

Finding Light in the Darkness

A Biblical Perspective
on Trauma

Rev. Michael Gembola
Blue Ridge Christian Counseling
November 6, 2020
Bearing Burdens Conference

God cares about suffering,
so we care about suffering

Overview

- Bodies matter
- Evil is real
- God is good

1. Bodies matter



1. Bodies matter

- Minimizing suffering?
- “Embodied souls”
- Examples
- Takeaway

We want to relieve suffering;
suffering is complex

1. Bodies matter

- Minimizing suffering?
- “Embodied souls”
- Examples
- Takeaway
- **Care for the anxious**

Care for the anxious

- Validating

“The prudent see danger
and take refuge”

Proverbs 22:3

Care for the anxious

- Validating
- Lamenting
- Bringing
perspective

Care for the anxious

- Validating
- Lamenting
- **Bringing
perspective**

Care for the anxious

- Validating
- Lamenting
- **Bringing perspective on...**
- Fear responses
- Agency
- Trust
- Refuge

“The prudent see danger
and take refuge”

Proverbs 22:3

2. Evil is real



2. Evil is real

Telling the truth =

- Listening to the Bible on cruelty
- Resisting skepticism
- Knowing your context
- Needing a Savior

3. God is good



3. God is good

- Common questions
- Justice delayed?
- Coming to God

Care for the anxious

- Common questions
- Justice delayed?
- Coming to God

Care for the anxious

- Common questions
- Justice delayed?
- **Coming to God:**
- Speaking to God
- Building a testimony
- Finding Refuge

God cares about suffering,
so we care about suffering

“Save your people
and bless your inheritance;
be their shepherd
and carry them forever.”

Psalm 28:9