

> **Great Day everyone**.....

-- **So**, We are very glad that you have joined us, to hear another message segment – brought to you by “**Discovery Crossroads Ministries**”.... Our ministry is all about the reality that: “with God, **Dead ends, become alive again!**”  
When life seeks to take the starch out of us, we should know that: “**God can do the miraculous, in & thru us – and He can turn our traumatic-dismay, into a dazzling display of His Goodness & Power over our traumas!**”

> The message title today is: “**Traumatic Trajectories**”.

- This message speaks to: the storms that blow thru our lives, that cause profound “**shock**”, “**distress**” and/or “**wounding**.”
- I like to view this “*shock, distress & wounding*” as: a storm of great magnitude, that brings an “**upheaval**” to our life – an “upheaval” that causes a massive **change** to our mindset, or to our life understandings & direction! Earth’s mountains were formed the same way... they formed when one of earth’s strong tectonic plates, move on top of another one. Here, the lowest plate “**pushes up**” on the upper-most plate, causing it to break the earth’s surface and make a mountain. And that’s how “traumas” can function in our lives... though we think that traumas leave our lives broken & wrecked, this is also

when God begins to do His Best Work in our lives.....

**Psalm 34:3**, "To those who have sorrow in Zion (Isreal), I (God) will give them a crown of beauty, instead of ashes"

NLV

> **OK**, so let's bust into this "**Traumatic-message**" today.....

- Let me clarify what a "**trauma**" is – it is an: "**emotional, (psychological, or physical response), to a deeply distressing or life-threatening event, that overwhelms one's ability to cope.**" That's pretty heavy, huh? A trauma that hits us so hard, that we are not able to cope with it!

...Notice that this definition does **Not** stipulate traumas, as to being "**spiritual**". **But** I'll tell you friends: *Traumatic-events, Do indeed affect our spiritual-self!* Whatever rocks your outer (physical) self, also rocks your inner (spiritual) self.

> Again, the message title said, "**Traumatic-Trajectories**"....

**So, what is the word "Trajectory" doing here, attaching itself to Traumas?**

- **So, I use the word "Trajectories"** today, to mean: "**the general direction/path, that a person aligns their life to - to reach a place that best describes a person's beliefs, ambitions, expectations, hopes & dreams.**"

- The word "Trajectory" in Greek, is "**trochia**" - *which means*: "**orbit, path, track, or circuit**". As it relates to our lives, it speaks to: the path/track that our life is moving on. **See**, we are **constantly** moving on "a course", from one place of understanding & truth, unto another place!
- The way we live our lives, reflects the course/trajectory, that we are on – based off of: whatever guiding principles/light, that "WE" adapt for our life. **Does that make sense?...** Some people opt to follow an "*easier, smoother & less disruptive*" path thru life – while others choose to track along a path, that is a "*rougher, more tumbled, "harder & broken", a path of hard-knocks*"...(just watch some of the old westerns)
- **But**, no matter which path/track someone chooses to follow - "**Trajectories**" can represent "**turning-points**", for our lives. And these "Turning-point Trajectories", are: "unexpected events, or deliberate choices, that change the direction of a previous trajectory, into a "**New**" curve, path, or track, thru life. And these New trajectories God uses, to help steer our path back towards Him, and towards what is good for us.

> **So**, let's speak to the "**Life-cycles of a Trauma**":

**A) The Normal**.... as I call it: "**The Pre-traumatic Normal**", is all about: living life, as we know it currently -(**low**: *everything*)

*is running smoothly, with no complications.... it's the same old, same old; nothing new - it's about: "The Comfortable")*

- As long as we are Comfortable, and NOT in too much struggle & pain - is when we settle into our Normal. We settle into our Normal "**routines**". Yeah, we get "**adjusted**" to our current surroundings, and don't want anything to change... life is "**perfect**" right where we are...(at least, "perfect" in **OUR determination!** This "Normal life-place", suggests that there is nothing better for us to move on to...(it is what it is)
- I hate to say it but: once we are in our "**Comfortable-Normal**", it would take a nuclear-bomb going off, to break us OUT of that Normal...(we hate change!) Normal feels good, and we like whatever feels good! **But you see**, in our "**Normal**" (**when things are going great**), is when we tend to "**forget God, and His Great Help!**" Truly, we are masters of trying to control "**The Normal/Comfortable**"... **But** I did say already, "**Traumas come upon us suddenly, and without warning – they shock us, and leave us unable to cope**".
- \* **Point is**: while we live in our "**Comfortable-normal**", please **remember God** - for He cares about you, and wants to be a part of your life...(in both: the Normal, AND the tough times!)
- Just know that: God is ALWAYS "**observing**" the **trajectory** (**course**) of our lives; watching our comings & goings...  
...(whether they are: Normal or otherwise).

Proverbs 16:9, "The heart of man plans his way, but the Lord establishes his steps." NIV God certainly guides our every step, but **we** like to "**think**" that **we** made all the right moves!

*...trans:*

-- The Normal is a time in life, that seems OK & smooth to us.

**But, God** might see that we are Not getting to the place, where "HE" wants us to be, or needs for us to be! So enter Ecclesiastes 7:14, "When times are good, be happy; but when times are bad, consider this: **God has made the one as well as the other.**" NIV God can send Good times, or tough times, our way! ***And so**, we move to Part 2 of this message:*

## **B) The Trauma....**

- Traumas are like Lammas (*forgive my rhyme*) - but these crazy animals will spit at you, and even on you.... *Not fun!.....*
- Traumas come along and "**Alter**" our "*Normal*" (*Comfortable*) life experience - **changing it** into something "**Abnormal**" (*something Uncomfortable*). **Has that ever happened to any of you? Sure it has!** The scriptures tell us (John 6:33), "I have told you these things, so that in me you may have peace. **In this world you will have trouble.** But take heart!

I have overcome the world." NIV We WILL have troubles in life, but **Jesus** is Who we should turn to, to see us thru it!

-- **Look**, Traumas impact us in a way, that I like to call the: "**T-bone Affect**".

So they say, "**A body in motion, tends to stay in motion**" - that is: **UNLESS**, that moving body gets "**t-boned**" by something else - "**altering**" its previous course. **Sure**, if a car is driving fast in one direction, and gets slammed in the side by another car - the car that got "t-boned", goes flying off in a new direction! Traumas broadside (t-bone) us, in ways that sends us flying off in a "**new direction**"...(*a new direction that we might NOT have wanted to go!*). Some folks call these: "**Life-curve balls**"... and the pitcher is responsible for firing the curve-ball at the batter....(*"the curve-ball", is a "life path-changer" - a perfect definition for: "Trajectory"*).

\* **Doesn't life, and sometimes God, really toss some "curve-balls" at our lives?** Some of the good curve-balls (*tough-traumas*), cause us to "strike out"....(*we hate that!*). **Besides**, we all know: "change" makes us "uncomfortable"!

**\*\* But** you must know, that God is NOT so much worried about your "**Comfort**", as He is about your "**Salvation**"!... **and**, that presents us with a "**problem**" to our "Comfortable" life-condition sometimes! When it comes to our "**Redemption**",

God places it **ABOVE** our personal Comfort....(*He loves us SO MUCH, that He constantly fights to keep us out of Hell*).

- If you really don't believe that: God will do whatever is needed, to save you – then you better go and read **Exodus** – because when God freed His people out of slavery in Egypt, He sent them into the desert for 40 years, BEFORE getting them to The Promised Land! The Israelites had to **Learn** that God is: Good, Capable, All Powerful, and Filled with never-ending love for us! We learn thru every Trauma!
- \* Going thru “**the struggle**”, is what God often uses to strengthen us, and move us! It is also what makes us “**lean on Him**”, in the middle of life's greatest storms! **See**, “*God initiated-storms*”, are meant to **push us hard up against Him** - NOT away from Him...(*though we can do that!*)  
**Has anyone of you ever gotten mad at God (for letting something bad come to you), and you pushed away from Him?...** **Again**, those storms/traumas, are intended to push us up against God – in a way that causes us to **SEE His Goodness working FOR OUR GOOD, smack in the middle of the storm!** Since we won't let our proverbial “**Comfort-ship**” leave the safety of the port, God has to cause a great storm to come along and break us loose from the dock – thus pushing us out to sea.... right out to where we have no other recourse, than to grab a hold of Him and let Him save us!

- If you don't believe me, **SEE Matthew 14:29-31**.... In this story, Peter gets out of a boat (*that he was in*) on the Sea of Galilee, and he actually walked on the water – *that is*: **UNTIL** the big waves of a storm came along, and he began to drown!
- **However**, **Who did He call out to, in the midst of the storm & certain death?** **Well**, it wasn't to himself, or to his buddies who were still freaking out in the boat (see: *Peter nor his buddies, couldn't help Peter*)... Peter called out to the ONLY Savior of the world; **Jesus Christ**.... The Master of all circumstances. The Creator of life, and giver of life. It was **Jesus Christ**, Who Peter called to... and Jesus saved him!  
**Why did Peter call out to Jesus?** Because the storm was bigger than him, and Peter realized that "**Jesus**" was bigger than the storm attacking him...(only Jesus could save his soul)
  - \* **Folks**, if you are currently drowning in the turmoil of a major trauma, please **Call Out to Jesus** – for He can handle anything that comes to your life...(He is in life, with you - NOT outside of it). Just as He calmed the terrible waves, on the Sea of Galilee that day - He can also calm the relentless-seas that surround you right now! Jesus still saves us, folks – and His Word says that, "**He IS making all things NEW!**"....  
(Therefore, you better **let Him** do His Best work in your life!)
  - **Seriously**, to NOT let God "change" our life-course/trajectory, means that: we will MISS OUT on our intended life-place &

purpose.... [Psalm 139:16](#), "You saw me before I was born. Every day of my life, was recorded in your book. **Every moment was laid out, before a single day had passed.**"

...Missing out on our God-given life-purpose, will **result in** the loss of all the blessings that God had in store for us, at our next spiritual stop! **Frankly**, we end up resisting God's Help (*out of our own stubborn pride*), thus sacrificing God's better things, that He had in store for us – which makes us, just hold onto a "**lesser Comfort**"!

-- **Folks**, [Philippians 4:6](#) says, "**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.**" NIV

-- **Please**, in the midst of your current/next Trauma – **Trust in God**, and in the realities of His Word; *like*: [Psalm 46:1-3](#)....  
...(*recite it is the middle of the storm*), "**1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear** – even though the earth give way and the mountains fall into the heart of the sea, **3 though its waters roar and foam and the mountains quake with their surging.**" NIV

--- Sweet people I guarantee you: Call out to God, and He WILL save you... [Psalm 34:19](#), "**Many are the afflictions of the righteous, but the Lord delivers him out of them all.**" ESV

\* Once we let God have His Way with our life, New stuff happens!

### C) **The New Normal**....

- The New Normal, is what I call the: "**Post Traumatic-Adjustment period**" ....(*life-trajectory change has occurred, and newness of life follows*)...(in this post-phase of a trauma, we begin to realize "**New Comforts**").
- **In this place**: Life won't look or feel like it used to, prior to the trauma. It's time to deal with our newfound life, making sense of the new truths & understandings that we've gained.
- If we will look closely to **the results** of having gone thru a big trauma, we will find the "**shining star**" to the event!  
Tucked away in us (*like a peanut hiding inside of its shell*), we can discover a slice of heaven... **new "insights"** that:
  - 1) butters our old piece of bread (*our old stagnate life*), and
  - 2) sees us discovering things that we never knew before...  
...(new things about: God, eternity, and ourselves).  
....(and as it relates to "ourselves", we learn about: the "**spiritual matters**" of our lives – the "**spiritual**" part of ourselves, that we have overlooked for most of our lives!).
- With a close look, at our **new self** (*the post trauma look*) - we "**discover**" that our trajectory changed, we are going in a

**New** direction - having gained **New** Spiritual Truths & Understandings. This change in trajectory, grows us up (*matures us*), and changes our outlook about life!

Selfishness, can quickly become selflessness. Pride can convert into humility. Home, marriage & children, can suddenly become more important. Our quest for life meaning & it's ending, can swiftly take on new understandings & importance. Gaining knowledge of God, rapidly becomes something our heart strongly desires & thirsts for.

-- In this struggling & yet brilliant life-trajectory change, God has worked His Work of "**Restoration**" in us - which should bring a Renewed & Stronger sense of God's Power & Comfort to us! God is a Master of **Restoring** (*Restoring*) our lives. In no time at all, God can give us a New "**vision & polarity**" for life. **1 Peter 5:10**, "In his kindness God called you to share in his eternal glory, by means of Christ Jesus. So, **after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation." NLT **God does this**, because He knows better than any of us, that: Struggle, can lead to Strength. Pain, can lead to Passion. Hurt, can lead to Health. Confusion, can lead to Clarity. Dying, can lead to New Birth.**

--- Because of all these stated Truths, God can “**reverse**” (**undo**) any of the “negative-consequences”, that traumas try to bring upon us! Even Joseph stated this (**Gen. 50:20**) that, “**What evil was intended to come upon him; God meant it for Good**”. In Joseph’s case: the Good that came out of his personal-traumas, was to save many lives & bring broken families back together!

--- I call what God did for Joseph, “**The Divine Reversal**” – which brought about New life-trajectories (*Good life-changes*), for a slew of people – Not just for Joseph. And the cool thing is: God still takes what was intended for our hurt & pain, and He uses it to bring about a Greater Good for us.... *and trust me, God can use EVERYTHING/ANYTHING for His Good Purposes!* **Romans 8:28**, “And we know that **God causes everything (both good or evil) to work together, for the good** of those who love God and are called according to his purpose for them.” NLT

\* God IS no doubt our “Trauma-Renegotiator”.... *that means*: **God Renegotiates (Redirects) the outcomes** of our traumas. **Seriously**, If God wasn’t in our traumas **with us**, we would all “**succumb**” to the power & devastation of those traumas!.... **Look**: God allowed some seriously ugly traumas to land on **Jesus** (*before/upon the Cross*), **But God** intended

it all to be for “**OUR**” best outcome... I’m talking about for “**OUR**” eternal salvation (“**By His (Jesus’) stripes, “WE” are healed!**”). Apart from Jesus going thru all those painful traumas for us, “**WE**” would NOT have any chance of getting anywhere near heaven! (God renegotiates bad outcomes!)

In closing: Traumas make us feel & think the worst, like the end of us has come! **But remember** what I said at the opening of this message: “**With God, dead-ends become alive again!**”..... Our life-traumas (life-crushers), are intended for us **TO SEE** the “Magnificence & Majesty” of God – via His Power & Authority, over EVERYTHING that comes our way! The goal is to learn early to: Trust God, and place EVERYTHING into His capable Hands! **Isaiah 55:9**, “As the heavens are higher than the earth – so are **My ways** higher than your ways, and **My thoughts** higher than your thoughts.” NIV **Therefore**, when life’s great traumas come upon us, do as **1 Peter 5:7** says, “**Cast all your anxiety on him, because he cares for you.**” NIV

-- But the bottom-line today is this: **Jesus MUST be** our: “**Savior, Lord, God & life’s Anchor**”, to secure our place in God’s Home. God’s Word says, “**Anyone who will repent, and call on the Lord - WILL be saved!**”

> I close with this: [Isaiah 41:10](#), "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and "help" you - I will "uphold" you with my righteous right hand." NIV With God's ever-abiding Help, we CAN "adapt & overcome" any trauma, that comes our way - *for* God is Eternal, and He promises to make us Eternal with Him - living Forever in His Kingdom with Him!  
[Will you Trust God - Trust Him thru thick & thin?](#)  
[Will you Call on His Name, and be saved?](#)

-- It's YOUR call - *let us therefore Pray*.....

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### Discovery questions:

- 1) How do "Traumas" cause "**Upheavals**" to yourself (*to your spirit*), and to your life?
- 2) Do you believe that "Traumas" ONLY affect our "**physiological or psychological**" self? But do "Traumas" NOT affect our "**spiritual**" self too? Answer why you believe that they do or that they do not affect our spiritual self!
- 3) Looking at the definition of "**Trajectory**" again; What Trajectory do you believe that "YOUR" life in on right now -

Are you moving closer to Good, or further away from it - Are you moving closer to God, or further away from Him?

- 4) The message spoke about: the "**Life-cycles**" of Traumas. So, from the first life-cycle ("*The Normal/Comfortable*") - Would you say that you are presently in a "Normal & Comfortable" life-condition...(*now: everything is running smoothly; no hiccups*)? Describe what "YOUR" Normal, or Comfortable, life is supposed to look like to you.
- 5) Proverbs 16:9 speaks about: "human beings" planning their life-journey "**in their head or heart**" - But that "GOD" is the One Who **establishes** (*substantiates/authenticates*) their steps. Do you believe that "GOD" is the One Who is really ordering "YOUR" steps thru life, or do you believe that it's all just done by "YOU" in your head?
- 6) The message spoke about: our Normal/Comfortable life being "**T-boned (Broadsided)**" by a big Trauma. Have "YOU" ever had life going so smoothly, and then all hell broke out? What was that experience like - How did it make you feel - How did you handle it?
- 7) The truth that: Traumas "**Broadside**" us and sends our life flying off in a New direction - Would you say that being propelled in a New direction is bad? Would you be able to evaluate the trauma that sent your life in a New direction,

and find the Good (*shining star*) in it?

- 8) Ecclesiastes 7:14 holds some powerful truths, like: "God sends **Good times AND bad times to your life**" - **BUT**, do "YOU" believe that God really does send "Bad" times your way (*I mean: isn't God ALWAYS Good, all the time; as we say in church*)? This is a major theological question, that speaks to the depth of your belief & trust in God, or not! Answer well.
- 9) John 6:33 speaks some deep-truth language, within it. So, what did Jesus mean when He said, "**IN ME you may have peace**" – why "**IN ME**"? What did He mean when He said, "in this world you WILL HAVE troubles" – What did He mean by, "**WILL HAVE**"? Further, He said, "**Take heart, I have overcome the world**" – Why did Jesus tell us to take heart, because "**I HAVE (past tense) overcome the world**"? (*iow: What should "I HAVE overcome..." mean to you?*)
- 10) Do you believe that "**GOD, Himself**" has a "**projected (pre-determined/pre-planned)**", "course/trajectory" for your life? Do you really understand/believe what Psalm 139:16 says about your life – ie: that "**GOD**" **predestined** the "**path**" (*direction*) of where your life-journey will take you, and what you will find/discover at the end of His Perfect Paths? Seriously, Do you believe that GOD has formulated an exact life-journey & purpose FOR YOU? That might be a

tough one to answer, since most of us believe that "**WE**" are the ones calling the shots for where our life goes, and for what all we receive from life! But what IF, **God alone** sees the places that you are heading, that might NOT be good for you, and is trying to steer you around them – Would you listen to Him, and let Him guide you around those bad places/times?

- 11)** How hard is it to **FOLLOW** the word of God, that tells us in Philippians 4:6 to, "**NOT BE anxious about ANYTHING, but in EVERY SITUATION (even every Trauma)**. By prayer and petition, with thanksgiving, present your requests to God"? I mean, who stops in the middle of a storm/trauma, and commences to talk to God in prayer (*We typically only do that, when **WE** cannot control the moment*)? Can any of us really "**NOT BE anxious**" in a world where we will always have trouble? And seriously, are we really to pray to God about EVERYTHING – even everything "little" thing? Sorry, but the scripture here says that the short answer is "YES"!
- 12)** Upon your next major Trauma, will you **remember/recite** God's Word back to Him; found in Psalm 46:1-3? I fully believe that if you "Will" **remember/recite** God's Word, then you will FIN the courage & strength to walk thru that trauma/trail, with God's Power, Providence & Peace!

- 13)** Do you believe that Traumas can actually bring us New: **“truths, understandings, & realities”** about our world, and about how we can better function in it?
- 14)** Do you believe that God can **“USE”** Everything, that He brings to your life, **for your Good?** (see Romans 8:28).
- 15)** Is realizing the Good, that **“lies within”** many traumas, a **positive** experience; as it relates to you “discovering” a New life-normal?
- 16)** I’m wondering if you really believe that God, in His Almighty Power & Authority, can take what was meant for evil in your life, and **Renegotiate/Reverse** it towards your good? Do you REALLY believe this? Faith actually “requires” this!
- 17)** May each of us find Comfort in Isaiah 41:10, when Comfort seems to be so far away from us! Reread this passage, and make it a part of your **“Normal, Trauma & New Normal”** lives!  
**Trust in God; lean NOT on your own understanding!**