



Discussion Guide for “Naming Our Trauma”

Deep Breath Week 2

We don't like to admit we're hurting. We want to present ourselves as strong, competent, able to shoulder the burdens of life. But a strong facade actually keeps us from healing. Naming our pain, our trauma, is essential to healing. Our pain matters to God. Our trauma matters to God. Naming it is how we learn to hope.

Scriptures for Further Reading

Isaiah 62:1-5; Psalm 36:5-10; John 2:1-11; 1 Corinthians 12:1-11

[Click here](#) to read all scriptures

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is [1 Corinthians 12:1-11](#).

Questions for Discussion

1. Do you feel comfortable sharing your weakness or pain with others? Who? How vulnerable do you feel like you are?
2. Review Isaiah 62. Where do you identify trauma? What about hope?
3. What does it communicate to you that the prophet names the people's trauma?
4. What does it look like for you to name your trauma to God? To others in your life?