“Wounded and Not Forgotten”

Intro Verses

Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Psalm 56:8 "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

2 Corinthians 1:3-4 "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Definition of Trauma: The lasting emotional and physical response to a deeply painful, frightening, or overwhelming experience that overwhelms a person's ability to cope in the moment.

Types of Trauma

- Acute Trauma: A single distressing or dangerous event (an accident, an assault, a sudden loss)
- Chronic Trauma: Repeated, prolonged exposure to distressing events (ongoing abuse, long-term neglect, chronic bullying)
- Complex Trauma: Exposure to multiple, varied traumatic events, often interpersonal and often beginning in childhood
- Vicarious Trauma: Emotional harm from witnessing or hearing about someone else's traumatic experience

Trauma Can Make God's Presence Feel Like a Lie, and We Can Be Vulnerable to the Enemy

Psalm 13:1-2 "How long, LORD? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart?"

1 Peter 5:8 "Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."

Pain has a way of whispering that God has forgotten you or stopped caring. That whisper is a lie, and it's exactly the kind of lie the enemy wants a wounded person to believe.

We Are Not Meant to Carry Trauma Alone

Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Ecclesiastes 4:9-10 "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!"

Trauma Might Be Forced on You or a Trial You Will Face

Examples in the Bible:

- Joseph (sold by his own brothers, enslaved, falsely imprisoned — Genesis 37, 39)
- Job (lost his children, health, and wealth in a single season — Job 1-2)
- David (hunted by Saul, betrayed by friends, grief poured out in many Psalms)
- Hagar (used, then cast out into the wilderness — Genesis 16, 21)
- Naomi (lost her husband and both sons — Ruth 1)
- Paul (beaten, imprisoned, shipwrecked, persecuted — 2 Corinthians 11:23-27)

Jesus Understands Your Pain and What You Are Going Through

Matthew 26:36-46 (Look Up in the Bible) — in Gethsemane, Jesus said His soul was "overwhelmed with sorrow to the point of death."

Isaiah 53:3 "He was despised and rejected by mankind, a man of suffering, and familiar with pain."

Joseph: A Closer Look

Joseph was betrayed by his own brothers, sold into slavery, and later falsely accused and imprisoned for years (Genesis 37, 39). Genesis 39:20-21 says that even in prison, "the LORD was with Joseph." Years later, when Joseph had the power to take revenge on the brothers who hurt him, he said instead:

Genesis 50:20 "You intended to harm me, but God intended it for good, to accomplish what is now being done, the saving of many lives."

Joseph never pretends the harm wasn't real. He names it honestly — and still finds that God was present through it.

Practical Ways to Begin Healing

- **Be honest with God** — tell Him exactly how you feel; He already knows.
- **Talk to a trusted adult** — a parent, leader, or mentor who can walk with you.
- **Consider a counselor or therapist** — asking for professional help is wisdom, not a lack of faith.
- **Stay connected** — don't isolate; let the community carry some of the weight.
- **Give it time** — healing wasn't instant for Joseph, and it won't be instant for you.
- **Pray** — ask God to meet you in the pain, not just to remove it.

Healing from a Biblical Perspective

The Bible teaches that God is near to the hurting and that pain is never wasted in His hands.

- **Psalm 147:3** says He "heals the brokenhearted and binds up their wounds."
- **Romans 8:28** says God works all things together for the good of those who love Him — not that the harm was good, but that He can still bring good from it.
- **2 Corinthians 1:3-4** says the comfort you receive is meant to be shared with others who are hurting.