

# BIBLE WORK

## What does the Bible say about trauma?

But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him.

JEREMIAH 18:4-6

There are two types of trauma we face. One type is the absence of nurturing we need from others, such as feeling cherished, loved, and validated. Another type is when bad things happen that never should have happened, such as premature death of a loved one, sexual and/or physical abuse.

No matter the trauma we experience, Jesus understands, for his whole life was full of suffering. He was born into poverty, persecuted, thought insane by his family, betrayed, deserted, arrested, tortured with a whip embedded with pieces of bone and metal, and executed.

It's been said that God shines best through broken vessels. Does trauma test our faith, or bring us closer to God? Does knowing that Jesus suffered much of his life bring us comfort when we, too, experience trauma?

### WHAT DOES THE BIBLE SAY ABOUT TRAUMA?

Does the Bible's portrayal of trauma as a way to shine our light bring you comfort? If so, what scriptures do you find helpful?

ANSWER:

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### SCRIPTURES TO EXPLORE

- ISAIAH 53:3-5
- JAMES 1:2
- II CORINTHIANS 4:6-7
- PSALM 34:18

### MY SCRIPTURES

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**PRAYER**

Dear God,

I feel broken in so many places, as though I have nothing left. My very soul feels as though it's been thrust into a fiery pit. Lord, help me to trust that you will forge something good from this, that my loved one's life and death will bring about goodness some way, some how.

Lord, please remind me that my light will shine once again, that this darkness isn't permanent. Until then, I ask that you help me to stay close to you, and give myself grace rather until my suffering eases. Thank you for hearing my cries, Lord.

In Jesus' name I pray, Amen.



