

# Seeking Healing From Trauma

## Peace of Mind: Part 6

Nathaniel Sorensen \* July 23, 2023 \* New Life Vineyard Church

**Trauma = A \_\_\_\_\_ to a deeply  
disturbing or distressing event.**

**You don't just \_\_\_\_\_ trauma**

### Types of Trauma

1. \_\_\_\_\_ Trauma

2. \_\_\_\_\_ Trauma

3. \_\_\_\_\_ Trauma

**Trauma \_\_\_\_\_ you.**

## Pursue Healing

1. \_\_\_\_\_ the pain of our trauma

### 2 Corinthians 11:23-33

*We were completely overwhelmed – beyond our strength – so that we even  
despaired of life.*

2 Corinthians 1:8

2. **Prayerfully \_\_\_\_\_ into \_\_\_\_\_ with our trauma**

*Concerning this, I pleaded with the Lord three times to take it away from me. But  
He said to me, "My grace is sufficient for you, for power is perfected in weakness."  
...So I take pleasure in weaknesses, insults, catastrophes, persecutions, and in  
pressures, because of Christ. For when I am weak, then I am strong.*

2 Corinthians 12:8-10

3. **We pursue \_\_\_\_\_ in our trauma**

*Praise the God and the Father of our Lord Jesus Christ, the Father of mercies  
and the God of all comfort. He comforts us in all our affliction, so that we may be  
able to comfort those who are in any kind of affliction, through the comfort we  
ourselves receive from God.*

2 Corinthians 1:3-4

*We know that all things work together for the good of those who love God: those  
who are called according to His purpose.*

*...Who can separate us from the love of Christ? Can affliction or anguish or  
persecution or famine or nakedness or danger or sword?*

*...No, in all these things we are more than victorious through Him who loved us.*  
Romans 8:28, 35, 37

**Your trauma may or may not have been your \_\_\_\_\_,  
but pursuing God for healing is your \_\_\_\_\_.**

*\* All scriptures from HCSB unless otherwise noted*