

3 Ways to Seek Healing from Trauma — Peace of Mind Part 6

Pastor Dwight Dalton

Trauma is a response to deeply disturbing or distressing event.

The wounds you can't see can hurt as much as the ones you can see.

Romans 8:28 NIV

Acute—Response from a one-time traumatic event.

Chronic—Long-term response from prolonged or repeated events.

Complex—Response to multiple and ongoing events.

- 1. We process the pain of our trauma.**

Instead of seeking connection, we prioritize protection.

We don't heal in isolation. We heal best in community

2 Corinthians 1:8 NIV

- 2. We prayerfully press in to God with our trauma.**

2 Corinthians 12:8 NIV

2 Corinthians 12:9-10 NIV

Nothing can change your past. But God can heal your broken heart.

Psalms 34:18 NIV

- 3. We pursue purpose in our trauma.**

When you use your pain to help others, God will bless you in ways you can't possibly imagine. Rick Warren

2 Corinthians 1:3-4 NIV

Our pain is personal, but God wants to use it for others and His glory

Romans 8:28 NIV