

## Overcoming Trauma through Praise

*By Pastor Anison Samuel*

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While being prideful is unacceptable and biblically shunned, God gives you permission to boast in one area. Intelligence, strength and wealth are vanity. They are ethereal and have no eternal longevity but we have been given full authority to boast in our understanding and apprehension of God. Jeremiah 9:23,24; Psalms 34:2

Contemplation and reflective faith have their place but not when it comes to worship. Asaph, who was prone to depression and disappointment, found relief in vocal praise. When the enemy strikes and endeavors to pillage and desecrate your future, do not surrender and remain silent. The sign of someone who is still alive is that he makes noise to the Lord. We are called to declare the goodness of God! Psalms 46:1-3; 118:6,7

### Trauma:

With every traumatic experience, two emotions materialize. That person will become withdrawn and will be reluctant to take risks again.

Cocooned in silence, they are controlled by trauma and focus more on their painful experience than God's deliverance. Read 2 Corinthians 1:8-10 .

Death causes trauma and deliverance induces relief. Turn around and do greater things for God! Do not remain immobilized by trauma; the fact that you are seated here is because of God's deliverance. Deliverance was not intended for preservation but to destroy the devil who came after you so that you could declare God's goodness!

Read 2 Timothy 4:16,17

Instead of harping about your trauma, consider boasting about what God did for you and his faithfulness. God intervened so that the Gospel might be preached through you. You were delivered for the benefit of others. Ref: 2 Timothy 4:18

Your boasting in the Lord is a countermeasure against trauma.

Instead of reminiscing about lions, Daniel chose to speak of dreams and visions. It was then, that the Bible said 'Daniel started to prosper'. When you abandon trauma, and focus on what God has done, your time of prosperity sets forth .Reject what the enemy used for harm and rave about your God instead.

The trauma of yesterday will not determine the brightness of your future. Your decision to abandon trauma will determine whether you live with it or become fruitful.

Jesus took every trauma of your life, on his body. That day, he faced the greatest of traumas to deliver you from your trauma. When he resurrected, he firstly comforted his disciples who were suffering from the trauma of losing and betraying their master. His words to them were 'peace be with you'.

