



*“The secular framework, however,
has nothing to give the wounded
conscience to heal it.”*

—Tim Keller



*The Bible is fully sufficient to
respond to trauma.*

Common grace: favor God grants to all people, believers and non-believers alike

Saving grace: favor God grants to save, sanctify, and glorify believers

*We must begin and end all our
theological reflection with
Scripture.*

Trauma is not merely a synonym for an unpleasant experience.

Trauma is a particular *type* of suffering;
not all suffering or grief is necessarily
traumatic.

Trauma is any overwhelming distressing experience that results in long-lasting effects on your attitudes, behaviors, and typical day-to-day functioning.

“‘After the storm’ is always here.”

Trauma affects the whole person who is made in the image of God.

- Bodies*
- Minds*
- Emotions*
- Relationships*
- Sense of agency/control/power*
 - Moral sense of right/wrong*
 - Relationship with God*

We must set trauma within the biblical storyline which moves from creation, fall, redemption, to new creation.

³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. ⁵ For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. ⁶ If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. ⁷ Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.

2 Cor 1:3-7

⁸ For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹ Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. ¹⁰ He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. ¹¹ You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

2 Cor 1:8-11



- 1. Comfort/Encouragement*
- 2. Affliction*
- 3. Deliverance*
- 4. Prayer*

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³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us *in all our affliction*, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.



*Christian community is one of the
primary means through which God
comforts us.*

²⁴ Five times I received at the hands of the Jews the forty lashes less one. ²⁵ Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; ²⁶ on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers; ²⁷ in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. ²⁸ And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.

– Acts 11:24–28



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*God's Word, Spirit, his people are
the means through which we
experience God's comfort.*