

# WELCOME TO HAVEN

February 18, 2024

Welcome

Worship Songs

*"I Will Sing Jesus"*

*"Made for More"*

Prayer

Scripture for Today

*Romans 8:28 (NIV)*

Message

*"FPOM: Traumatic Healing"*

*Jack D. Cohen*

Offering/Worship Song

*"Goodness of God"*

\*Closing



*Finding Peace of Mind*  
*Healing (Heart of)*

■ Trauma is a response to a \_\_\_\_\_ or \_\_\_\_\_ event

■ The \_\_\_\_\_ you can't see can \_\_\_\_\_ as the ones you can see

*"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."  
– Romans 8:28*

**THREE TYPES OF TRAUMA**

■ \_\_\_\_\_ trauma: a response from a \_\_\_\_\_ traumatic event

■ \_\_\_\_\_ trauma: a \_\_\_\_\_ response from \_\_\_\_\_ or \_\_\_\_\_ events

■ \_\_\_\_\_ trauma: a response to \_\_\_\_\_ & \_\_\_\_\_ events

**Few Places Paul Faced Traumatic Events**

Damascus (Acts 9:23-25)	Thessalonica (Acts 17:5-9)
Antioch in Pisidia (Acts 13:50-51)	Berea (Acts 17:13-14)
Iconium (Acts 14:2, 5-6)	Corinth (Acts 18:12-17)
Lystra (Acts 14:19)	Jerusalem (Acts 21:27-36)

**HOW DO WE HEAL?**

■ We \_\_\_\_\_ the \_\_\_\_\_ of our trauma

- Instead of seeking \_\_\_\_\_, we prioritize \_\_\_\_\_
- We don't heal in \_\_\_\_\_, we heal best in \_\_\_\_\_

*"Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches."*  
– 2 Corinthians 11:23-28

*"We were under great pressure, far beyond our ability to endure, so that we despaired of life itself."*  
– 2 Corinthians 1:8

■ We prayerfully \_\_\_\_\_ with our trauma

*"Three times I pleaded with the Lord to take it away from me."  
– 2 Corinthians 12:8*

*"But [God] said to me, "My grace is sufficient for you, for my power is made perfect in weakness.... That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."*  
– 2 Corinthians 12:9-10

- Nothing can \_\_\_\_\_
- But God can \_\_\_\_\_

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."  
– Psalm 34:18*

■ We \_\_\_\_\_ in our trauma

*"Praise be to ... the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."  
– 2 Corinthians 1:3-4*