

WHEN YOU'RE NOT OKAY

The spiritual side of mental health.

Part 6: Trauma // Jeff Brodie // February 12, 2023

As we wrap up the series, we're looking at the complicated topic of trauma. U.S. statistics say that 70% of people will experience a major traumatic event in their lifetime and that 20% will develop PTSD. Sadly, in our broken world, many people experience trauma and aren't able to process it—and, in turn, they often hurt the people around them. In addition, every day our screens alone bring us to live feeds of events that can be too much for any human being to bear. What does scripture have to say about all of this? How does Jesus want to meet us in our trauma?

Scripture: [2 Corinthians 1:8-9 NLT](#); [11:23-28 NLT](#); [12:8-10 NLT](#); [Isaiah 53:3-5 NLT](#)

Bottom Line: Trauma isn't a problem to be solved, it's a wound to be healed.

Getting Started:

1. How would you define trauma? Is this a different definition than you would have given before hearing the message?
2. Jeff outlined the difference between "little t" and "big T" trauma. When you look at your own life, which would you say better describes your own experience? How so?

Diving In:

3. Read [2 Corinthians 1:8-9](#) and [11:23-28](#). As in other portions of the apostle Paul's writings, we see him naming his mental health challenges—specifically the trauma he has gone through. When you "aren't okay" or are carrying trauma no one knows about, why is it hard to say it out loud? What is so powerful about doing so?
4. One of the things both scripture and mental health professionals agree upon is the importance of community in healing from trauma. Why do you think we often gravitate toward isolation? How can you continue to make your group a safe place?
5. Read [2 Corinthians 12:8-10](#). Here you see Paul's journey with his "thorn." While we don't know what it was, we get a clear picture of the journey he had with it. What do you find hard about journeying with suffering, and what do you find hopeful about it? What makes journeying with a mental health wound (like trauma) different than a physical wound?
6. It is clear from these verses that Paul is honest with God about his trauma. Is this degree of authenticity at all surprising? What percentage of your prayer life consists of honest lament with God? Why?

7. In this passage, Paul describes how he finds purpose in his process. This can be hard when your situation seems dark. What are some of the ways you remind yourself that Jesus is present in your pain? How can you point the people around you to the hope and purpose God has in the process of their trauma?

Moving Forward:

Read [Isaiah 53:3-5](#). What does it mean for you that Christ died to forgive your sins—and also to heal you of the consequences of the sins you experience in this broken world? What trauma have you experienced, and where can you invite Jesus into the process of your own healing? How can you be the hands and feet of Jesus to one another in your group as you process this healing together?

Changing Your Mind:

The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. Psalm 34:18