

RECOVERING FROM TRAUMATIC EXPERIENCES

Rethinking Your Life
Rick Warren

WHAT GOD SAYS ABOUT EVIL & TRAUMA

1. _____
"Sin came into the world because of what one man did, and with sin came death."
Romans 5:12 (NCV)
2. _____
"There will be more and more evil in the world, so most people will stop showing their love for each other." Matthew 24:12 (NCV)
3. _____
"In all their suffering, he suffered." Isaiah 63:9 (CSB)

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." Psalm 56:8 (NLT)
4. _____
"Nothing that can be hid from God; everything in all creation is exposed and lies open before his eyes. And it is to him that we must all give an account of ourselves." Hebrews 4:13 (GNT)
5. _____
"We know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28 (NIV)

FIRST STEPS IN RECOVERING FROM TRAUMA

Be patient! Each of these steps takes time!

1. _____
"He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."
2 Corinthians 1:4 (NLT)

"Share each other's troubles and problems, and so obey our Lord's command."
Galatians 6:2 (TLB)

2. _____
Paul: "We were crushed and completely overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead." 2 Corinthians 1:8-9 (NLT)

Jesus: "The truth will set you free." John 8:32 (NLT)
 - THE TRAUMA IS NOT _____
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3. _____
"Don't insist on getting even; that's not for you to do. 'I'll do the judging,' says God. 'I'll take care of it.'" Romans 12:19 (MSG)

"Kings cannot tolerate evil, because justice is what makes a government strong."
Proverbs 16:12 (GNT)

"Get up and pray for help all through the night. Pour out your feelings to the Lord, as you would pour water out of a jug." Lamentations 2:19 (CEV)
4. _____
"The plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for." Jeremiah 29:11 (GNT)

"You must give your whole heart to him and hold out your hands to him for help . . . Then you can lift up your face without shame, and you can stand strong without fear. You will forget your trouble and remember it only as water gone by. Your life will be as bright as the noonday sun, and darkness will seem like morning. You will feel safe because there is hope; you will look around and rest in safety. You will lie down, and no one will scare you. Many people will want favors from you."
Job 11:13-19 (NCV)

"I, the Lord your God, will make up for the losses caused by those swarms and swarms of locusts." Joel 2:25 (CEV)

Next Step

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