



# **Healing the Wounds of the Past**

**Overcoming Childhood Trauma**

# Introduction

Childhood is meant to be a time of safety, love, and belonging. But for many, it became a season marked by pain, confusion, or loss.

Whether it was neglect, abuse, rejection, abandonment, or the absence of emotional safety—those early wounds can run deep and follow us into adulthood, shaping how we see ourselves, others, and even God.

You may have learned to survive by staying quiet. By performing. By hiding your true emotions. Maybe no one ever acknowledged what happened—or perhaps you've been told to “just move on.” But the truth is: God does not minimize your pain. He wants to heal it.

This journey isn't about reliving trauma—it's about releasing it. It's about gently bringing our wounds into the light of God's love and allowing Him to do what only He can: restore, rebuild, and redeem.

If you've ever wondered whether healing is possible for you—the answer is yes. Jesus came not only to save your soul but to bind up your heart and make you whole.

This devotional lesson is a safe space to begin that process. Through scripture, reflection, and prayer, you'll be invited to sit with God and let Him speak truth over the parts of your story that still ache.

You are not alone. You are not forgotten. And your story is not over.

Let's begin this healing journey together—one day, one scripture, and one truth at a time.

**Psalm 147:3 (NIV) “He heals the brokenhearted and binds up their wounds.”**

# God Sees and Knows Your Pain

Childhood trauma often leaves us feeling invisible—like no one truly noticed what we were going through. But even in the moments when it felt like no one cared, God saw you. He was present. He never looked away.

Just like He saw Hagar—an abused, mistreated servant girl—He sees you.

Genesis 16:13 (NIV) “She gave this name to the Lord who spoke to her: ‘You are the God who sees me,’ for she said, ‘I have now seen the One who sees me.’”

God met Hagar in her distress, not in a palace but in the wilderness. He met her where she was—and He does the same with us. You were never unseen. God was with you even when others failed to be.

Reflection:

- Are there specific moments from my childhood where I felt unseen or abandoned?
- What does it mean to me that God saw me even then?

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# Jesus Carries Your Sorrow

The emotional wounds of trauma often feel too heavy to carry. But Jesus came to bear not only our sin, but also our grief, sorrow, and pain. He knows suffering intimately—and He meets us in ours.

Isaiah 53:4–5 (NLT) “Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins! But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.”

Jesus doesn’t just save us for heaven—He came to bring healing here and now. The pain you’ve carried since childhood is not yours to hold alone.

## Reflection Questions:

- Have I allowed Jesus to carry the emotional pain I’ve tried to suppress?
- What part of my past do I still feel responsible for that Jesus wants to heal?

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# You Are Not What Happened to You

Childhood trauma can attach false identities—labels like broken, unworthy, shameful, or forgotten. But when you are in Christ, your past no longer defines you. You are made new.

2 Corinthians 5:17 (ESV) “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

You may still carry memories or scars, but your identity is no longer rooted in what was done to you. It’s rooted in who God says you are.



## Reflection Questions:

- What false identities have I been carrying because of childhood trauma?
- What does God’s Word say about who I truly am?

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# Forgiveness and Freedom

Forgiveness is not about denying the pain or excusing what happened—it's about releasing the burden to God. Forgiveness is a step toward freedom and healing.

Colossians 3:13 (NIV) “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Sometimes we need to forgive others. Sometimes we need to forgive ourselves. Either way, forgiveness is not a one-time act—it's a process. But it is one that opens the door to peace.

 Reflection Questions:

- Who do I need to forgive—whether a person, a parent, or even myself?
- What would it feel like to release this pain to God and invite Him to begin restoring me?

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# God Restores What Was Lost

You may feel like you lost years to pain, fear, or silence. But God is a redeemer. He doesn't just heal—He restores. He can bring beauty from the most broken parts of your story.

Joel 2:25 (ESV) "I will restore to you the years that the swarming locust has eaten."

Nothing is wasted in God's hands. He can use even the pain of your childhood for a greater purpose. Your healing can become someone else's hope. Your story can carry glory.



## Reflection Questions:

- What do I feel was lost or stolen in my childhood?
- Where do I sense God beginning to restore my joy, voice, or identity?

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