



Restoring Wellbeing After Stress & Trauma



Spiritual Factors and Trauma



Post-Trauma Adjustment Factors

- **Social support** by faith community
- Prayer
- **Spiritual connection (God's presence)**
- **Moving beyond guilt and shame (forgiveness, grace)**

Negative Religious Coping:

- Trauma as punishment from God
- Sense of abandonment by God
- Doubting God's love and power

Social support



S U P P O R T
S U P P O R T





Take off your.....,

For you are standing
on Holy Ground!

Specific Supports After Stress and Trauma

5. Ability to Face and Share Uncomfortable Feelings

6. Ability to (Re-)Connect with God's Presence in Distress

7. Knowing and Extending Forgiveness

5. Ability to Face & Share Uncomfortable Feelings

Pain

Guilt

Shame

Lament

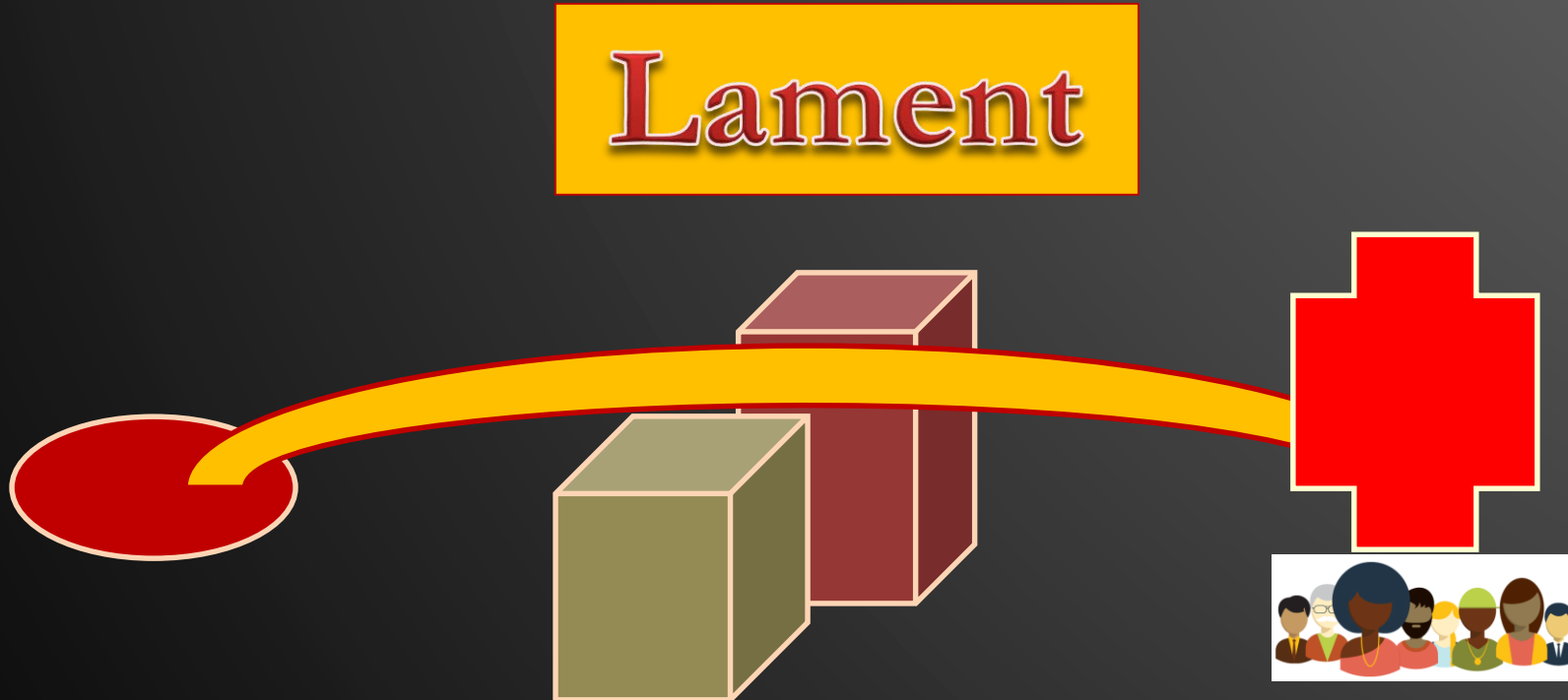
**Forgive-
ness**

Grace

PAIN EX-PRESSED: Lament

Def: Express sorrow, mourning, or regret - often demonstratively or passionately

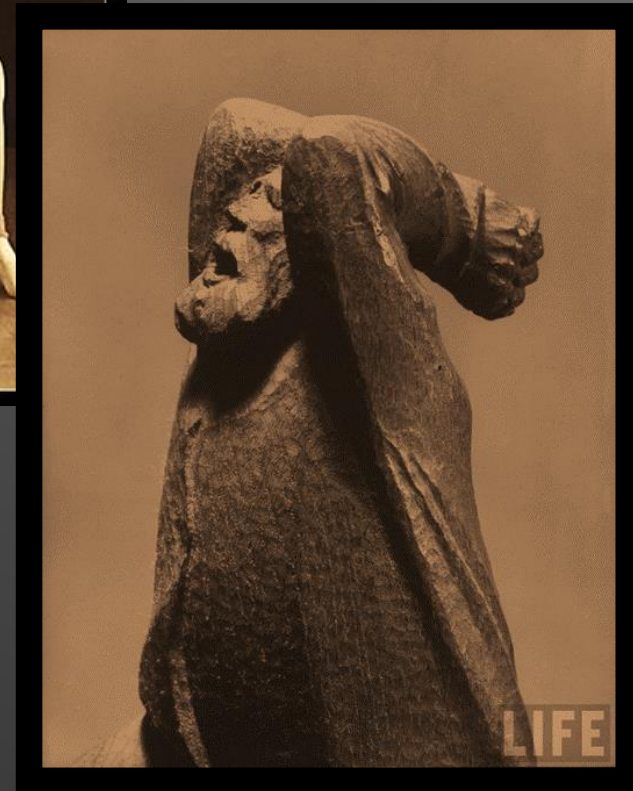
Lament



Supporting Lament

- Providing space, listen to lament (not only once)
The unformed story/emotion will gradually gain shape...from fragments
- Join lament towards God (as two, or as group)
- Forms of Lament (written or prayed)
- Use Psalms, Art, Music...

IT TAKES LONGER THAN WE WOULD LIKE TO
IT CAN BE UNCOMFORTABLE FOR US



6. Ability to (Re-)Connect with God's Presence in Distress

- Emotional disconnect with emotional numbing or burnout/depression
- The soul 'instrument' does not sound the tones of joy/peace, commonly taken as indicators of God's presence

Can lead to a sense of disconnect and abandonment



Reconnecting by Using the Senses

- **Communion**
- **Songs, images, items, stories, memorized texts, experience of His presence**



Reconnecting Despite Negative Thoughts & Ongoing Questions

Is God punishing me?

God's purposes are often future directed and about the good things that God intends to do IN the midst of the suffering.

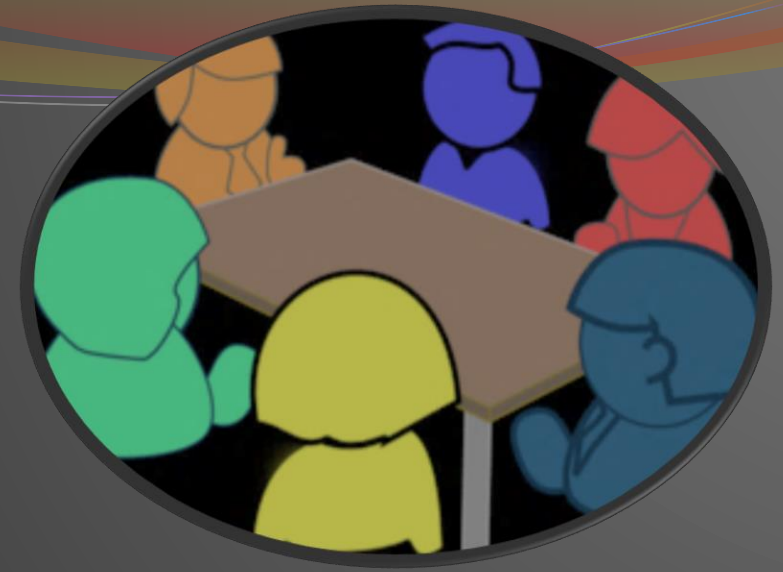
Doubting God's love and power

- I am unworthy
- He does not care, does not love me; he may love others, but not me
- If he is almighty and cares, should he not have prevented this?

Identify as untrue negative thoughts; **REFOCUS** on biblical truths (verses).



GROUPS



About 10 mins each

- Please share your experience with **lament** and any resources for practicing healthy lament! Did you come across lament that appeared unhealthy?
- Share stories of missionaries, who had **difficulties feeling connected with God** in crisis or after trauma! What was it like to sit with them?