



Psalm 3 : Faith amid trauma



Trauma brings pain

A psalm of David. When he fled from his son Absalom

¹ LORD, how many are my foes!
How many rise up against me!

² Many are saying of me,
“God will not deliver him.”

1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="checkbox"/>
2. Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="checkbox"/>
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?	<input type="checkbox"/>
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="checkbox"/>
5. Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="checkbox"/>
6. Did you live with anyone who went to jail or prison?	<input type="checkbox"/>
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="checkbox"/>
9. Did you feel that no one in your family loved you or thought you were special?	<input type="checkbox"/>
10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="checkbox"/>
Your ACE score is the total number of checked responses	<input type="checkbox"/>

Faith brings protection and identity

³ But you, LORD, are a shield around me,
my glory, the One who lifts my head high.

⁴ I call out to the LORD,
and he answers me from his holy mountain.

Faith brings protection and identity



Faith brings protection and identity

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2

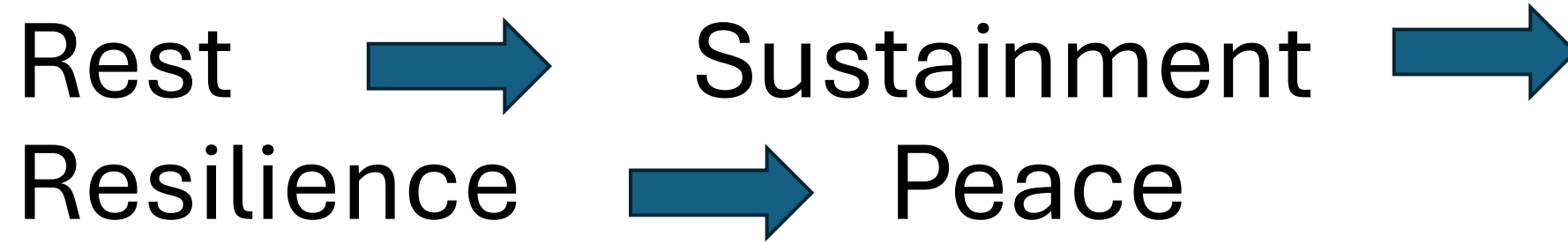
Faith brings peace

⁵ I lie down and sleep

I wake again, because the LORD sustains
me.

⁶ I will not fear though tens of thousands
assail me on every side

Faith brings peace



Faith brings peace

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Faith brings justice

⁷ Arise, LORD!

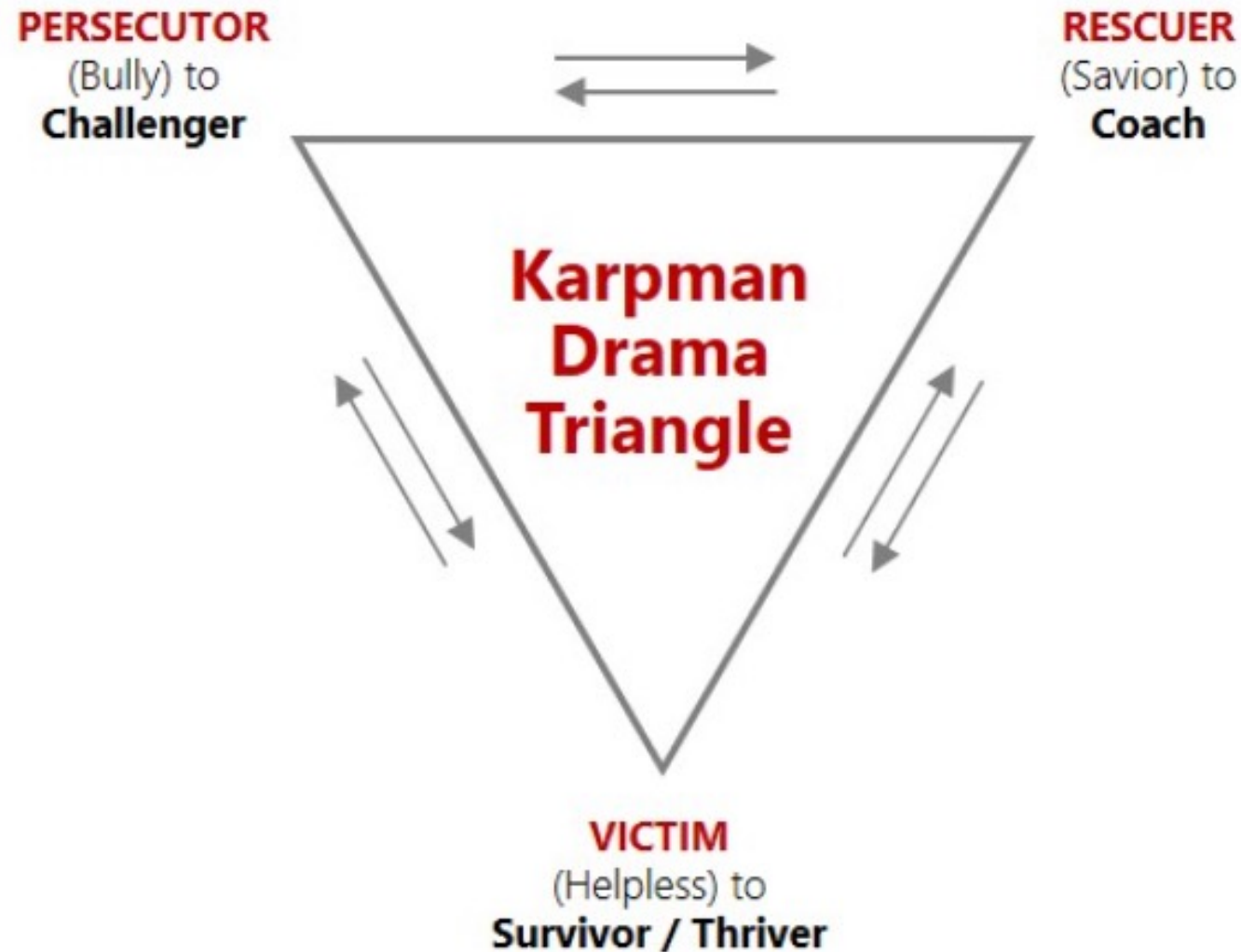
Deliver me, my God!

Strike all my enemies on the jaw;
break the teeth of the wicked.

⁸ From the LORD comes deliverance.

May your blessing be on your people.

Faith brings justice



Faith brings justice

Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my Spirit on him, and he will bring justice to the nations...In faithfulness he will bring forth justice; he will not falter or be discouraged till he establishes justice on earth. In his teaching the islands will put their hope”

Isaiah 42:1-4

Faith brings justice

Fixing our eyes on Jesus, the author and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:2