Podcast Worksheet Sexual Trauma: Hope for Healing the Worst Wounds

Scriptural Texts:

2 Samuel 13:1-20

Key beliefs for trauma survivors, facilitating healing:

- 1. It is not my fault this happened; I am not responsible for what others did. Blame falls squarely on my offender, not on me.
- 2. The evil perpetrated in my life came from my offender, not from God.
- 3. I am a precious creation of God and valuable to him; nothing ever changes this fact.
- 4. I do not have to choose to be defined by wounds, no matter how traumatic they were.
- 5. God is good, loving, and just.
- 6. God does reach out to abusers to try and get them to stop and make another choice.
- 7. God will always deal justly with my offender(s) therefore, I can relinquish them to God.
- 8. Holding onto my shame and bitterness doesn't help me—it hurts me.
- 9. God can and will heal my trauma wounds if I will allow him access and invite him in.

Questions:

- 1. Consider the above list of true beliefs. Which ones have been a struggle for you? Describe your struggle.
- 2. In what ways have you chosen to hold onto your wounds? In what ways have you chosen to relinquish your wounds to God?
- 3. What steps can you take to move toward healing?

Prayer of Response:

Lord God, at times every part of my being screams with rage and pain over what has happened in my life. I want to find hope, but it is difficult. I can't see a way out of my suffering. Even though I have struggled to believe you are still there, that you still care and love me, today I choose to believe you. Please bring healing to my terrible wounds. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to_____

Date: