



## “From Wounds To Scars”

### 1. READ

**Scripture: Judges 6:11-14 New International Version (NIV)**

<sup>11</sup> The angel of the LORD came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites. <sup>12</sup> When the angel of the LORD appeared to Gideon, he said, “The LORD is with you, mighty warrior.”

<sup>13</sup> “Pardon me, my lord,” Gideon replied, “but if the LORD is with us, why has all this happened to us? Where are all his wonders that our ancestors told us about when they said, ‘Did not the LORD bring us up out of Egypt?’ But now the LORD has abandoned us and given us into the hand of Midian.”

<sup>14</sup> The LORD turned to him and said, “Go in the strength you have and save Israel out of Midian’s hand. Am I not sending you?”





**Suggested Chapters to Study This Week: Judges 6; Judges 15; 1 Kings 19; 2 Corinthians 11:25; Matthew 27:45-47 and Genesis 32:22-32**

## 2. REFLECT

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This week, Pastor Watley is back preaching with a new sermon series entitled “Make It Make Sense.” This series will help us focus on God and our faith during these trying and different times. Today’s sermon title is “From Wounds To Scars,” using Judges 6:11-14. Pastor begins the sermon by telling us and reminding others about when he was in Liberia in 1998 and was in the middle of a war zone. This memory came back to him when he and Lady Shawna were watching a movie that had a violent scene, which triggered his time in Liberia, and he needed to leave the movie theater. Pastor shared that from this situation, it was clear that he had some level of Post-Traumatic Stress or PTSD. There is a study called “The ecology of fear” in this study, Pastor shares that scientists have noted that animals and humans can be impacted by trauma and fear.





Another study Pastor share says this

“that up to **32% of adult female giraffes in parts of the Serengeti** carry scars from lion attacks, **25% of harbor porpoises in the southern North Sea** have claw and bite marks from grey seals and **three quarters of manta rays** in some African waters bear multiple bite wounds from sharks. These survivors may carry memories of terror along with their physical scars.”

Pastor’s point is that long after the event or the scar, we have a memory of the event that still can impact us. We all have had trauma’s in our lives, and we have ways to deal with and cope with the trauma. Pastor makes the statement, “The point of life isn’t to come out without wounds to become out with scars that help us to heal.” This last year we have had to deal with the collective trauma of Covid-19, January 6th, 2020, and more. This is the same place that Pastor shares we find Gideon and the people of Israel. It’s been seven years, but they are still dealing with the issue, and it’s not over. Pastor says that we need to shift our focus and realize Who is in the center because God is in the center. As a result, it is God in the form of the Holy Ghost. Pastor shares these thoughts:

1. The Holy Ghost is that which holds me when words can’t reach me and cope mechanisms don’t work.
2. The Holy Ghost Consoles me, Counsels Me, and Cancels the voices of defeat in my mind.
3. That part in the center is the Holy Ghost that gives me strength to move forward – even if it’s only one step at a time.
4. The Holy Ghost reminds me that God is our refuge and strength – a very present help in the time of trouble



Gideon gets through this time because he is willing to adapt. Pastor calls it an intentional adaptation. Gideon is threshing wheat in the winepress, not the right place but where he had to do it. We must also be willing to adapt and not use maladaptation, which fails to adjust adequately or appropriately to the environment or situation.

Pastor says God sent Gideon a Word opposite of where he was and where he saw himself, but God knows the answers. We have to be willing to look for the scars from the wounds and learn from them. Gideon is an example of what God will do in our lives.

## 1. RESPOND





### **Introspective Questions**

- i What Scars have you learned from in your life?
- ii How can you share the lessons learned from your scars to encourage or help others?

### **Discussion Questions**

- i What do you think others around Gideon were saying about him and being in the winepress?
- ii What steps should we take in order to intentionally adapt vs experiencing maladaptation?