

DISCUSSION QUESTIONS

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The Trap of Trauma

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Passage: Selected Scriptures

1. What role does the sufficiency of Scripture play in the hope and encouragement you can offer a struggling or suffering follower of Christ? Consult **Psalm 19:7–9**; **2 Timothy 3:16–17**; **2 Peter 1:3**.
2. List out names of men and women who the Bible depicts as having gone through an especially painful—even traumatic—experience. What truths can be drawn from the examples of these individuals when we experience suffering in our own lives, or when we're ministering to those who are suffering?
3. What role is the church to play in the lives of struggling and suffering believers? Consult **1 Timothy 3:15**; **Hebrews 13:17**; **Romans 15:14**. In your own walk with the Lord, what role have you played in ministering biblical truth to struggling and suffering members of the church?
4. Describe how you would minister to a fellow church member who expresses to you that they are struggling with anxious thoughts, which tend to intensify whenever they are reminded of something difficult they went through in their past. Where in the Scriptures would you take them? How, practically, would you show Christ-like love (**Ephesians 5:1–2**) as you ministered the truth of God's Word to them?