

Your Pain Does Not Have to Be a Life Sentence

Have you ever wondered why you just can't seem to "get over" something? Maybe it's a traumatic event from your past that you still battle or that lives on repeat inside your mind.

The fact is trauma is a deep wound inside that, if left untreated, will fester and become infected or inflamed over time. In this situation, time does not heal all wounds. Trauma has to be dealt with and, if left unhealed, can affect your well-being.

I tried to cover up my trauma for many years. But year after year, when that trauma would become triggered, it would resurface like an old ex that you never wanted to see again. And the problem was that I was covering up the trauma, not getting to the root of it. Though I thought it wasn't causing anyone any harm, it was doing me worlds of harm.

After years and years of trauma, I felt like a shattered vessel with pieces of me all over the floor. I didn't know how to put myself back together, let alone how God could accomplish such a feat. But one thing I have learned about God is that He cares about all of our pieces and knows where each one is. He lovingly finds them all and puts us back together. Deuteronomy 30:1-5 (MSG) says, "God will restore everything you lost ... he'll come back and pick up all the pieces from all the places where you were scattered. No matter how far away you end up ..."

Trauma is *not* a life sentence. You can heal from it.

If you are someone who has experienced trauma, I want to encourage you and let you know that there is hope for you to be whole again. God wants to give you a new heart, one that will allow you to be loved, to love others and ultimately to

love yourself. {eoa}

Brian and Elisha Magill are hosts of *Healing the Broken Marriage* podcast, and Elisha is the author of *Making Beauty With the Ashes: How God Saved My Marriage*. Brian and Elisha share openly their story of marital struggles, the pitfalls along the way and how they ultimately overcame. Brian and Elisha's story of how God reached down into their situation and turned things around is a miracle. Their journey will greatly strengthen your faith and give you tools and strategies to use in your own life as you witness the miracle of God's power in action through these amazing stories. To find out more about their redemption story, listen to their full podcast on *Healing the Broken Marriage*. Please visit the Magills' website at .

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