

Why You Can Trust God to Bring You Healing From Trauma

The experience of trauma is a common problem. Studies show that in 2015, trauma was the No. 1 cause of death in people from ages 1-46. In that same year, the cost of trauma was \$671 billion in health care and lost productivity combined.

But podcast host Ruth Hendrickson knows we have a God who can set us free. In a recent episode of *Real Truth With Ruth* on the Charisma Podcast Network, she unpacks the concept of trauma and how we can find deliverance. “There’s some teaching out there that says that we use the body of Christ to believe as believers are exempt from trauma,” she says. “They need to look at Scripture because I see great men and women of God who experienced trauma. And they had to also have God-moments where God came in and intervened and brought healing.

“It was always there if they were willing to take it. Second Corinthians 1:3-4 says, ‘All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.’”

Hendrickson adds, “We’d look at life, and we’d expect to have the proverbial rose garden. But every rose garden has thorns. And the thing is, God ... gives us this beautiful life to live. And then He says every once in a while, we’re going to get scraped, we’re going to get poked, we’re going to get hurt by those thorns. And yet He carries the very healing balm that we need.

“So yeah ... we’re going to have some tough times as we go through life, but we have a God who heals,” she says. “We have a God who redeems. He goes back; He reclaims the ground; He

sets people free. He rebuilds the ruins. That's who our God is. We have to remember that. Like Paul, we need to have an attitude that trusts God to bring the healing. And we will press through to that healing, and we will be determined to have the fullness of that healing ... Because it's a promise from God, a promise from the throne room of heaven.

To hear more of Ruth Hendrickson's teaching on how God can heal you of trauma, [click here](#) to listen to the entire podcast. {eoa}