



New Mt. Moriah Baptist Church
WOW Bible Study
May 29, 2019
Pastor Mike

2019 Focus: GROW

Monthly Theme: LIFE-Fulfilled!



From Trauma to Transformation! Lamentations 3:18-26 NIV

Tonight's Take-Away: There is a **Physician** who has a **prescription** for His people!

Trauma-
Causes of trauma-

To overcome mental/emotional trauma:

1. **Acknowledge** our brokenness
2. **Address** our pain
3. **Assistance** to cope and conquer

God has the power to heal our mental and emotional trauma!

Lamentations:

Trauma in the text: Lamentations 3:1-18

In order to go from *trauma to transformation*

- I. Right **Perspective** vs. 21-23
The prophet goes from *ruminating* to *remembering* certain things:
 - A. Because of God's **compassions**, we are not **cut off** vs. 22
 - B. Life may be a **mess** but God's **mercies** are fresh vs. 23a
 - C. Life is not always **fair** but God is **faithful!** vs. 23b
- II. Rely on God as my **Portion** vs. 24a
- III. Resolve to **Patiently wait** on the Lord vs. 24b-26

Pastoral Point: God is able to *hope* us when we are hurting!

Bible Trivia: Give *three examples* of someone having their mind restored