

**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 \_\_\_\_\_

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