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LIFE APPLICATION WORKSHEET



https://www.franknjohnson.com/good-news-for-trauma-victims/

Recovery from the effects of trauma is not a straightforward process. Because of this, I have hesitated to provide a life application worksheet for this article—for fear that readers will believe that simply reading a few passages of Scripture and writing their thoughts down will instantly solve the complex issues they face.

Instead, I believe that recovery from trauma will require the help of a trusted counselor and I would recommend first of all that you seek out such a counselor through your local body of believers and/or the American Association of Christian Counselors (https://connect.aacc.net/?search_type=distance).

And yet, while you courageously face the intricate process of recovering from the pain you have and continue to experience, I would like to suggest that you consider and meditate upon these two specific passages of Scripture:

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Psalm 34:18

The Lord is near to the brokenhearted And saves those who are crushed in spirit.

Isaiah 43:1-2

But now, thus says the Lord, your Creator, O Jacob, And He who formed you, O Israel, "Do not fear, for I have redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you." (Isaiah 43:1-2)

and read this article from the Desiring God website:

Trauma Is Not a Life Sentence

https://www.desiringgod.org/articles/trauma-is-not-a-life-sentence

As you are able, feel free to record any observations, fears, prayers, etc. you have after reading the above-referenced Scripture passages and article: