

# HOPE IN TRAUMA

Lamentations 3:22-33 | 2 Corinthians 8:1-9, 13-15 | Mark 5:21-43

There is a reality of \_\_\_\_\_

What is \_\_\_\_\_?

The God of the \_\_\_\_\_

Who He is \_\_\_\_\_

READ. REFLECT. RESPOND. REMEMBER.

For a moment, there is healing. For some. This is perhaps the hardest thing to reconcile with the idea of a good God. You have moments where some receive this power, and moments where there is devastation. And what makes the criteria for one or the other is not always (or often?) known. Part of it plays into our ideas of the Gospel as prosperity – that we should not ever face difficulty or suffering, only blessing. It so rarely works out like that, and we are often left with the hope of Lamentations – please God, be God. Read Lamentations.

Reflect:

What image from Lamentations reverberates in your life? Which is the hardest to hear? Why?

How important is being seen in your pain in your life? How have others done that well? How have they done it poorly?

Respond:

God is God of the traumatized, the hurting, the sorrowful.

Remember:

“Let him bury his face in the dust—  
there may yet be hope.” Lamentations 3:29