

Being Honest with God Through Letter Writing

God is waiting for you. He will help you. He will heal you. That may not feel like enough if you are struggling to reconcile how God can be good when you experienced trauma, but he invites us to bring even our most difficult emotions to him.

One tool that can be effective in sorting through our emotions is writing a letter to God, similar to how the psalmist was brutally honest with our Heavenly Father. We invite you to let yourself fill the lines on these pages on your own or use the included questions as a guide.

Dear God, *where were you when I experienced this trauma?*

Dear God, *why did you not stop the pain? Why can you not stay true to who you are and stop the sin of this world?*

Dear God, *you give us free will to choose you or reject you, but you promise you are always with us. How are you with me now as I bring you these questions?*

Dear God, *you are great and powerful and above all, but you chose to experience my pain, my trauma. Why did you take on the sin of this world – even the sin that hurt me?*

Dear God, *how much did you love me then? How much do you love me now?*

Dear God, *I do not want the enemy to win. I do not want this trauma to have power over me and keep me from you. What do I need to see from your perspective? How can I release the pain and bitterness and anger and experience your freedom?*

Dear God, *I may not have all the answers, but I know you are big enough to carry my questions. You are still good, even when I cannot see it. How can I remember you are good and loving and here with me?*

❖ Prayer ❖

Father God, thank you that you have been with me in this journey of understanding trauma. You are the Great Physician. You are the Almighty Counsellor. You are my guide in the dark.

I pray that you would bring your healing power in my life.

I pray for courage to face my trauma and find freedom on the other side.

I pray for godly people to walk with me as I seek to resolve the unresolved trauma in my life. And as I heal, I pray you would rewrite my story to show your glory so others may come to you.

In your holy name, Amen.

NEED HELP?

Call our care team to book a free, one-time phone consultation with one of our registered Christian counsellors. Call **1.800.661.9800** weekdays from 8 a.m. to 4 p.m. Pacific time, or visit **FocusOnTheFamily.ca/Counselling** to learn more.
