



Study Guide, Episode 39: How Brokenness from Trauma is Restored through Christ

with Amber Robbins, *Isaiah 13-14, 24-30, 35*

00:00-08:44	"QOTW: "I feel broken—How could I EVER be 'fixed,' healed, whole again?"
08:45-19:43	"Brokenness in the world—cruelty & bullying by 'those who cause fear'"
19:44-26:47	"Defining & explaining trauma & PTSD"
26:48-39:22	"Where do I start with trauma healing & brokenness?"
39:23-48:35	"A refuge from the storm...Jesus Christ & the resources He offers"
48:36-55:00	"6 Truths about healing"
55:01-END	"Restoration of the gospel, body, soul & peace, knowing He knows me"

1. As you read this week's Isaiah chapters, what similarities do you see between Isaiah's words and our day? What "brokenness" do you see in the world, and how does it impact the world around you? What might the gospel of Jesus Christ do to heal the world's "brokenness?"
2. Have you experienced trauma at some point in your life? If you're not sure, listen to 19:44-26:47. How have your trauma experiences impacted your life? How have you worked on it, & has it been helpful? What still needs identifying &/or treatment? Make a plan to seek professional help/treatment this week.
3. What have you learned through your "brokenness," trauma, and healing? What gifts have you received? How have you been able to help others through your own trials? What is one thing you might do this week to help others?
4. Listen to 48:36-55:00. How might applying these "6 principles of healing" to your hurt, pain, trauma, brokenness enable you to find deeper and more complete healing? What is one principle you will work on this week, and how will you do so?

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Come Follow Me, Old Testament, Manual](#)

[Dr. Christina Hibbert Website](#)

Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)

["Grow With Scriptures" YouTube Channel](#)