

TRAUMA

Sound Mind: A Biblical Approach to Mental Health

Pastor Kevin Cummings – May 17, 2026 – Part #6

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” II Timothy 1:7 (NKJV)

I John 5:3-5

I. We must understand the _____ of trauma.

A. Some trauma we bring on _____.
(Acts 7:58; 8:1; 22:4; I Corinthians 15:9; I Tim. 1:13, 15)

B. Some trauma is brought on by _____.
(Acts 13:50; 14:5, 9; 16:22-24; 17:13; 18:6-17; 21:27-36;
23:12-35 II Corinthians 7:5; 11:23-33; Gal. 4:13-15; 6:11)

II. We must have a Biblical _____ to trauma.

• God wants you to be an _____ not a victim.

A. _____ the pain. (II Cor. 11:23-28; Galatians 6:1)
1. Bring your complaints, questions, and frustrations to God based on your belief in who He is, what He has done and what He will do. (Psalm 10:1-18; 13:1-6; 22:1-31)
2. Learn to lament which moves us from “why and how” to “who and what”. (Lamentations 3:1-40)

B. Run _____ God in prayer. (James 4:2)
1. Don’t blame God for the trauma; beg Him for healing.
2. Nothing can change your past, but God can heal your hurt and change your future. (Psalm 34:18)

C. Let God _____ your trauma.
1. God has a purpose for your trauma.
• God can use trauma to direct me. (Jonah 1:1-4)
• God can use trauma to inspect me. (Deut. 8:2)
• God can use trauma to correct me. (Psalm 119:71)
• God can use trauma to protect me. (I Peter 3:17)
• God can use trauma to perfect me. (Romans 8:28-31)

2. God can bring a ministry out of your misery.
(II Corinthians 1:3-9)

III. We must have a Biblical _____ to trauma.

• God wants you to become one of His _____.
(Hebrews 6:1; Ephesians 3:17; 4:13)

A. **R**_____ in and rely on God. (Ps. 46:10; Job 4:4; Matt. 11:28)
1. We can question what God does or trust what God does.
2. God often works in ways we do not expect, in a time we do not expect and in people we do not expect.

B. **A**_____ your need for help. (Proverbs 28:13; I John 1:9)

C. **R**_____ that you are in control of how you respond.
“The one who is in you is greater than the one who is in the world.”
I John 4:4

D. **E**_____ yourself with God’s Word.
(Joshua 1:5b-9; Psalm 119:105; Isaiah 55:11)

E. **G**_____ God’s grace and/or forgiveness.
1. Saving grace (Ephesians 1:7-8; 2:8-9)
2. Strengthening grace (II Peter 3:18)
3. Sustaining grace (II Corinthians 12:7-10)

F. **E**_____ a long-term perspective. (II Cor. 4:17-18)

G. **M**_____ belief that you are in control of your thoughts. (Proverbs 4:23; II Corinthians 10:5)

H. **S**_____ God by serving others. (Matt. 20:26; Gal. 6:2)

ACTION POINTS: 1.) Trauma is a _____.

2.) We heal best _____.

3.) Healing starts with a right _____ with Jesus.

HELPFUL RESOURCES:

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“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” II Timothy 1:7 (NKJV)

I John 5:3-5

I. We must understand the causes of trauma.

- A. Some trauma we bring on ourselves.
(Acts 7:58; 8:1; 22:4; I Corinthians 15:9; I Tim. 1:13, 15)
- B. Some trauma is brought on by others.
(Acts 13:50; 14:5, 9; 16:22-24; 17:13; 18:6-17; 21:27-36; 23:12-35 II Corinthians 7:5; 11:23-33; Gal. 4:13-15; 6:11)

II. We must have a Biblical approach to trauma.

- God wants you to be an overcomer not a victim.
 - A. Process the pain. (II Corinthians 11:23-28; Galatians 6:1)
 - 1. Bring your complaints, questions, and frustrations to God based on your belief in who He is, what He has done and what He will do. (Psalm 10:1-18; 13:1-6; 22:1-31)
 - 2. Learn to lament which moves us from “why and how” to “who and what”. (Lamentations 3:1-40)
 - B. Run to not from God in prayer. (James 4:2)
 - 1. Don’t blame God for the trauma; beg Him for healing.
 - 2. Nothing can change your past, but God can heal your hurt and change your future. (Psalm 34:18)
 - C. Let God redeem your trauma.
 - 1. God has a purpose for your trauma.
 - God can use trauma to direct me. (Jonah 1:1-4)
 - God can use trauma to inspect me. (Deut. 8:2)
 - God can use trauma to correct me. (Psalm 119:71)
 - God can use trauma to protect me. (I Peter 3:17)
 - God can use trauma to perfect me. (Romans 8:28-31)

- 2. God can bring a ministry out of your misery.
(II Corinthians 1:3-9)

III. We must have a Biblical response to trauma.

- God wants you to become one of His rare gems.
(Hebrews 6:1; Ephesians 3:17; 4:13)
 - A. Rest in and rely on God. (Psalm 46:10; Job 4:4; Matt. 11:28)
 - 1. We can question what God does or trust what God does.
 - 2. God often works in ways we do not expect, in a time we do not expect and in people we do not expect.
 - B. Admit your need for help. (Proverbs 28:13; I John 1:9)
 - C. Recognize that you are in control of how you respond.
“The one who is in you is greater than the one who is in the world.”
I John 4:4
 - D. Encourage yourself with God’s Word.
(Joshua 1:5b-9; Psalm 119:105; Isaiah 55:11)
 - E. Get God’s grace and/or forgiveness.
 - 1. Saving grace (Ephesians 1:7-8; 2:8-9)
 - 2. Strengthening grace (II Peter 3:18)
 - 3. Sustaining grace (II Corinthians 12:7-10)
 - F. Embrace a long-term perspective. (II Cor. 4:17-18)
 - G. Maintain belief that you are in control of your thoughts.
(Proverbs 4:23; II Corinthians 10:5)
 - H. Serve God by serving others. (Matt. 20:26; Gal. 6:2)

ACTION POINTS: 1.) Trauma is a signal.

2.) We heal best in community.

3.) Healing starts with a right relationship with Jesus.

HELPFUL RESOURCES: fincastlebaptist.org or scan this code

