



## HOW DEEP DO THE ROOTS GO?

Trauma happens when someone or something wounds us. It is the mark left by a terrible or horrific event. Think about your life, then use this diagram to document your trauma. In the space below, write down three things: (1) how old you were when it happened, (2) what the trauma was, and (3) how you were wounded by it. It may have happened to you recently, or your roots of trauma may run much deeper, even back to your childhood. You may have trauma you can document in each age group, or you may have multiple traumas in a single age range.

### EXAMPLE

Age: 24, on my 2nd deployment

Trauma: My friend was killed by a sniper.

How I was wounded: I lost my optimism.

ADULTHOOD

TEENAGE

CHILDHOOD

## WEEK 2: THE ROOTS OF TRAUMA

»» \_\_\_\_\_ IS DONE \_\_\_\_\_ US.

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Many of us grew up hearing Bible stories about **Noah building an ark**, **Moses crossing the Red Sea**, and **David slaying Goliath**.

But as we have faced the “Goliaths” in our own lives, we have often found ourselves in situations where God didn’t miraculously pull us from the hardship. **Sometimes, things actually got worse**. This may have challenged our childhood faith and left us wondering if God even existed or heard our cries for help.

But if we actually look at the majority of stories in the Bible, we find numerous people who weren’t immediately delivered from their enemy or set free upon first request.

- **Daniel** was left in the lions’ den (Daniel 6).
- **Job** lost everything (Job 1).
- **Shadrach, Meshach, and Abednego** were left in the fiery furnace (Daniel 3).
- **Lazarus** died from his illness (John 11).
- **Jesus** was left on the cross (Matthew 27).

**God can love you and let you suffer.** He loved Daniel, Shadrach, and Jesus, yet they all suffered. But in each of these stories we find a common theme: God didn’t take away the trial – **he joined them in it!**