



Matthew 5:1-12

Types of Trauma

→ Injustice

Emotional wounds caused by injustice, discrimination, or systemic mistreatment when institutions or people meant to protect fail to do so.

→ Betrayal

Emotional and psychological hurt that happens when someone you trust, love, or depend on breaks that trust in a major way.

→ Abandonment

A deep-seated emotional wound caused by a significant loss, neglect, or rejection from someone you depended on.

→ Rejection

Severe emotional and psychological distress caused by experiencing significant, repeated, or deeply painful rejection.



Injustice Trauma

- Feelings of helplessness and/or hopelessness
- Unpredictable/impulsive emotions and reactions
- Lack of trust in others including authority figures

01. Stay close to God

Through your trials and tribulations, God does not slumber, and He will not let your foot slip (Psalms 121:3-4). Our God is an ever-present help in times of trouble (Psalm 46:1) and keeps His covenant of mercy throughout generations (Deuteronomy 7:9).

God has knowledge and experience of the injustices we go through. As recorded in John 18:19-24, we learn that Jesus endured mistreatment based on false accusations when an officer struck Jesus for answering the high priest truthfully.

"Jesus answered him, "If I have spoken evil, bear witness of the evil; but if well, why do you strike Me?" (John 18:23).

Jesus was beaten, mocked and crucified based on false accusations; Yet that was not the end of the story God had written for Him. God had a good plan for it all before it even happened - before Jesus was conceived in flesh - to save humanity (Psalm 110:1, Isaiah 7:14).

Jesus now has conquered sin and death for us (Revelation 1:18), and is exalted on the right hand of God (Psalm 110:1, Philippians 2:9-11).



God is just (2 Thessalonians 1:6-8), and we are created in His image (Genesis 1:27). Therefore, we are created to feel for justice (Ephesians 2:10). That is why injustice can make us mad. God feels anger towards injustice too, righteously (Psalm 7:11-13).

Have you seen injustice in your life or family? Are you a victim of sexual, physical or emotional abuse? I am so sorry you went through that pain. Your pain and heartbreak does not stay as that, God shapes our pain to become a testimony of hope to help other people suffering the same exact thing as you (1 Corinthians 9:22)

God will bring true justice to your situation: “Do not be deceived: God cannot be mocked. A man reaps what he sows.” (Galatians 6:7).

Psalms 11:7 “For the Lord is righteous, He loves justice; the upright will see His face.”

Abusers may not be brought to justice “right now,” but we all have to face God for the things spoken and done in flesh (2 Corinthians 5:10). And we do not see their whole lives and what goes on in their spirit.

Just like we read in the Tower of Babel, God does not allow evil to prosper (Ecclesiastes 8:13, Psalm 37:1-25) With God, justice prevails throughout history, and we as the victims have an advocate and judge who will make everything right (Romans 8:28).

It can be hard to tell authority figures what has happened to you. It is hard to take things to court emotionally, spiritually and physically. But fear not, the Lord is your defender.

We may see in our world, perpetrators "getting away" with "no consequences" but NOBODY can escape the conviction of the Holy Spirit and the righteousness of God.

02. Appeal to God

Vindicate me, O God,
And plead my cause against an ungodly nation;
Oh, deliver me from the deceitful and unjust man!
- Psalm 43:1

Have you been falsely accused or robbed of justice?

1 Peter 4:12-15

"Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you.

If you suffer, it should not be as a murderer or thief or any other kind of criminal, or even as a meddler."



The apostles of God also suffered injustice when they were beaten for spreading the name of Jesus, yet they exclaimed the importance of obeying God above all (Acts 5:40).

Ask God to vindicate you (Psalms 35).

King David faced the dangers of the wilderness and kingship as his life was constantly threatened. Through these experiences of injustice, He continued to appeal to God.

God is capable of doing the things we think are impossible (Matthew 19:26).

You might be in court for a legal matter, God is there for you. He can speak to judges and kings because He is the Lord of all, cry to him and let God do the rest (Exodus 14:14).

03. Leave revenge to God

'Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.' - Romans 12:19

Revenge is one of the most common reactions we have to injustice. We see it in almost every movie - even superhero movies made for children!

Have you ever wanted revenge? Peter, a disciple chosen by God, felt the same when Jesus was arrested (John 18:10-11).

Whether you have been victimised by gossip, adultery or an immoral workplace, a lot of us think about getting back at people. But hurting them does not solve anything, it spreads the pain and feeds anger. When someone sins against you, they sin against Christ (1 Corinthians 8:12). God will defend you. He is bigger than any injustice; and makes all things right.

1 Peter 3:9-18

'Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. For, "Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. They must turn from evil and do good; they must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil." Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened." But in your hearts revere Christ as Lord.'

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander. For it is better, if it is God's will, to suffer for doing good than for doing evil.

For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.'



Betrayal Trauma

- Trouble recognising or expressing emotions
- Struggle Trusting God/Love (1 Corinthians 13:4–8)
- Unforgiveness and hateful thoughts

01. Connect to the true vine

God is love and love always trusts (1 John 4:8, 1 Corinthians 13:7). It is hard to trust when it has been broken, but there is someone who will never break your trust: Jesus, who is the same, yesterday, today and forever (Hebrews 13:8).

Jesus is the true vine that helps us bear fruit (John 15:1-8). When we connect to him, we can bear the fruits of God's Spirit: Love, joy, peace, long-suffering, kindness, goodness, faithfulness, gentleness, self-control no matter what our circumstances look like (Galatians 5:22-23).

God will not forsake us when we make mistakes or fail to show the fruits of His spirit because He knows we all fall short of the glory of God (Romans 3:23). Jesus died for us while we were still sinners.

Romans 5:10

Jesus came to heal....

- The blind (spiritually blind: ignorant of what we are doing/sin)
- Sick (spiritually sick: depressed/oppressed and vulnerable to impulsive actions from the evil one)
- Mute (spiritually mute: unable to speak, oppressed individuals).

We learn to love thy God first and He helps us to love and discern who to trust.

God is your rock, unshakeable fortress and refuge in times of trouble (Psalm 18:2). He will help you withstand the betrayal you have faced.

Remember, this is not a battle against flesh and blood but evil (Ephesians 6:12). Whatever hurt happened to you, God will turn out for good and restore your soul (Psalm 23:3).

02. Practice forgiveness

King David experienced betrayal by close friends and his own son, reminding us to cast our burdens on the Lord.

Psalm 55:20-22

'He has put forth his hands against those who were at peace with him; He has broken his covenant. The words of his mouth were smoother than butter, But war was in his heart; His words were softer than oil, Yet they were drawn swords. Cast your burden on the Lord , And He shall sustain you; He shall never permit the righteous to be moved.'

God encourages us to be merciful and forgive (Matthew 18:21-35).

How? When we learn more about the forgiveness of our sins in Jesus, we are able to forgive others (Ephesians 4:32). Jesus experienced betrayal with His disciples, Peter and Judas, yet washed their feet (John 13:1-20, Matthew 26:69-75, Matthew 26:21-25). When we come close to God, we are able to let go of our perspective and our own understanding of situations/people to see God's glory in everything.

Forgiveness does not mean access to you. You can forgive someone and not have a relationship with them or allow them to keep harming you, always be led and discern with the Holy Spirit.

God encourages us to sow generously, and then we will also reap generously (2 Corinthians 9:6).

Let The God of Justice work it out (Romans 12:19-21, Deuteronomy 32:4). We are all human and we all fall short of the Glory of God. Pray for them to find Jesus so they can repent and be delivered (Matthew 5:44).

Matthew 5:43-48

You have heard that it was said, 'You shall love your neighbour and hate your enemy.' But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so? Therefore you shall be perfect, just as your Father in heaven is perfect.'

03. Make a plan with God

God encourages us to 'cease from anger, and forsake wrath; Do not fret— it only causes harm' (Psalms 37:8). Be merciful toward people, not their sin or bad behaviour. With God, learn to discern between being merciful and allowing people to take advantage of you.

God will heal your heart and wounds (Psalm 147:3). The Holy Spirit will guide you and help you in truth (John 16:13).

Even though you stumble, you will not fall, God will hold you (Psalm 37:24). God continues to say keep trying, walking in love (Ephesians 5:2), and do not be weary in doing good (Galatians 6:9).

How can you take steps to forgive and move on from someone who betrayed you? How can you leave justice up to God?

The Parable of the lost son is an example of God's forgiveness towards us after we betray Him (Luke 15:11-32). Betrayal helps us understand what God goes through on a daily basis with His own creation.

James 1:12

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

I John 3:1-2

'Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him. Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is.'





REJECTION TRAUMA

- Negative assumptions about others
- Inability or unwillingness to connect with others
- The need to control/change things only God can.
- Unhealthy people pleasing tendencies

01. Rejection = Protection

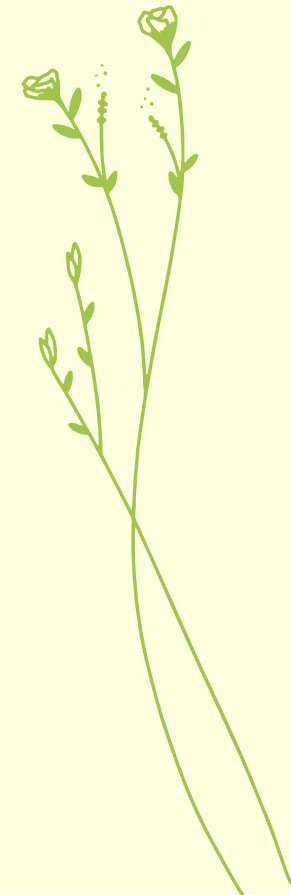
Luke 17:25 (NKJV)

But first He must suffer many things and be rejected by this generation.

When we are rejected by people, it is easy to think that God has rejected us too or abandoned us, but this is not true. Luke 17:25 shows us that God suffered much rejection too. What did He do about it? Still died for us.

God promises to never hold his anger against us forever (Psalm 103:9). No door that God opens for you can be shut (Revelation 3:7-8). God is rejected throughout generations, He understands yours.

The last will be first in the kingdom of heaven (Matthew 20:16). There is a time for everything and God made everything good for its time (Ecclesiastes 3:1-11). Keep your mind on things above not here where moth and vermin destroy (Colossians 3:2).



02. Surrender it to God

Surrender your pain to God and let yourself feel it through. These big feelings will become more manageable when we let them out to God. It is not best to avoid them. When you lament to God, He is always listening and ready to help.

After I experienced rejection through adultery, I spiraled into a marijuana addiction to “feel peace” and avoid my emotions. However, it resulted in three years of stagnation of hurt and anger towards everybody and built up walls from anybody who showed me love. It caused friction and harm in my relationships and did not allow me to truly heal. So Yes it hurts, I’m not saying this out of a place of not knowing:

God does not reject you. And even though we may not feel it or see it, put your hope in God because He will always have something better for you. He has plans to prosper you not harm you (Jeremiah 29:11).

Psalm 94:14: "For the Lord will not reject His people; He will never forsake his inheritance."

Jesus gives us a good example in the garden of Gethsemane when He says "Nevertheless let your will be done" (Matthew 26:36-46).

Surrendering to God’s Will for our lives and relationships is difficult, especially when we struggle to trust God with the hurt we have faced. But that doesn’t make God hate you. God is ready to meet you where you are and guide you.

His Will for you is GOOD, and you can put your trust in Him (Romans 8:28).



03. Rejection does not define you

God, your creator, defines you not what happens to you or someone's opinion.

God's Word about you is the Truth (john 17:17). Anything else is a lie. If someone does not like you, or you did not receive a job, it does not mean there is something wrong with you.

Remember, God makes everything good in its time and your time is coming (Ecclesiastes 3:11)!

God's love for you is not defined on what you can do, we are saved by grace not works (Ephesians 2:8-10). God's love for you will never change and nothing can separate you from it (Romans 8:38-39). He does not look at our outward appearance but at our hearts (1 Samuel 16:7).





Abandonment Trauma

- Fear of being left behind or abandoned
- Inability to form healthy relationships
- Low self-esteem and self-worth
- Anxious or avoidant attachment tendencies

01. Start with God

God's promises shine in testimonies where people felt abandoned such as Hagar, Abraham and Joseph.

In testimonies like Paul, former persecutor of the church, God reassures us that He will never abandon us no matter what our situation looks like. God encourages us to pray about everything, He wants to talk with us and help us like a Father helps His child (Philippians 4:6-7).

By praying, we allow God to help us in our free will. God has chosen the weak things of the world to put to shame the things which are mighty (I Corinthians 1:27). God's grace is sufficient in your weaknesses (2 Corinthians 12:9).

02. Spent time with God

Learning about God's character helps us understand His endless mercies, love, and compassion towards us and generations (Psalm 100:5).

You are never truly abandoned.

Start by building on your relationship with God first, He will show you His ever-present help available at all times. God is known as El Roi (The God who sees), Jehovah Rapha (Our God who heals), Immanuel (God with us), Jehovah Jireh (Our provider) and much more!



03. God's promises of safety

The world and our own parents may forsake us, but God promises never to forsake us (Deuteronomy 31:6-8, Psalm 27:10).

God did not leave you here as an orphan to defend for yourself, Jesus promises to be here to help (John 14:18).

God calls you a friend (John 15:15)

He loves you so much that He sent Jesus to be your friend close to you at all times (John 3:16, Galatians 2:20). No greater friend is one who lays down his life for you, Jesus (John 15:13). God offers us safety in Jesus and wearing the armour of God, we are able to withstand anything (Ephesians 6:10-18).

We don't need kings or men or princes, just God to withstand all that comes in our life (Psalm 60:11, John 14:26, Hebrews 8:11).

In God's perfect timing, He blesses us with people to share experiences of God's love and kindness.

God allows these moments to come in the right timing, when you are ready. In the meantime, just know that isolation is not punishment but safety and healing.

