

Finding My Voice and Meeting Jesus in My World of Complex Trauma (James Hampson)

3 Key Questions:

1. What do I relate with in James' story?
2. What do I find challenging?
3. Where I am in my journey? How would I like God to meet me.

General Outline:

1. Opening Passage about My Journey

- Ecclesiastes 7:13-15

2. Why do we speak?

- The Unseen Prison of Trauma
- With Witness Comes Freedom
- It's What Jesus Does

3. Trauma and the World of Complex PTSD

- Trauma Definition
- The Experience of Complex PTSD
- Key Aspects of the World of Complex

4. My Trauma Map

- A Shattered Self
- Living in Voicelessness
- A Constricted World
- Danger and Catastrophe Everywhere
- Living in the Dark In Between

5. Three Witnesses

- Unexpected Witnesses
- An Enduring Witness (The Gift of Voice; The Gift of Grief)
- The Witness of Commonality in Scripture

Choose Your Own Adventure:

Practice Angering, Grieving, Lament, and Expressing your Emotions Through Scripture

- **Getting your Anger Out with God: Lamentations 3:1-24**
 - 1) Here is a suggested outline to think through the text:
 - 3:1-15 Angering with God about your Experience
 - 3:16-18 Getting all your Anger Out
 - 3:19-24 Experiencing Hope Renewed
 - 2) Read the text aloud with emotion.
 - 3) What pain or trauma comes to mind?
 - 4) Read the text aloud again and express your pain to God, being open to receiving hope from God.

- **Grieving a Difficult Future: Habakkuk: 3:17-18**
 - 1) Here is a suggested outline to think through the text:
 - 3:1-2: Recalling God's Work and Asking him to Act Like he Used to
 - 3:3-15: Remembering and Reimagining God's Work of Intervention
 - 3:16: Feeling the Dread in your Body and Describing it to God
 - 3:17-19: Discovering Worship and Strength
 - 2) Read the text aloud with emotion.
 - 3) What dread or anxiety comes to mind?
 - 4) Read the text aloud again, asking God to intervene, acknowledging how the anxiety feels and receiving the strength He may provide.

- **Grieving an Unfair World: Job: 3:1-20**
 - 1) Here is a suggested outline to think through the text.
 - 3:1-10: I Don't Want to Live in a World Ordered Like this: Un-creation Seems Better
 - 3:11-19: The World of the Dead Seems More Fair
 - 3:20-26: My World is Shattered and is a Place Where Bitterness and Fear Reign
 - 2) Read the text aloud with emotion.
 - 3) What hurt comes to mind?
 - 4) Read the text aloud again, expressing to God the unfairness of this world

- **Expressing your Anxiety and Feelings of Being Overwhelmed: Psalm 69:1-4; 14-18**
 - 1) Read the text aloud with emotion, imagining yourself in the waters with David?
 - 2) What anxiety comes to mind?
 - 3) Either read the text again referencing this anxiety or journal about the anxiety using similar language to describe it.

- **Write your own lament using the following order¹**
 - 1) **Address to God ("O God")**
 - 2) Review of God's Faithfulness in the past
 - 3) **A complaint**
 - 4) A confession of sin or a claim of innocence.
 - 5) A request for help
 - 6) God's response (often not stated)
 - 7) A vow to praise, statement of trust in God
(Examples of Psalms of Lament to consider include Psalms 13, 22, 44, 74, 88, 109)

¹ Harriet Hill and Margaret Hill and Richard Bagge and Pat Miersma, *Healing the Wounds of Trauma: How the Church Can Help* (American Bible Society, 2014), 41.