



# Praying as families for those oppressed by traumatic memories.

Day 20

Our brains hold the power to recollect memories, both pleasant and traumatic, from our childhood. While some memories bring joy, others, especially traumatic ones, can haunt individuals with nightmares and pain, affecting their daily lives. Unfortunately, only a small percentage of people seek help for mental health issues globally, leaving many to suffer silently.

Reflecting on the traumatic events experienced by God's servants in the Bible, like Joseph being betrayed and sold into slavery by his own brothers, or David facing persecution and the violation of his concubines by his son, highlights that even those chosen by God for His work were not exempt from trauma. God's grace sustained them amidst these painful memories, eventually turning their mourning into dancing as they continued to pursue God.

Today, many are grappling with traumatic memories caused by natural disasters and the loss of loved ones during the COVID-19 pandemic. The emotional toll has led some to question the existence of God and handle life on their own. While it's true these traumatic situations cannot be explained and may not have any direct answers that are logical to human thinking, in the bigger wisdom and plan of God and for this universe all these events play a role to fulfill His macro plan. God, who understands trauma firsthand through the unjust arrest and beating He endured, does not rejoice in the suffering of His people. He weeps with them, offering liberating truth and needed grace to navigate these situations.

Let us plead to God on behalf of homes and individuals battling traumatic memories. Pray for His presence and power to carry them through the pain and hurt. May they find refuge



in the love of God and the caring company of His people, experiencing healing and deliverance from oppressive thoughts. He heals the broken-hearted and binds up their wounds (Psalm 147:3).

## **LET US PRAY**

Lord Jesus, nothing in our lives escapes your knowledge. You are aware of the trauma each of these families has faced and how they battle memories that bring pain. We ask for your grace and mercy to heal their painful recollections, freeing them from oppressive thoughts that disturb their peace. May people find healing through the blood of your Son, who endured terrible traumatic experiences. May your presence be the closest comfort, leading them to a path of quietness and safety. In Jesus' name, we pray. Amen.

