



## 28 July 2024 | When life happens | And I cannot cope

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles.

2 Corinthians 1:3-4a (NIVUK)

### **Making a start:**

Have you ever had something you love taken from you or lost something or someone close to you through unexpected events? How did this affect you as a person?

### **Keeping it real:**

When we look at something like trauma, we realise that nobody is immune to trauma, and it can affect you both directly and indirectly. You could have experienced a big trauma where you were the victim of an aggressive incident or a small trauma like being bullied or betrayed. Scripture tells us how Jesus was betrayed, bruised, and battered, yet forgave His perpetrators and mankind.

If we look at the life of Joseph, we find a young man despised by his brothers, thrown in a pit and sold as a slave to the Egyptians. Imagine the trauma Joseph experienced, being sold by his brothers and thrust into a lifestyle and culture foreign to him. When Joseph faced his brothers some years later, he burst out crying and revealed himself to them. Joseph's brothers were terrified, so instead of resorting to revenge, Joseph forgave them. Joseph's response to his traumatic experience because of his brothers was in the form of forgiveness. Forgiveness brings healing. When you forgive, you kiss vengeance and vindication goodbye (Gen 45:1-8).

Trauma can leave deep wounds, and if left untreated, these wounds may result in irritability when triggered. Additionally, untreated trauma can result in scar tissue that prevents healing and freedom. Jesus, our great comforter, can heal and restore when we present our trauma to Him.

**Living it out:**

- Read Gen 45:4-5. Why do you think Joseph forgave his brothers? What are your thoughts on forgiving someone who has hurt or betrayed you?
- Read Jos 1:9. Do you think the Lord is present in our traumas and why?
- Read 2 Cor 1:3-4a. Discuss what this scripture means to you during difficult times.
- Read Ps 46:1. Do you think God can be a refuge when faced with trauma? And Why?
- How does Col 3:12-13 impact us in our Christian journey?

**Prayer:**

- Pray for each other to extend forgiveness and grace when faced with trauma.
- Pray for those facing trauma or who have been involved in some form of trauma to seek the Lord's presence and his comfort.
- Pray for those who have faced trauma or are currently going through trauma, that the Lord will help them in how they respond to it and grant them peace.
- Pray that the Lord will restore those affected by trauma.