

Be Still and Know I Am the God Who Heals Trauma
Quiet Reflection and Journaling ☞ March 14, 2026



During this time of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time? We then wait, listening for His response. ☞ Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart. ☞ The value of this journaling time is that we can open the door to these subtopics, and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and the scriptures included on these pages.

Ephesians 3:16-21 (NIV)

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, **18** may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, **19** and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, **21** to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

1. The Lord can and does heal trauma. Have you been struggling to believe He is able and He is good? Ask Him to help your unbelief and reveal His goodness to you.
2. Have you experienced a life defining trauma? How might the Lord want to bring healing and help you redefine your life in Him?
3. Ask the Lord if you have any unprocessed trauma in your life. (type A trauma—good things we didn't get; type B trauma—bad things which happened to us or which we witnessed). How might He want you to turn that over to Him? How might He want to heal the effects of that trauma?
4. Ask the Lord if there are any lifestyle changes you can make to help with healing trauma.

Psalm 46:1-3, 10-11 (NLT)

¹ God is our refuge and strength, always ready to help in times of trouble.
² So we will not fear when earthquakes come and the mountains crumble into the sea. ³ Let the oceans roar and foam. Let the mountains tremble as the waters surge!... ¹⁰ "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."
¹¹ The Lord of Heaven's Armies is here among us; the God of Israel is our fortress.

5. If you don't already have a community where it's safe to share, where would the Lord have you look for one? Ask the Lord for His guidance and discernment.
6. If you have been discouraged in not yet receiving the healing you've desired, ask the Lord what He would want to say about that. Have you given up on your healing? Where might He want you to hold on to hope?

Psalm 63:1, 3 (NLT)

¹ O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water....³ Your unfailing love is better than life itself; how I praise you!

7. Have you been hanging out in the victim swamp? What first step might you take to get out? Who could hold you accountable?

Psalm 139:14 (NIV)

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

8. Art can often help express what words cannot. Draw an image of how you see the deep places of your heart as it relates to today's topic. Where is the Lord in your drawing? What is He doing? What is He saying to you? Is there anything in your drawing He would change?

Isaiah 53:5 (NIV)

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

HOLY COMMUNION AND HEALING

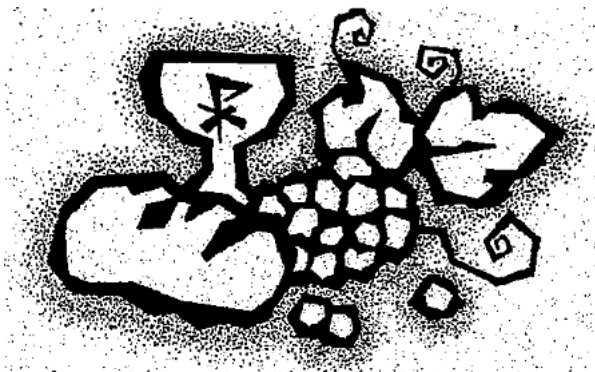


We begin prayer appointments with Holy Communion for two reasons:

1) *The wounding and bondage in which we find ourselves always has its roots in our own fallenness and that of others. We find healing and restoration only in the Covenant relationship we have with our Lord Jesus. In partaking of this meal, we are asking Him to cleanse and restore us to peace and love with Himself and the Father.*

As our hearts are cleared of things that could block our fellowship with Him, we open the way for His Presence and healing grace to flow forth to us.

- ◆ *“...But he entered the Most Holy Place once for all by his own blood, thus obtaining eternal redemption. ...How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!” Hebrews 9:12, 14*
- ◆ *“Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unwaveringly to the hope we profess, for he who promised is faithful.” Hebrews 10:19-23*
- ◆ *“Therefore, strengthen your feeble arms and weak knees. ‘Make level paths for your feet,’ so that the lame may not be disabled, but rather healed. Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.” Hebrews 12:12-15*



HOLY COMMUNION AND HEALING

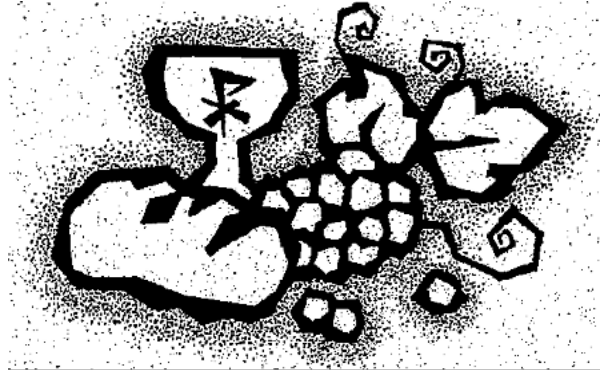


We begin prayer appointments with Holy Communion for two reasons:

1) *The wounding and bondage in which we find ourselves always has its roots in our own fallenness and that of others. We find healing and restoration only in the Covenant relationship we have with our Lord Jesus. In partaking of this meal, we are asking Him to cleanse and restore us to peace and love with Himself and the Father.*

As our hearts are cleared of things that could block our fellowship with Him, we open the way for His Presence and healing grace to flow forth to us.

- ◆ *“...But he entered the Most Holy Place once for all by his own blood, thus obtaining eternal redemption. ...How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God!” Hebrews 9:12, 14*
- ◆ *“Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unwaveringly to the hope we profess, for he who promised is faithful.” Hebrews 10:19-23*
- ◆ *“Therefore, strengthen your feeble arms and weak knees. ‘Make level paths for your feet,’ so that the lame may not be disabled, but rather healed. Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.” Hebrews 12:12-15*



2) *As our High Priest, and our Bridegroom* Jesus has pledged Himself to us. In this time of partaking of His body and blood, we acknowledge that He is the Healer of all our wounds and the One who redeems every broken place. Our healing is His will, and He waits for us to seek Him for that perfect provision, already available to us because of His amazing love!*

2) *As our High Priest, and our Bridegroom* Jesus has pledged Himself to us. In this time of partaking of His body and blood, we acknowledge that He is the Healer of all our wounds and the One who redeems every broken place. Our healing is His will, and He waits for us to seek Him for that perfect provision, already available to us because of His amazing love!*

◆ *For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:15-16*

◆ *For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:15-16*

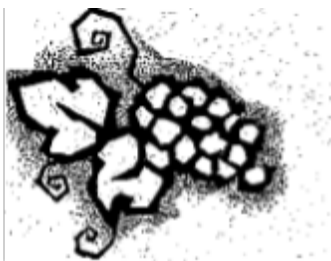
◆ *The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners... to comfort all who mourn ... to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. Isaiah 61:1-3a*

◆ *The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners... to comfort all who mourn ... to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. Isaiah 61:1-3a*

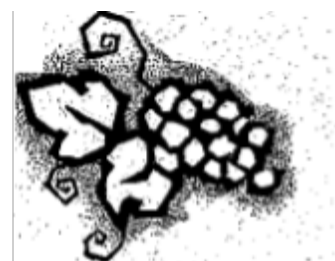
* *The marriage covenant among God's people in Israel was embraced among the family with the sharing of a cup of wine. After the prospective bridegroom had settled the bride price and received approval from her father, he would offer to the prospective bride a cup of wine. This act embodied the offer of himself, his life and his commitment to her. If she chose to accept the cup, it signified her willingness to receive him, and to entrust her future life and herself to him in marriage.*

The marriage covenant among God's people in Israel was embraced among the family with the sharing of a cup of wine. After the prospective bridegroom had settled the bride price and received approval from her father, he would offer to the prospective bride a cup of wine. This act embodied the offer of himself, his life and his commitment to her. If she chose to accept the cup, it signified her willingness to receive him, and to entrust her future life and herself to him in marriage.

From the time of the first Lord's Supper, 'Jesus' offer of the cup has borne this deeper meaning - His offering of Himself. Each time we receive the bread and wine, we recommit ourselves to be wholly His - our heart and life entrusted to His care.



From the time of the first Lord's Supper, 'Jesus' offer of the cup has borne this deeper meaning - His offering of Himself. Each time we receive the bread and wine, we recommit ourselves to be wholly His - our heart and life entrusted to His care.



Post-Trauma Healing

By Nigel Mumford

Now Cain said to his brother Abel, "Let's go out to the field." And while they were in the field, Cain attacked his brother Abel and killed him. — Genesis 4:8

Be kinder than necessary. Everyone you meet is fighting some kind of battle. — Anonymous

Post-Traumatic Stress Disorder (PTSD) or as the US military now call it Post-Traumatic Stress or PTS (they have dropped the word "disorder"), has become a household name in recent years primarily due to the wars we have been involved in since Vietnam and the horrors of 9/11. Historically it is good to note that before Christ, even the mothers, wives and girlfriends of ancient Greek warriors noticed a change in their loved ones upon return from battle. The individual's reaction to "combat trauma" has brought new insights to the results of "combat within the domestic household." Primarily this diagnosis can be triggered from experiencing threat of injury or death, flood, fire, car crash, assault, domestic abuse, prison stay, rape, gang warfare, terrorism or war. This can include the overall threat, real or perceived, of your death or the death of others. PTSD is a type of anxiety disorder where symptoms can occur even beginning after three years or more from the occurrence. This can happen at any age or with either gender.

The terrorist attacks of September 11, 2001 caused PTSD in some people who were involved, in people who saw the disaster, and in people who lost relatives and friends. We are currently seeing many combat veterans returning from Iraq and Afghanistan who have been thoroughly and repeatedly traumatized by many return trips to those theaters of war. One man I know has been in both theaters a total of seventeen times! Another man I know was in WWII and was fine until the newspaper headlines of September 11th "Three Thousand Killed." This set him into full PTSD as he had reckoned he had killed about three thousand people as he called in artillery fire. He was fine for fifty five years until triggered by that horrific news.

The cause of PTSD is unknown. Psychological, genetic, physical, and social factors are involved. PTSD changes the body's response to stress. It affects the stress hormones and chemicals that carry information between the nerves (neurotransmitters). It is not known why traumatic events cause PTSD in some people but not in others. Having a history of trauma may increase their risk for getting PTSD after a recent traumatic event.*

I wrote a personal description of PTSD or "Shell Shock" as it was called in the seventies;

- The mind is witness to a catastrophic event.
- The intellect cannot cope with what it has seen.
- The body reacts physically under duress.

- The heart receives emotional scar tissue.
- The soul weeps.
- The mental trauma is a total body reaction to horror.

I had been diagnosed with Shell Shock and was regrettably medically discharged from the Royal Marine Commandos after spending a year in combat and experiencing repeated trauma. The worst event was witnessing the shooting of a friend of mine as I was watching him for a command to cross the street. He was not killed but his wife, upon hearing the news, immediately miscarried. The collateral damage of war!

The following are some of the symptoms that accompany issues of PTSD taken from PTSD Support Services.* (I remind you that these are normal feelings attached to abnormal situations, the mind, body and soul's reaction to the threat of death.)

The person who has been exposed to a traumatic event in which both of the following were present: The person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical integrity of self or others. The person's response involved intense fear, helplessness, or horror.* This applies to both the military and civilian world.

Some of these symptoms include:

Isolation

Many who suffer PTSD have few friends. Many who witnessed traumatic experiences complain of feeling like old men in young men's bodies. They feel isolated and distant from their peers. Veterans in particular feel that most of their non-veteran peers would rather not hear what the combat experience was like; therefore, they feel rejected. Much of what many of these veterans had done during the war would seem like horrible crimes to their civilian peers. But, in the reality faced by combatants, such actions were frequently the only means of survival. *

Depression and Suicidal Thoughts

They feel depressed; "How can I tell my spouse? He/she'd never understand." They ask, "How can anyone who hasn't been there understand?" Many report becoming extremely isolated when depressed. Substance abuse is often exaggerated during depressive periods. Self-medication is an easily learned coping response in military combat or issues at home; alcohol appears to be the drug of choice.*

Rage

Remember; if you blow a fuse, you will be in the dark. — J. John.

The sufferer's rage is frightening to them and to others around them. For no apparent reason, many will strike out at whoever is near. Frequently, this includes their spouses and children. Some of these outbursts can be quite violent. This behavior generally frightens sufferers, apparently leading many to question their sanity; they are horrified at their behavior. However, regardless of their afterthoughts, the rage reactions occur with frightening frequency.*

Avoidance of Feelings: Alienation

An emotional numbness... The spouses of many of the sufferers I have interviewed complain that the men are cold, uncaring individuals. Indeed, the sufferer will recount episodes in which they did not feel anything when they witnessed a death of a buddy in combat or the more recent death of a close family relative. They are often somewhat troubled by these responses to tragedy; but, on the whole, they would rather deal with tragedy in their own detached way. What becomes especially problematic for these veterans, however, is an inability to experience the joys of life. They often describe themselves as being emotionally dead.*

Survival Guilt

When others have died and some have not, the survivors often ask, "How is it that I survived when others more worthy than I did not?" Survival guilt is an especially guilt-invoking symptom. It is not based on anything hypothetical. Rather, it is based on the harshest of realities, the actual death of comrades and the struggle of the survivor to live. Often the survivor has had to compromise himself or the life of someone else in order to live. The guilt that such an act invokes or guilt over simply surviving may eventually end in self-destructive behavior by the survivor.*

Anxiety Reactions or Exaggerated Startle Response

Many describe themselves as very vigilant human beings; their autonomic senses are tuned to anything out of the ordinary. A loud discharge will cause many of them to react with a violent jump. A few will actually take such evasive action as falling to their knees or to the ground, taking cover. Many become very uncomfortable when people walk closely behind them. One person described his discomfort when people drive directly behind him. He would pull off the road, letting others pass, when they got within a few car lengths of him.*

I knew a Sargent who was snoozing while on leave. His five-year-old daughter went "Boo" to dad. He was startled and swung out in self-defense and killed his child with his fist! We never saw him again. He was shipped off to the mental institution. Collateral damage!

Intrusive Thoughts

The traumatic event is persistently re-experienced in one or more of the following ways:

- Recurrent and intrusive distressing recollections of the event, including images, thoughts, or perceptions.
- Recurrent distressing dreams of the event.
- Acting or feeling as if the traumatic event were recurring (includes a sense of reliving the experience, illusions, hallucinations, and associative flashback episodes, including those that occur on awakening or when intoxicated).

Intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event.*

Persistent Avoidance

Persistent Avoidance of stimuli associated with the trauma and numbing of general responsiveness (not present before the trauma), as indicated by three or more of the following:

- Efforts to avoid thoughts, feelings, or conversations associated with the trauma.
- Efforts to avoid activities, places, or people that arouse recollections of the trauma.
- Inability to recall an important aspect of the trauma.
- Markedly diminished interest or participation in significant activities, restricted range of affect, sense of a foreshortened future (e.g., does not expect to have a career, marriage, children, or a normal life span)

Persistent symptoms of increased arousal (not present before the trauma), as indicated by two or more of the following: difficulty falling or staying asleep, irritability or outbursts of anger, difficulty concentrating, and hyper vigilance.

The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.*

Critical Incident Debriefing

To be “debriefed” as soon as possible after the incident can be very beneficial. Helping to prevent the brain from digging a hole for itself! Studies have shown that the closer, time wise, to the incident, the lessening of the possibility of acquiring this anxiety disorder.

What to do if you suspect that you or a loved one might be showing signs of PTSD?

Get help. Go to a therapist and get an evaluation. Talk it out with a Christian therapist. Bring Christ into the memory using inner healing. It is vitally important to receive help. The perceived stigma in seeking help is a huge block in your healing. Please do not allow yourself the misery of thinking

about that. Tie prayer with a trained prayer team into your physical and emotional treatment, seeking help for your spiritual health.

Fight-Flight and the Flywheel

When in a hyper vigilant state four hundred percent more blood goes to the main muscle groups to either fight or run away, a caveman survival instinct. The problem is that we cannot fight or run away from the memory. The visual that helped me was of the PTSD flywheel, triggered and then halted by the very hands of Jesus.

Observations

I have observed a recent trend. Parents are bringing their daughters who have been raped as young as twelve and thirteen to the healing center for prayer. They are of course seeing a therapist as well. Most people I see tend to be fifty plus who were raped at a young age and did not tell anyone, until now!

Bottom Line

Some of the above information is gleaned from the web, some gleaned from personal experience, and some gleaned from my new book on PTSD. My main message here is that God can and does heal today.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)

Can PTSD be totally cured? Let us not limit God. Myself, I would say I am 99.9% healed. There is a remnant of combat trauma left in me, but I am functioning at 100%. Bring God into the picture with a therapist and if necessary medications. Prayer, Prozac (or the current drug of choice) inner healing, prayer, and gentle persistence can help heal the trauma of the past.

With God all things are possible. (Matthew 19:16)

Trauma to Transformation

By Sherry Grady

It is through the love and wounds of Jesus that we are healed definitively. Jesus, filled with the Holy Spirit and working in collaboration with the power of the Lord is always our model. Jesus' words in Matthew 28:20 are *"And surely I will be with you always, to the very end of the age."* We can do nothing apart from Him.

What is Trauma?

What are we really talking about when using the word **trauma**? Anything that happens to us, or something we witness that is unpredictable, out of our control, and threatens our sense of safety or the safety of those we love can be defined as a trauma. In addition, trauma is also described as the absence of good things or the presence of bad things in our lives as it relates to the nature of our relationships. Did it ever occur to you that Jesus experienced trauma?

Sometime in the first few years of His life, Jesus' parents had to move to Egypt because the ruler at the time was ordering the baby boys to be killed. Their sense of safety was certainly threatened. As He began truly living out His calling, His cousin John, who prepared the way for Him, was beheaded. He was unjustly accused of crimes that He knew would lead to His death. His community rejected Him and saved a ruthless criminal's life instead. He suffered the experience of death on a cross. It was not death on a sickbed with His loved ones around Him; not death in a comfortable place; but the death of a criminal in agony and shame.

Remember, Jesus was fully divine and fully human (Jn 20:31; Jn 1:14; 1 Jn 1:1–4.) He became a man with all the functions of His body, soul, and spirit. Therefore, He would have experienced extreme physical agony as well as shame, betrayal, and rejection within the context of His relationships. He would have experienced what we call a "broken heart."

We too, take the spiritual journey in a human body. When we experience events that threaten our sense of safety, the absence of good things, or the presence of bad things within the context of relationships, our whole selves are impacted—body, soul, and spirit. We have all experienced trauma at some level in ways that have influenced our belief system, emotions, and responses to God and others. Negative emotions or suffering is not something people enjoy. A principle of human nature is that we seek pleasure and avoid pain. We especially do not revel in being put down, persecuted, oppressed, rejected, or abused.

Joy and Pain

Suffering and joy are basic tenets of the Christian life. We know we will have trials in this world. Jesus was very clear in John 16:33: *"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."* When we

experience something painful, unjust or violent, it is our natural tendency to try to make sense of it. The way the world typically makes sense of things is by blaming and shaming. (i.e. *It's your fault. There's something wrong with you.*)

We must not try to make sense of things apart from Jesus. We are called and equipped to look to God's word, especially the teachings of Jesus, when looking for wisdom or trying to sort things out. Even if we cannot make sense of something, we are invited to receive comfort from Him by drawing near to Him. When we cannot understand events that have happened, we can look to the One who never changes, whose name is the Prince of Peace. As Hebrews 13:8 promises, "Jesus Christ is the same yesterday and today and forever."

So... What About Pain?

Each of us views the world, ourselves, and others partially through the lens of our life experiences. It is crucial that we learn how to process our experiences alongside Christ and His Truth. The facts of our experiences typically lead us into dangerous territory regarding our conclusions and beliefs.

A common misbelief about God and pain is, "if God really loved me, He wouldn't let me experience pain." It is typical that when we experience trauma, beliefs are usually developed for the purpose of self-protection. Some of the most common ones I hear are, "I can't trust anyone," "It's all my fault, " and, "There must be something wrong with me." When we partner or agree with these beliefs because of our perceived need for survival, then it is natural for some confusion about the concept of dependency. Human relationships will include disappointment, pain, and hurt both unintentionally and intentionally, even in the best of circumstances. How we perceive pain and the resulting conclusions or interpretations we make, both consciously and subconsciously, about ourselves, others, the world, and God, impact us at every level of our body, soul, and spirit.

God, as our Heavenly Father, intended for us to know that we can experience pain or discomfort and either remain in or return to a state of peace. He intended for parents to provide experiences of safety that would set the child's brain to know and understand the nature of a dependable and loving God. This "setting of the brain" is very important because it sets us towards healthy attachment and dependency.

The willingness and capacity to enter into dependency is a crucial aspect of all intimate relationships, especially our relationship with the Godhead. Trauma of any type often generates confusion in the areas of safety and control, which dramatically influences our capacity to be in intimate relationships. When we refer to capacity, we are referring to the capacity of the person's biological brain, non-biological mind, and spirit. Basically, we are referring to the amount of physiological, psychological, and spiritual intensity a person can handle before disconnecting or shutting down in some way. Some define it as a person's "window of tolerance." A primary role we

have in our relationship with God is to receive from Him. Receiving may be very difficult when there is confusion about dependency. Healing from the wounds of trauma brings restoration and transformation.

Experiencing His Presence — "Be still and know that I am God" — Psalm 46:10

The original meaning of the word "know" in the verse above goes beyond intellectual knowledge and includes an experiential form of knowing at the emotional or heart level. We are hardwired towards intimacy and interdependency.

Attunement is the process of experiencing peace, love and joy with another being. It is the emotional experience of someone being glad to be with you and being unconditionally loved. The resulting experiences of joy, love, and peace bring a deep sense of security. They are experiences which are congruent with being at rest with oneself and God, being securely attached to God and others, and being loved. These experiences are relational, emotional and nonverbal. This is one of the reasons knowing Truth only at a cognitive level brings limited freedom. Until the "knowing" is experienced at the level of the heart, there is usually a "disconnect" between the head and heart within a person.

In order to experience attunement, it is necessary to "be present" with another. The problem is that it is difficult, if not impossible, to fully experience the present moment while living in the past or the future. Living in the regrets or traumas of the past, or living in the fear or negative expectation of the future, are barriers to being present to God. Attunement with God is our blessing, our inheritance, and our promise. It is the promise of *Love* that is manifested in healthy attachments.

Being present to God means to occupy a position before Him, with Him, and in Him. Do you realize that you are *being loved all the time* by your Father in heaven? He sees you as He sees Jesus. Therefore, you also are His beloved. Just because you may not "experience it" doesn't mean it isn't happening.

God is not expecting us to love Him from our own initiative. He is expecting us to receive His love and then give it back to Him and others. To the very limit of our capacity He asks us to love. God initiates and we respond. Once we have experienced that connection, we are continually drawn back to that relationship out of trust and our own desire.

Healing Prayer

As stated earlier, it is by the love and wounds of Jesus that we are healed. He does the work. We trust Him to always be our adequacy. "There is **no fear in love**, but **perfect love casts out fear**" (1 Jn 4:18). In many circumstances, healing prayer is needed in order for people to begin to connect or reconnect with Jesus. Because the experience of trauma threatens our sense of safety,

restoring safety becomes of utmost importance in the healing process. Creating a safe environment for people in and of itself can facilitate a level of healing. Soaking prayer is a wonderful form of facilitating a safe, blessed environment. In addition, as prayer ministers listen to the prayer recipient, a message of value is given to the person, which is also a way of creating a safe environment. While there is no "formula" for healing prayer (as it is the role and function of the Holy Spirit), being sensitive to safety is crucial!

Some of the resulting fruit of healing prayer specifically for people suffering from trauma are:

- The ability to connect to a member of the Godhead and experience that union as safe and positive.
- Experience new perspectives about aspects of the trauma, themselves, others, and God.
- Truth, clarity and peace are often generated.
- Receive compassion that leads to a willingness to forgive.
- A change of heart.

Typically, people experience the power of empathy when engaged in the process of healing prayer. Shame cannot live or grow in the presence of empathy; Jesus is the ultimate example of empathy for us.

Guidelines for Prayer Ministry

Below are some general guidelines for the initial stages of praying for someone who has suffered trauma. While these may seem simple, they are necessary and foundational to the process of resolution for wounds from trauma.

- Invoke and focus on the Presence of Jesus
- Trust in Him
- Spend time being with Jesus
- Pray blessings
- Spend time praying the Word

The suggestions above are ways that facilitate intimacy with God. If someone has great difficulty trusting God, it will be initially challenging for them to connect with Him in a way that is positive. Below are areas which may need to be addressed in order to strengthen their capacity for intimacy.

- Healing image of God

- Healing image of self
- Recognition and renunciation of ungodly beliefs
- Confession, repentance and forgiveness
- Generational influence
- Deliverance

The healing process for the wounds of trauma is typically a layered one. It often happens over time. The rhythm can resemble the ebb and flow of the tide. A common barrier that arises in the process is that the recipient cannot perceive the presence of Jesus. When that occurs, pray for them to remember a time when they were aware of His presence. If the recipient has difficulty recalling a positive interaction with a member of the Godhead, do not proceed to any traumatic memories.

How Trauma Moves into Transformation

In the midst of trauma or difficult circumstances, or in the aftermath of trauma, are you able to think of your life as consistently immersed in blessing? For many of us this would probably be a real upgrade in perspective! Paul writes, *"Blessed be the God and Father of our Lord Jesus Christ who has blessed us in Christ with every spiritual blessing in the heavenly places"* (Eph 1:3 NRSV).

When we search the Scriptures, we see Paul saying to us, "Rejoice always;" "In nothing be anxious;" "In everything, give thanks." If we didn't have much information about Paul, we might assume he is in one of those seasons of life where he is "on top of the world!" And yet, he makes these statements from a Roman dungeon. He even goes on to write, "Even if I am to be poured out as a drink offering upon the sacrificial offering of your faith, I am glad and rejoice with you all"(Phil 2:17 ESV). Paul had been transformed. He was able to remain attuned in union with God regardless of His circumstances. He could experience painful things and yet rejoice. He had come to understand that his life was immersed in love and blessing from the Father. He understood a radically significant Truth in the deepest place of his soul.

We do have choices in the process of healing. We can choose self-protection or independence and turn away from God in the midst of our pain. When this stance is taken, we are either knowingly or unknowingly partnering with pride, unbelief, and despair. The other choice is to turn toward God in the midst of our suffering. This stance is one of faith, boldness, vulnerability and courage. It is choosing to draw near to Him. The willingness to enter into dependency is a necessary choice to experience attunement with God. As we connect with the Godhead, we receive truth, capacity, healing, and freedom. It is the experience of joyful intimacy in whatever way we need. He alone knows what our heart needs and He will meet us right where we are.

Jesus destroyed the power of trauma on the Cross. He took upon Himself all the sins of the world because of His great love for us. The Cross is the perfect symbol that represents the transformation of trauma in Jesus' death and His resurrection.

Beloved, we are not citizens of this world. We will continue to experience trials of all kinds and all levels of severity. In our humanity, it is natural that our emotions and our intellect will wrestle in the muck and mire of it all. We have the Spirit of God dwelling within us bringing all the love, joy, and peace of the Trinity to every inch within that we will let Him.

Jesus, You know exactly what it feels like to experience trauma and it is Your love that removes our fears. We pray for an increase in our experiences of the loving nature of Father God through the power of the Holy Spirit. We pray for an increase in our capacity in order that we could receive more of Your love. We partner in faith that You are transforming us so that we are Your reflection to others.

Grady, Sherry. *Trauma to Transformation*. Christian Healing Ministries, Healing Line, Spring 2015, <https://www.christianhealingmin.org/index.php/component/content/article/225-magazine/2011-2015/hl-articles-2015-1/771-trauma-to-transformation?highlight=WyJ0cmF1bWEiXQ==&Itemid=101>.

Trauma Resources

Books

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van Der Kolk, MD

Living From the Heart Jesus Gave You by E. James Wilder, James G. Friesen, Anne M. Bierling, Rick Koepcke, Maribeth Poole

Road to Wholeness: Healing from Trauma by Sarah Bowling and Isabel Bowling

The Biology of Trauma: How the Body Holds Fear, Pain, and Overwhelm, and How to Heal It by Aimie Apigian MD

The Journey to Wholeness in Christ by Signa Bodishbaugh

Restoring the Christian Soul by Leanne Payne

Experiencing Healing Prayer: How God Turns Our Hurts into Wholeness by Rick Richardson

This is Where Your Healing Begins by Nigel W.D. Mumford

Article

Deadly Perils of the Victim Swamp: Bitterness, Self Pity, Entitlement, and Embellishment. Karl D. Lehman, M.D. and Charlotte E. T. Lehman, M. Div. Copyright 2001 K.D. 2001 K.D. Lehman MD and C.E.T. Lehman M. Div, New 2001. Revised 5/5/2006.

Ministries

Thrive! Integrated Health Care, LLC. [Meet Kathy | Thrive!](#) - Kathy Leu, RN, PHN, Speaker, Health and Life Coach, All Things New Prayer Minister

- Kathy has worked through her own trauma and is passionate about others to experience freedom and abundant life. She is a wealth of wisdom and has many other resources.

Lighthouse Counseling Services- [Lighthouse Counseling Services, LLC - Counseling, Depression, Anxiety](#)
Linda Johnson MA, LP, Licensed Psychologist, All Things New Prayer Minister

- Linda has worked through her own emotional struggles and is passionate to help others overcome barriers that keep them from emotional and spiritual wholeness.

Light of His Presence: Immanuel Prayer Ministry Sessions [Links | Light of His Presence](#) Kim Carlson

- These sessions are excellent for inner healing, addressing trauma, and deeper connections.

Door of Hope Ministries: <https://www.doorofhopeministries.org/>

- Partnering with God to redeem lives and restore families around the world affected by trauma resulting from abuse and neglect

Christian Healing Ministries: <https://www.christianhealingmin.org/>

- Christian Healing Ministries is a Christ-centered, ecumenical, and non-profit organization that is dedicated to the practice and teaching of healing prayer.

Window of Tolerance *

Hyper-arousal (Dysregulation of the nervous system)

Overactivity of the amygdala: brain's fear center, detects threats and has exaggerated responses to stress and perceived danger. Symptoms include:

1. Fight or flight mode: Acute, short-lived survival response to imminent danger
2. Hypervigilance: Chronic condition of always being on the alert for possible danger
Nervous system can be stuck in this situation
3. Overwhelmed
4. Distressful thinking
5. Chronic anxiety
6. Chronic stress
7. Overtime: results in disruption of daily functioning and emotional well-being.
8. Insomnia

Window of Tolerance:

Feel like **you can deal with whatever is happening in your life.**

Stress and pressure are not too bothersome

Ideal place to be

This is where a healthy community such as a church, trauma support group and professional support can help to widen the window of tolerance

Hypo-arousal (Dysregulation of the Nervous System)

People can also have shut down of their nervous system as a result of trauma. Symptoms:

1. Low motivation
2. Stuck mode
3. Ashamed
4. Depressed
5. Passive
6. Numb
7. A disconnect between body and feelings
8. Dissociation

Can you relate to the window of tolerance? In which of the three windows do you think that you reside the most? What takes you out of the window of tolerance?

* The concept of "Window of Tolerance" was developed by Daniel J Siegel in his book, *The Developing Mind*, The Guildford Press, 1999.