

Trauma

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I. Introduction.

- A. There are certain principles we can follow to allow God to bring order out of chaos.
- B. When the roof falls in...

II. What to ask.

- A. We may never know why a tragedy happens until we see Jesus face to face. (Ecclesiastes 7:29; Galatians 6:9; 1 Peter 5:8)
- B. We are responsible for the decisions we make and what comes of it. (Proverbs 19:3)
- C. Ask what has happened, what am I going to do with it and what lessons can I learn from it?

III. What to believe.

- A. When the roof falls in...
 - 1. We should be working.
 - 2. We should know our suffering is not unique. (1 Corinthians 10:13; 1 Peter 4:12-13; John 16:33; 2 Timothy 3:12; Proverbs 24:10)
 - 3. We should believe that God is sovereign.
 - a. This does not mean all tragedies are the will of God.
 - b. God is personal and knows us by name. (Proverbs 10)
 - c. God has the power to change things.
 - 4. Believe God loves us and has our best interests at heart. (Jeremiah 29:11)
 - 5. Believe God uses things for our good and his glory. (Romans 8:28)
 - f. Sometimes God has to give us affliction in order that we can learn. (Isaiah 30:20; 5:1-5)
 - g. We do not have to understand it all. (Proverbs 20:24)
 - 6. Believe there is hope. (Proverbs 23:18; Revelation 7:14; Psalm 30:5)

IV. What to think.

- A. Get the facts.
- B. Face the facts. (1 John 1:9)

C. Reflect on God's goodness and faithfulness. (Philippians 4; Lamentations 3:22-23; Psalm 103:10)

D. Look for possible good. (Proverbs 15:15; Philippians 4:11; 1 Peter 5:8)

E. God may use your struggles to help others. (2 Corinthians 1:3-4)

F. Keep a log or a diary to remember the light at the end of the tunnel and how God refines and reorders our priorities through trials. (Philippians 4; Isaiah 48:10; Luke 14:33; Hosea 7:18)

V. What to do.

A. Do not panic.(John 5:6)

B. Look up. (Matthew 17:8; 2 Corinthians 4:18)

C. Delay major decisions temporarily.

D. Maintain fellowship with God and believers.

E. Keep busy at something.

F. Give yourself to others.

G. Do not run and hide.

Application questions:

1. What has God taught you through suffering?

2. What value can suffering have for the Christian life?

3. How would you encourage someone who is suffering based on what you have heard?
