



SOAF Curriculum – Module 2

Title: *Understanding Trauma Through a Theological Lens*

Format: Faith-Based | Trauma-Informed | Designed for Group or Classroom Use



Learning Objectives

By the end of this session, participants will:

- Define trauma through both psychological and theological perspectives
 - Understand how **Adverse Childhood Experiences (ACEs)** intersect with spiritual identity and healing
 - Explore how **Scripture reframes suffering** as part of God’s redemptive story
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Opening Scriptures

- **Romans 8:18** — *“The sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.”*
 - **Isaiah 53:3–5** — *“He was despised and rejected... surely He has borne our griefs... and by His wounds we are healed.”*
 - **2 Corinthians 1:3–4** — *“The God of all comfort... who comforts us in all our affliction, so that we may comfort others.”*
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Reflection Prompt

“Has trauma ever made you feel disconnected from your worth?”

How might God be gently restoring that truth today?”

Invite honest, quiet reflection—journaling or shared discussion, as the group feels led.

Activity 1: Trauma Mapping

A visual and written exercise to help participants identify early sources of harm and reclaim identity through faith.

Instructions:

1. Using a worksheet or blank paper, invite participants to **list or draw early experiences** (ACEs) that affected their view of themselves.
2. Next to each wound, ask them to write a **truth from Scripture** that reclaims their identity—e.g., “*I am fearfully and wonderfully made*” (*Psalms 139:14*).

Optional music or a soft instrumental background can accompany this activity.

Testimony Integration (from *From Suffering to Fulfillment*)

Featured Story:

Tyler’s early childhood trauma and his struggle with shame, blame, and isolation.

Discussion Prompts:

- “*What patterns of emotional survival were formed by early trauma—and how does faith begin to rewire those gently?*”
- “*What does it mean that Jesus meets us **in** those memories—not just **after** them?*”

Optional Group Activity: “The Identity Wall”

Create a symbolic transformation space.

Instructions:

1. Invite participants to write **negative labels** they've carried (e.g., "Unwanted," "Broken") on sticky notes and place them on a shared wall or board.
2. One by one, encourage them to **replace those labels** with affirming truths about who they are in Christ (e.g., "Redeemed," "Seen," "Beloved").

💡 Facilitator Tip: Read Galatians 4:7 or 2 Corinthians 5:17 aloud during this activity.

Group Discussion Questions

- How has trauma shaped your view of yourself or others?
 - What would it look like to walk daily in your identity *rooted in Christ*, not in pain?
 - How can we help create communities that recognize pain while offering redemption?
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Closing Prayer

“Lord, meet us in the places where pain first found us.

Redeem those stories.

Reclaim our names.

And rebuild what trauma tried to take.

In Jesus' name. Amen.”

Offer time for silence, spontaneous prayer, or journaling.

Materials Provided *(to be included in the final guide)*

- Printable **ACEs worksheet**
 - “Identity in Christ” **Scripture cards**
 - Trauma mapping **template**
 - Sticky notes + access to blank wall or board
 - Trauma-informed **facilitator tips and session guide**
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Session Note

This session engages deep emotional territory.

Facilitators are encouraged to:

- Offer **optional participation** for personal sharing
- Include **intentional pauses**, prayer, and quiet reflection
- Provide **follow-up support** or pastoral care options after the session
- Remind participants: *“You are never required to share what you’re not ready to speak. Your story is sacred.”*