



Sermon Discussion Questions
10/25/2026

Rev. Trevor Johnston (LOX/LW); Pastor Mitch Nazario (ESP)

Sermon Series: Jesus & Mental Health
Week 6: Jesus and Trauma

1. ICE BREAKER: Pastor Trevor talked about Forrest Gump and how many catchphrases came from the movie.

What's your favorite movie catchphrase and why?

2. Read our Scripture for this week: Isaiah 53:1-5.

¹ Who has believed our message and to whom has the arm of the LORD been revealed? ² He grew up before him like a tender shoot, and like a root out of dry ground. He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. ³ He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. ⁴ Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. ⁵ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

What stood out to you in these verses? How does Isaiah's words point to hope in trauma?

3. Trauma is defined as a persistent, debilitating emotional response to a painful or distressing event. Our church's 2nd core value is "The church is a place where broken people find healing."

Do you agree that trauma can be more than a physical wound? What are some examples of emotional or mental trauma someone might experience?

4. Pastor Trevor outlined how trauma creates false assumptions about ourselves and the world.
Before trauma, we may believe the world is benevolent, the self is worthy, the world is meaningful.
After trauma, we may believe the world is full of evil, the self is not worthy or helpless, the world is meaningless.

Why do you think a painful experience can change the way someone sees themselves or the world?

5. Jesus understands our pain. Read Isaiah 53:3a. *He was despised and rejected by mankind, a man of suffering, and familiar with pain.*

Reveal it. How does knowing that Jesus is familiar with pain affect the way you think about bringing your own pain to Him? Who is someone safe you could talk to if you're carrying something difficult?

6. Jesus carries our pain. Read Isaiah 53:4a. *Surely he took up our pain and bore our suffering. / Read Psalm 68:19. Praise be to the Lord, to God our Savior, who daily bears our burdens.*

Release it. How does it feel knowing that Jesus not only understands your pain but also wants to help carry it? Is there something you could begin bringing to Him this week?

7. Jesus heals our pain. Read Isaiah 53:5b. *...and by his wounds we are healed.*

Rewrite it. Pastor Trevor shared the example of Kintsugi, the Japanese art of repairing broken pottery with gold. How does this picture help you understand the way Jesus can bring healing, hope, and even purpose out of the painful things we've experienced?

8. Read Revelation 21:5. *He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."*

How does Jesus' promise to make everything new give us hope when we struggle with these feelings?

9. PRACTICE: Have someone in your group put on music. (We suggest "Soaking in His Presence" if you need a recommendation!)

- Reflect on these verses:
 - "... a man of suffering, and familiar with pain" (Isaiah 53:3a)
 - "Surely he took up our pain and bore our suffering" (Isaiah 53:4a)
 - "...and by his wounds we are healed" (Isaiah 53:5b)
- Reveal it: Is there something you've been carrying that you need to bring to Jesus?
- Release it: What would it look like to trust Jesus with your pain rather than carry it alone?
- Rewrite it: Where do you need to experience Jesus' healing, hope, or presence in the middle of your pain?