

***FROM MESS TO MESSAGE:
HOW GOD TRANSFORMS OUR LIVES***

Psalm 147:3

Hey Newsong!

I want to take an opportunity to welcome all of our first time guests! I have truly been stirred to touch on a topic that is deeply personal for me and I hope it will be profoundly impactful for each of you.

We come together not only as the body of Christ seeking solace but as individuals who have experienced pain and are yearning for healing. Our faith teaches us that even in the midst of our deepest struggles, there is hope, there is healing, and there is a path toward restoration.

In Psalm 147:3, again God reminds us, ***“He heals the brokenhearted and binds up their wounds.”***

Today I want to touch on trauma, so what is Trauma.

Trauma is defined as an emotional response to a distressing event or series of events that can be physically or emotionally harmful or threatening.

According to PsychCentral: Trauma is not physically held in the muscles or bones — instead, it's the need to protect oneself from perceived threats, it is stored in the memory and emotional centers of the brain, such as the hippocampus and amygdala. This activates the body whenever a situation reminds the person of the traumatic event(s).

Trauma memories are stored differently than normal memories, and some individuals may activate a different system in response to traumatic stress. This different system may be the brain's protective mechanism when an experience is overwhelmingly stressful.

Many people continue to feel the effects of trauma — known as post-traumatic stress — for years after the traumatic event. Trauma may show up in the body as:

- feeling easily overwhelmed
- feeling “on edge”
- muscle tension
- chest tightness
- trouble sleeping

- nightmares
- memory issues
- brain fog or trouble focusing
- anxiety and avoidance
- depression
- dissociation

Trauma can also exacerbate medical conditions like chronic pain and headaches.

Experiencing trauma can shrink your window of tolerance, which is the sweet spot where you feel like you can handle stressful situations without them becoming too much. This is known as your distress tolerance.

The exact number of memories the human brain can hold is unknown, but it's believed to be limitless. The brain's memory capacity is estimated to be around 2.5 petabytes, or 2.5 million gigabytes, which is equivalent to storing three million hours of TV shows.

This is because neurons in the brain work together to create different memory combinations, exponentially increasing the brain's storage capacity.

Memories are also encoded in neural patterns, or circuits of connected neurons, and the brain's ability to create new patterns is limitless to Understanding Trauma and Abuse.

Trauma and abuse can leave scars that are invisible to the eye but deeply felt in the heart and soul. These experiences can shake the very foundation of our being, leaving us feeling shattered, isolated, and burdened.

Whether through physical, emotional, or psychological abuse, the impact of such experiences can be long-lasting, affecting our self-worth, our relationships, and our sense of peace.

And this is why I felt so compelled to speak on this topic. I believe that many Christians live their Christian lives without ever experiencing true healing or have never allowed God to heal them in these types of areas.

So Church, today this service is about all of you who are struggling with the traumatic events that have happened in your life and what God wants to do in you so that you can truly experience His healing power.

God Has Given Each of Us a Divine Promise of Healing

In the scriptures, we find countless stories of healing and restoration. From the woman who touched the hem of Jesus' garment and was healed (Mark 5:25-34) to the promise in Psalm 147:3, "He heals the brokenhearted and binds up their wounds," we are assured that healing is not only possible but promised by our loving Creator.

But before we can experience God's True Healing we have to acknowledge and accept what we've been through.

The first step in healing is acknowledgment. It's essential to recognize and accept the reality of the pain we've endured.

See, the enemy does not want us to acknowledge or allow God to deal with our pain.

Denying or minimizing our experiences only prolongs our suffering. Jesus, in His compassion, met people where they were, acknowledging their pain and offering them the truth of His healing power.

In John 4:7-26, Jesus meets the Samaritan woman at the well, engaging with her honestly about her life and offering her living water. Similarly, we must confront our wounds openly, without shame or fear, knowing that God meets us in our truth.

Pray

Before I share my testimony let me just say this, please know that I feel healed for the most part but it's not until you have to revisit these past events that you realize that it can still be a little painful and that there may be areas that still need His healing.

And honestly He is still healing me even to this very day.

Church I can't tell you how much I weeped putting this sermon together. Not for me so much but for you all because I truly believe that God is going to heal some of you in ways that you could not imagine.

Share my Story of child abuse

There are a 5 points I want to share:

1. Understanding God's Healing and Restoration

So we know that Trauma is not just an event; it's an experience that affects us on multiple levels—physically, emotionally, and spiritually. It can stem from abuse, neglect, loss, or any severe distressing experience that disrupts our sense of safety and well-being.

The impact of trauma can penetrate deeply, affecting our self-esteem, our relationships, and our worldview.

In Genesis 34, we encounter the story of Dinah, whose traumatic experience of being violated by Shechem left her and her family in turmoil. There are ripple effects when something traumatic happens.

And this story illustrates how trauma can disrupt lives and communities, leaving scars that affect many aspects of life.

Trauma's deep-rooted nature means it doesn't just affect us momentarily, which I shared in my testimony but can linger and influence our lives long after the initial event for years to come.

In my experience in dealing with the traumatic events in my life, I realized that It was a process that God had to take me through in order to experience true healing and it takes time.

But because It was so deep rooted that only God knows how to uproot what has been rooted so deep in our hearts and mind.

I've always been a little obsessed with trees and their correlation to us and God.

So I want to talk a little about: The Tree of Trauma and its Deep Roots and Their Impact.

Imagine a tree with roots that stretch deep and wide into the earth. These roots are crucial for the tree's stability and nourishment, but they can also become entangled and problematic if they grow in the wrong direction or if the soil is damaged.

Similarly, the pain and trauma from our past can create deep roots within us, affecting various aspects of our lives.

In Jeremiah 17:8, the prophet compares the blessed person to a tree planted by the water, ***“It does not fear when heat comes; its leaves are always green.”***

This image illustrates the stability and nourishment we receive when our roots are grounded in God.

When our roots are deep with unresolved pain, they can become a source of hidden struggle and suffering.

Like the roots of a tree, deep-seated pain is often hidden from view but profoundly influential. It can affect our emotional well-being, relationships, and spiritual life.

This hidden pain might manifest in ways that are not immediately obvious—unexplained anger, anxiety, or difficulties in trusting others.

In Psalm 42:11, the psalmist speaks of a soul that is downcast and disturbed, saying, ***“Why, my soul, are you downcast? Why so disturbed within me?”***

This internal turmoil can be a reflection of deep-rooted pain that, though not always visible, has a significant impact on our lives.

Unresolved trauma can manifest in various ways: anxiety, depression, anger, or relational difficulties.

It often creates a barrier between us and the fullness of life God intends for us.

In Psalm 38:4, David speaks of his suffering, “***My guilt has overwhelmed me like a burden too heavy to bear.***”

This burden can feel insurmountable and can lead to isolation and despair.

Church God wants us to give Him our pain, He desires that you live a life free from the things that entangle us.

Trauma can also distort our understanding of ourselves and God. We see that so much in today's world.

We might struggle with feelings of worthlessness or question God's goodness and presence. These deep-seated struggles can shape how we view ourselves and our faith journey, making it difficult to experience the joy and peace God desires for us.

God understands the depth of our pain and the complexity of our inner lives. He is aware of the deep roots that

trouble you and me, and He has a compassionate and holistic approach to healing.

In Psalm 139:1-4, David acknowledges God's deep understanding of our inner selves: ***“You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar.”***

See Church He wants you to know that He sees you, He sees you in the midst of your pain and He wants to heal and free you from that which has caused you so much turmoil and pain.

2. God's Promise of Healing

God's approach to healing involves addressing these deep-rooted issues, not just superficially but at their source.

Despite the depth of trauma, God's promise is one of healing and restoration. In Isaiah 61:1, the Lord proclaims, ***“He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”***

This promise is not just about physical or external freedom but also about deep emotional and spiritual healing.

God acknowledges the depth of our pain and meets us where we are. I know it can be difficult to revisit those areas (it's been very difficult for me but in doing so each time I have experienced more and more of His healing power) but know that He wants us to experience complete healing not just a partial healing.

In Psalm 147:3, again God reminds us, ***“He heals the brokenhearted and binds up their wounds.”***

God’s healing is comprehensive, addressing not just the surface but reaching into the deepest parts of our being to bring about true restoration.

3. God is in the business of Uprooting and Restoring

There is no coincidence that Jesus declares In John 15:1-5, ***“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit,***

while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”

Just as a gardener would carefully tend to a tree with problematic roots, God works meticulously to address and heal our deep-seated pain. This process involves several steps:

1. **Connection to the Vine:** Just as branches must remain connected to the vine to thrive, we must remain connected to Christ to grow and bear fruit. Our spiritual vitality and growth depends on our relationship with Jesus.
2. **Uprooting Unhealthy Roots:** Healing often begins with confronting and acknowledging the pain and trauma. In 2 Corinthians 10:4, Paul describes the power of God to demolish strongholds and arguments, suggesting that God can uproot the deep-seated issues that trouble us.
3. **Pruning and Growth:** The gardener’s role is to prune the branches, removing what is unfruitful and

encouraging growth. This process, though sometimes painful, leads to greater fruitfulness.

4. **Replanting and Nourishing:** Once the unhealthy roots are addressed, God replants us in a place of healing and growth. In Ephesians 3:16-17, Paul prays that we ***“may be rooted and established in love,”*** indicating a new foundation built on God’s love and grace.
5. **Restoring and Growing:** As we heal, God helps us grow in new ways, reflecting His restorative power in our lives. Psalm 1:3 describes the righteous person as ***“like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither.”*** This restoration leads to a fruitful and abundant life.

God wants to do a NEW thing in and for you!

Healing from deep-rooted trauma is a process, not a one-time event. It involves addressing the pain, understanding its impact, and allowing God to work through it.

In Jeremiah 30:17, God promises, ***“But I will restore you to health and heal your wounds.”*** This restoration can

involve both divine intervention and practical steps that God can also use like counseling, support groups, and self-care.

The process of healing often requires us to confront difficult emotions and memories. It means allowing God to walk with us through the valley of shadow and to bring light to our darkest places.

Psalm 23:4 assures us, ***“Even though I walk through the darkest valley, I will fear no evil, for you are with me.”***

And let me just say that Forgiveness is also a powerful component of healing. It’s not about condoning the actions of those who have hurt us but about releasing ourselves from the chains of the hurt, the bitterness and the anger attached to it.

In Ephesians 4:31-32, we are reminded to ***“Get rid of all bitterness, rage, and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”***

Forgiveness can be a challenging step, but it is a crucial one. It liberates us from the control that our past traumas may have over us and allows us to move forward in freedom and grace.

Church if you find yourself in a place of unforgiveness I pray that you would begin to ask the Lord to help you, be intentional about forgiving. Only He can truly help you in that area of unforgiveness.

4. God Will Transform Your Trauma Into a Testimony.

As we experience healing, God can use our stories of overcoming trauma to bring hope and encouragement to others. I only could stand here today and share because I know the Power of His Healing and what it can do for those who can relate to my story and what it will do for them.

In 2 Corinthians 1:4, Paul writes, ***“He comforts us in all our troubles, so that we can comfort those in any trouble, with the comfort we ourselves receive from God.”***

Our journey from trauma to healing can become a powerful testimony of God's grace and faithfulness.

Sharing our stories can help others find hope and encouragement, demonstrating that healing is possible even from the deepest wounds.

Our testimonies can serve as beacons of light for those who are still in the darkness, pointing them toward the God who heals and restores.

Once we experience God's healing, it's important to live in the light of that healing. This means embracing our new identity in Christ and allowing our healed selves to shine forth in our daily lives.

In Ephesians 5:8, we are called to “***Live as children of light,***” reflecting the transformative power of God's healing in our actions and attitudes.

Living in the light of healing also involves continuing to seek God's guidance and support, staying connected with

our faith community, and remaining open to further growth and transformation.

It's a journey of walking in newness and living out the message of God's restorative love.

5. God wants us to Live Out the Healing: Bearing Fruit from Deep Healing

Once God has addressed the deep roots of our pain, we are called to live out the fruit of this healing. Our lives can become testimonies of God's restorative power, impacting those around us. In Galatians 5:22-23, Paul speaks of ***the fruit of the Spirit—But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law***" These qualities are evidence of deep healing and transformation.

Our healing journey is not just for ourselves but also for the benefit of others. As we bear fruit from our restored lives, we become vessels of God's grace and hope,

offering encouragement and support to those who are still struggling.

Our experiences do not define us; our identity is rooted in Christ. In 2 Corinthians 5:17, we are assured, ***“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”*** Despite the pain and suffering, we are new creations in Christ. Our worth and our identity are found in Him, not in the scars we carry.

Conclusion

Healing is a journey, not a destination. It requires ongoing commitment and self-care. As we heal, we also grow and learn to live in new ways. Romans 12:2 encourages us to ***“be transformed by the renewing of your mind.”*** Embrace this transformation, allowing God’s grace to guide your steps and renew your spirit.

Church trauma may be deeply rooted, but God’s healing power is even deeper. He understands the full extent of our pain and offers us a path to restoration that reaches into the very core of our being. As we journey through the process of healing, may we trust in God’s promises, seek

His comfort, and share our stories of transformation with others.

In closing, remember the words of Psalm 34:18, “***The Lord is close to the brokenhearted and saves those who are crushed in spirit.***” May His presence be a balm to our wounds and a beacon of hope as we move forward in faith and healing.

So the question that we always end with is what is the Holy Spirit saying to you?

Have you surrendered your pain to God, have you been able to begin the Healing process, have you been able to forgive those who have hurt you?