESUS VERBALIZED HIS PAIN BEFORE GOD.

The garden teaches us that before Jesus carried the cross publicly,
HE PROCESSED THE BURDEN PRIVATELY IN PRAYER.

Matthew 26:45-46, 50 (NLT)

45 Then he came to the disciples and said, “Go ahead and sleep. Have your rest. *But look—the time has come.*

46 Up, let's be going. **Look, my betrayer is here!**”

50 Jesus said, “*My friend, go ahead and do what you have come for.*”

The Therapeutic Cycle of Prayer

Philippians 4:6-7 (NLT)

6 Don't worry about anything; instead, pray about everything.

Tell God what you need, and thank him for all he has done.

7 THEN you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Principle #2 ~ The Power Of Purpose

Hebrews 12:2-3 (NLT)

2 ...*Because of the joy awaiting him, he endured the cross, disregarding its shame.*

Now he is seated in the place of honor beside God's throne.

3 *Think of all the hostility he endured from sinful people; then you won't become weary and give up.*

“WHEN PURPOSE BECOMES CLEAR, PAIN BECOMES EASIER TO ENDURE.”

Remind Yourself.... My purpose is greater than this pain.

Purpose Gives Pain A Direction

One of the enemy's goals is to **MAKE WOUNDED PEOPLE QUIT.**

REFUSE TO ALLOW PAIN TO CANCEL YOUR ASSIGNMENT

The enemy understands: If he cannot *destroy your life*, he will try to *disconnect you from your assignment.*

Because people *without purpose* often lose motivation, *endurance*, *hope*, and *direction*

But throughout Scripture, God repeatedly *used wounded people with painful histories* to *fulfill divine purposes.*

God has a way of taking broken seasons, painful experiences, traumatic moments, deep disappointments...

and **WEAVING THEM INTO SOMETHING MEANINGFUL.**

Romans 8:28 (NLT)

28 *And we know* that *God causes everything to work together for the good* of those who love God and are called **ACCORDING TO HIS PURPOSE FOR THEM.**

Principle #2 ~ The Power Of Purpose

Genesis 50:20-21 (NLT)

20 You intended to harm me, but God intended it all for good.

He brought me to this position so I could save the lives of many people.

21 No, don't be afraid. I will continue to take care of you and your children."

Joseph experienced *rejection, abandonment, slavery, false accusations, imprisonment...*

Yet Joseph kept serving faithfully in every painful season.

Notice: He served in Potiphar's house...He served in prison...He interpreted dreams **WHILE WOUNDED**
TRAUMA DID NOT STOP HIS PRODUCTIVITY.

JOSEPH REALIZED WHAT HURT HIM WAS ALSO PREPARING HIM.

"Purpose gives wounded people **A REASON TO KEEP GOING.**"

One of the reasons trauma becomes dangerous is because *trauma can produce stagnation.*

Purpose does not always remove pressure, but it often increases endurance.

"HEALING OFTEN BEGINS WHEN PURPOSE IS RESTORED."

Many wounded believers do not only **need comfort.** *They need reconnection to assignment.*

Example: Peter....Feed My Sheep.... Feed My Lamb

Principle #3 ~ The Power Of Positive People

Ecclesiastes 4:9-10 (NLT)

9 Two people are better off than one, for they can help each other succeed.

10 If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

ONE OF THE MOST DANGEROUS EFFECTS OF TRAUMA IS ISOLATION.

1 Kings 19:3 (NLT)

3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.

Trauma has a way of making people withdraw emotionally, disconnect relationally, suffer silently, and push away healthy people

THE ENEMY UNDERSTANDS ISOLATED PEOPLE BECOME VULNERABLE PEOPLE.

That is why **WOUNDED PEOPLE** often stop coming around, stop communicating, stop worshipping, stop engaging, stop opening up Because pain convinces them that **SEPARATION IS SAFER THAN CONNECTION.**

NOT EVERY CROWD HEALS

SOME PEOPLE increase anxiety, reinforce negativity, reopen wounds, and drain emotional strength
That is why **believers must surround themselves** with people who speak life, encourage faith, offer wisdom, provide accountability, and create safe spaces for healing

In Conclusion....

There Is Power In Prayer

**Prayer Releases The Pain*

**Prayer Releases The Pain*

**Prayer Restores Peace*

**Prayer Shifts Your Perspective*

There Is Power In Purpose

You Purpose Is Always Greater Than The Pain

There Is Power In Positive People

Healing Is Connected To A Healthy Community