

LIES ABOUT TRAUMA AND HOPE FOR HEALING

Juke Stockton

LIE: **You are all alone.** Nobody sees you. Nobody knows you. Nobody is coming for you. Nobody will understand.

VERSE: “Then she called the name of the LORD who spoke to her, You-Are-the-God-Who-Sees; for she said, ‘Have I also here seen Him who sees me?’” *Genesis 16:13*

TRUTH: He comes after you, He sees you, and He is with you.

LIE: **Don’t Tell.** Keep the secret. Take it to the grave.

VERSE: “Bear one another’s burdens, and so fulfill the law of Christ.” *Galatians 6:2*

TRUTH: We are called to bear one another’s burdens.

LIE: **It’s always going to feel this way.** This is just how it is, nothing’s ever going to change. You’re too far gone, You’re broken and can’t be fixed. Your pain will never end. Your trauma is too big—it will never heal. Just get used to it.

VERSE: “I thank my God upon every remembrance of you, always in every prayer of mine making request for you all with joy, for your fellowship in the gospel from the first day until now, being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.” *Philippians 1:3-6*

TRUTH: Jesus will complete the work He started in us.

LIE: **Don’t look back.** It happened so long ago, it’s not worth digging back up. You should be over this by now. What good can come from it?

VERSE: “And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:
‘The Spirit of the Lord is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; To proclaim the acceptable year of the Lord.’” *Luke 4:17-19*

TRUTH: Jesus’ ministry was a ministry of restoration for past and present wounds.



LIE: **Lies Around Forgiveness:** I'll forgive them after they apologize to me first. They do not deserve to be forgiven after what they've done. If I forgive them, I'm letting them off the hook.

VERSE: "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses." *Matthew 6:14-15*

TRUTH: Forgiveness is a command, not a suggestion.

LIE: **I can't forgive myself.**

VERSE: "For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled." *2 Corinthians 10:4-6*

TRUTH: Unforgiveness of self is exalting your own thoughts above Jesus' work on the cross.

