



AT HOME

How Do I Deal with Trauma?

STUDY

Read these Scriptures to see what God says:

[Psalm 91:4–6](#)

[Proverbs 1:33](#)

[Isaiah 41:10](#)

[Isaiah 53:5](#)

[Lamentations 3:21–23](#)

[2 Corinthians 5:21](#)

[1 Peter 5:7](#)

LISTEN

Listen and engage in this worship moment to prepare your heart:



[“Greater Than” | Gateway Church](#)

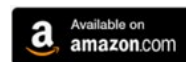
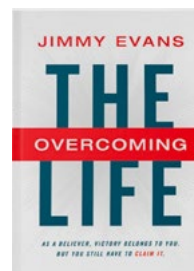
WRITE

Answer:

1. What is an area in my life that the Lord is needing to heal?
2. What lie(s) have I believed about the trauma?
3. What is the Holy Spirit saying to me concerning what I have been through?

READ

Read this book to go deeper in dealing with this issue (click to order):



WATCH

Watch these sermon moments to hear what Pastor Robert says:



[Freedom Through Emotional Healing](#)



[Freedom Through Repentance](#)



[Manipulators Have Experienced Rejection](#)