

# Sermon Notes

## Power of the Word Part 9

### April 15<sup>th</sup> – 16<sup>th</sup>, 2023

- **Sabbatical Announcement**
  - Pastor Mike will be gone May-July. He will be back, but staff will carry the ball until then...
  - Please lean in while I'm gone. We need you more than ever.
- **Part 9: Post Traumatic Growth**
- Ever hear someone say "Whatever doesn't kill you makes you stronger."
  - It's not that simple of course, but there is something in the Bible like that. **James 1:2-4, Rom 5:3-5**
  - The idea: that the hardships and difficulties of life don't ruin us, but grow us up and strengthen us.
    - Pastor Daniel years ago said, "Not always." That's true too, of course.
  - Sometimes it tips one way, sometimes it tips the other.
    - With Joseph it tipped the good way. **Genesis 50:20**
      - Joseph went through a lot!! But, he saw the greater purpose that God was bringing.
        - His brothers did evil, but God worked it out for good! Like **Rom 8:28** says!
      - But, I'm sure you have seen, or maybe experienced, the other side. Devastation and loss.
      - Let's see if we can't find the Power of the Word to tip this in the right direction!
- First of all, let me acknowledge that this is a complex and difficult issue. I am not minimizing your pain or your struggle for recovery.
  - Some go down and don't come back, some come back to normal, but some even advance.
    - PTSD and PTG can even happen at the same time!! This is complex...
- Post Traumatic Growth <https://hbr.org/2020/07/growth-after-trauma>
  - Interesting article in the Harvard Business Review about "Post Traumatic Growth." Link in notes...
    - 5 areas people can see post traumatic growth: Personal Strength, New Possibilities, Improved Relationships, Appreciation for Life, and Spiritual Growth.
    - 5 ways to help access PTG: Education, Emotional Regulation, Disclosure, Narrative Development, and Service.
- How do we approach this from a Biblical perspective?? 3 things for you today.
- 1) Put Some Faith On It!!
  - Maybe PTG had never crossed your mind as a possibility. It's not commonly talked about.
  - Believe that you can experience PTG like **James 1:2-4** and **Romans 5:3-5** say!
  - Faith moves mountains. **Mark 11:23-24**
    - God can do anything, but He doesn't do just anything...but here we have a promise!
    - Believe to receive. Example: forgiveness of sins. It is there for the taking.
- 2) Take the Power Back.
  - Believe that you are not a victim, but more than a conqueror!! **Rom 8:37, Rom 8:35-39**
  - Take the power back with God's help! Even against great enemies. **James 4:7**
- 3) Do Some Good!
  - Believe that you, personally, can change the world for the better!!
  - Hurt people hurt people, but healed people heal people. **Romans 12:21**
  - You can use this for God's glory and to help people like Joseph did 3,000 years ago.
    - Simple example, my inability to read and Biblical illiteracy. Now I can help.
  - Even if it isn't related to the trauma, find ways to serve others. **1 Corinthians 15:58**
  - What if you or the one you love could have post traumatic growth? That excites me.
    - Let's look at the process again. **James 1:2-4, Romans 5:3-5**
  - Don't go it alone. Invite Jesus into your life to guide you through.
    - Now, let's put some faith on this and see if we can't fight our way into the promised land!
- Get personal prayer by emailing [prayer@goodhope.ag](mailto:prayer@goodhope.ag).