

How God Heals Trauma Today

PTSD is defined as a mental health condition triggered by a traumatic or terrifying event. People can either experience it or witness it. The Mayo Clinic defines post-traumatic stress disorder, further saying, "Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event."

Perhaps you experienced trauma from an accident, abuse, combat or other horrifying circumstance. You may have a heightened startle response or suffer from depression, anger or aggressive rage. There are many other things associated with post-traumatic stress disorder, but I want you to know that God heals post-traumatic stress disorder.

It was an honor to have Dr. Mike Hutchings of the God Heals PTSD Foundation on my podcast, *Adventures in the Spirit*, on Charisma Podcast Network. I personally was healed of post-traumatic stress disorder from my time in combat, and I want as many people as possible to encounter God's love and healing. As world economies reopen, and suicide and depression rates are through the roof (and many places refuse to publish the startling statistics), the church needs to be ready to bring freedom in Jesus' name to people suffering from post-traumatic stress disorder, loneliness and mental health conditions related to COVID-19 lockdown.

Dr. Hutchings has equipped more than 10,000 people to be "heart healers" and "chain breakers." He says, "Everyone has experienced some kind of trauma in their life. The question is whether or not it has haunted you to this day."

"We have over 12,000 verified healings from trauma. ... I simply accepted an assignment, and with it came an anointing to bring healing and freedom," he states.

Dr. Hutchings learned biblical principles to see the Holy

Spirit liberate people from trauma. Perhaps you find yourself praying for someone in need of healing from post-traumatic stress disorder or trauma. These four steps can help you pray for them and see healing take place:

1. Pray for the memories from the traumatic event.
2. Break off the shame, guilt or fear from the event.
3. Break all demonic powers that may be harassing the precious person.
4. Invite the Holy Spirit to come and fill every area the trauma has occupied.

If you or someone you know needs healing from PTSD or trauma, listen in and share this podcast episode and receive your healing. Available on Apple, Spotify, Google, Charisma Podcast Network, YouTube and anywhere you listen to podcasts. {eoa}

Jared Laskey, ., M.A. in Christian Ministry, is the founder of Fireborn Ministries and host of the Adventures in the Spirit podcast. He lives to see Jesus awaken this generation to the power of the Holy Spirit. Jared loves teaching people how to hear God. He has recently published the Spirit-Empowered Journal, available on Amazon, and e-courses Entry Level Prophecy, The Last Days, The Baptism with the Holy Spirit and more on .

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