



## **How to Find Faith When It Feels Like God Doesn't Care About the Trauma You Went Through**

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### **Introduction**

Trauma shakes the body, mind, and spirit. For many survivors, the hardest part is not the memories alone but the spiritual questions that follow: “Where was God when this happened?” or “If He loves me, why did He allow this?”

Public safety workers, soldiers, victims of abuse, and countless others often find themselves wrestling with these questions. It can feel like God doesn't care or that He has turned His back. But Scripture shows us that even the strongest people of faith, Jesus, Job, David, and the disciples, asked hard questions. Faith after trauma is not easy, but it is possible.

### **1. Questions Are Proof of Faith**

When Jesus hung on the cross, knowing His mission, He still cried out:

- “My God, my God, why hast thou forsaken me?” (Matthew 27:46, KJV)

Even in Gethsemane, before His arrest, He prayed:

- “O my Father, if it be possible, let this cup pass from me: nevertheless, not as I will, but as thou wilt.” (Matthew 26:39, KJV)

Jesus was not abandoned. His cry was not unbelief but honest anguish. Asking “why” shows faith is still alive it means you still believe God hears.

### **2. Job's Tested Faith**

Job suffered losses so deep that he questioned God repeatedly. Yet he never let go of his trust:

- “Though he slay me, yet will I trust in him.” (Job 13:15, KJV)

Job's faith was torn but not lost. He teaches us that questioning God and clinging to Him at the same time is possible. Trauma may break us down, but it cannot remove God's presence or promises.

### **3. Faith in the Valley**

It is easy to have faith when life is good, when blessings are visible, and when we stand on the mountaintop like David in his victories. But true faith is tested in the valley.

David wrote from caves and dark places:

- “Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me.” (Psalm 23:4, KJV)

Faith after trauma means trusting God at your lowest point, when you feel abandoned by people and overwhelmed by pain. It is in the valley that faith becomes real.

### **4. Faith Can Begin Small**

After trauma, faith may feel fragile or almost gone. But Jesus said:

- “If ye have faith as a grain of mustard seed... nothing shall be impossible unto you.” (Matthew 17:20, KJV)

You do not need to have perfect faith to begin again. Even the smallest seed of faith is enough for God to grow.

### **5. God's Nearness in Brokenness**

Trauma convinces us God is far away, but His Word says otherwise:

- “The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.” (Psalm 34:18, KJV)

Your brokenness is not a barrier to God it is the very place He promises to meet you.

### **6. Faith Without Seeing**

Even those who claim not to believe often ask, “If there is a God, why would He let this happen?” That very question shows a spark of faith, because it admits the possibility of God's existence.

Faith does not mean having all the answers. It means trusting God when we cannot see Him or understand His ways.

- “Now faith is the substance of things hoped for, the evidence of things not seen.” (Hebrews 11:1, KJV)
- “...for we walk by faith, not by sight.” (2 Corinthians 5:7, KJV)

Throughout Scripture, people could not look fully on God’s face because His glory was too great. In the same way, we may not see Him clearly in our trauma, but by faith we trust He is still present.

True faith is not based on sight or proof, but on believing that God is in us, around us, and working through all things even in the pain we don’t understand.

### **7. How to Rebuild Faith After Trauma**

- Be honest with God. Write, cry, or pray even if your words are angry or confused.
- Seek safe community. Let trusted friends, support groups, or counselors carry you when you can’t carry yourself.
- “Bear ye one another’s burdens and so fulfil the law of Christ.” (Galatians 6:2, KJV)
- Start small. One verse, one prayer, one step at a time.
- Look for God in simple things. In creation, music, journaling, or moments of peace.
- Give yourself permission to heal slowly. Faith is not rebuilt overnight it grows through the journey.

### **8. God Speaks in Personal Ways**

God does not always speak to us directly with words we can hear. Sometimes He shows Himself through moments, people, or signs that only we can understand.

Elijah expected God to speak through wind, fire, and earthquake, but instead he heard Him in a whisper:

- “And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice.” (1 Kings 19:12, KJV)

When you are walking through trauma, God may speak through a verse that suddenly stands out, a song that brings peace, a friend’s encouragement, or even a quiet moment in nature. These are not accidents they are reminders that He is still present.

Faith means looking for His voice in the subtle places, trusting that He knows the best way to reach your heart.

### **Closing Encouragement**

Trauma may make you feel like God does not care. But the cross proves He does Jesus entered suffering Himself so you would never face it alone.

Faith is not proven when life is easy. It is proven when you are at your lowest, in the valley, and still choose to believe that God has not forsaken you.

- “...for he hath said, I will never leave thee, nor forsake thee.” (Hebrews 13:5, KJV)

Your faith may feel fragile, but God’s hold on you is not. Even in trauma, faith can rise again.

### **Resources:**

- Matthew 27:46 – My God, my God, why hast thou forsaken me?
- Matthew 26:39 – If it be possible, let this cup pass from me...
- Job 13:15 – Though he slays me, yet will I trust in him.
- Psalm 23:4 – Yea, though I walk through the valley of the shadow of death...
- Matthew 17:20 – If ye have faith as a grain of mustard seed...
- Psalm 34:18 – The LORD is nigh unto them that are of a broken heart...
- Hebrews 11:1 – Faith is the substance of things hoped for...
- 2 Corinthians 5:7 – For we walk by faith, not by sight.
- 1 Kings 19:12 – And after the fire a still small voice.
- Galatians 6:2 – Bear ye one another’s burdens...
- Hebrews 13:5 – I will never leave thee, nor forsake thee.