

reGROUPS | THE GOSPEL ACCORDING TO MENTAL HEALTH [pt 4]

April 28, 2024 // TRAUMA

Text: Matthew 11:28; 1st Thessalonians 5:14; Galatians 5:1, 6:2; 2nd Corinthians 12:9; Romans 8:28; Psalm 34:18

Topics: mental health, trauma, past, forgiveness, healing

TALK-IT-OVER

OPENER: I'd like to ask everyone to share one thing that is going on in your life (personal or professional).

Discussion Questions

1. Which part of this message was most impactful for you and why?
2. What advice would you give to someone struggling with trauma?
3. Which factor has impacted the way deal with painful events the most: Family? Faith? Processing trauma quickly.
4. We can start healing from trauma by (1) processing the pain with trusted people, (2) prayerfully pressing into God, and (3) pursuing purpose in our pain.
 - Which one stands out to you the most and why?
5. "Getting over" a hurt is different than truly healing. Share about a time when you experienced healing. How did you lean into God during that healing?
6. Is there trauma or hurt that you need to process with trust people?
7. How do you feel about the idea of "Trauma Stewardship"?
8. Each week we read 3 Declarations of Truth in service (they were also printed on the back of the cards).
 - Have you read these truths outside of church since this series began?
 - Did you have any new insights as you learned these declarations were answering three big questions?
9. How can we pray for you?

FINAL Spring **reGROUP** is today! | **ANCHORED** // new series for the month of May

Q: WHY AM I ALIVE?	I AM ALIVE TO LOVE GOD AND SERVE HIS WORLD BY REFLECTING HIS GOODNESS IN MY THOUGHTS, ATTITUDES & ACTIONS
Q: DID GOD CREATE ME? DOES IT MATTER?	I WAS CREATED WITH PURPOSE AND VALUE, NO MATTER HOW I SEE MYSELF OR WHAT I'M STRUGGLING WITH
Q: WHY SHOULD I BE INVOLVED WITH THE CHURCH?	GOD DESIGNED ME TO LIVE IN THE COMMUNITY OF GOD'S PEOPLE WHERE MY FAITH & RELATIONSHIPS ARE STRENGTHENED

Trauma is not new to the world and is definitely not new to Jesus.

TRAUMA IS A RESPONSE TO A DEEPLY DISTURBING OR DISTRESSING EVENT

1. **Acute**—Response from a one-time traumatic event.
2. **Chronic**—Long-term response from prolonged or repeated events.
3. **Complex**—Response to multiple and ongoing events.

TRAUMA CHANGES YOU AND IT CHANGES YOUR PERSPECTIVE

Everyone has a story...You probably have no idea what the person sitting in your row has been through.

THE WOUNDS YOU CAN'T SEE CAN HURT AS MUCH AS THE ONES YOU CAN SEE

THREE FACTORS THAT IMPACT HOW WE DEAL WITH PAINFUL EVENTS

- (1) FAMILY (2) FAITH (3) PROCESS TRAUMA

NOTHING CAN CHANGE YOUR PAST BUT GOD CAN HEAL YOUR BROKEN HEART

UNHEALED TRAUMA/PAIN WILL ROB YOU OF GOD'S PURPOSE FOR YOUR LIFE

**YOUR TRAUMA MAY NOT HAVE BEEN YOUR FAULT
BUT PURSUING GOD FOR HEALING IS YOUR RESPONSIBILITY**

1. Process the pain of trauma with others (stop prioritizing protection & begin seeking connection)
2. Press in to God with your Trauma
3. Pursue Purpose // "Trauma Stewardship"