

BIBLE STORYTELLING IN TIMES OF TRAUMA

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At the end of August of 2017, I watched on TV as Hurricane Harvey and its aftermath brought trauma and devastation to Texas and Louisiana. Harvey brought more than 50 inches of rainfall which resulted in flooding and high, murky waters. At the beginning of September, I watched Hurricane Irma create apocalyptic scenes of flattened buildings and ruined vehicles in the once-lush Caribbean islands and Florida. Hurricane Irma was the strongest hurricane in history. Those tropical paradises became paradise lost. At the end of September, I watched Hurricane Maria knock out the entire power grid of Puerto Rico. On October 1, I watched news of the Las Vegas Massacre where a gunman killed fifty-nine people and wounded 851 in the deadliest mass shooting in U.S. history. On November 5, a gunman entered First Baptist Church in Sutherland Springs, Texas and killed twenty-six worshipers and wounded at least twenty.

But there were other tragedies. At the same time, multiple wildfires brought trauma in Montana and California. Halfway around the world, another flood of historic levels wreaked havoc on parts of Bangladesh, India, and Nepal, bringing the worst floods the region had seen in forty years. Over 1,200 people were killed and 40 million affected. With no dry land to bury the dead, families released the bodies of the dead into swollen rivers. Also, four famines brought crisis in Africa and the Middle East, a cholera crisis developed in Yemen, and prolonged emergencies brought trauma in Syria, Afghanistan, and Lebanon. Then, Mexico experienced the strongest earthquake in over a century.

After watching so many tragedies unfold on TV, I thought about how Bible Storytelling could help victims of collective trauma. I decided to prepare a guide to help others, such as:

- Pastors and Bible teachers whose community experienced collective tragedy.
- Volunteers who temporarily help communities that experienced tragedy.
- Christian leaders to communities that experienced catastrophic crisis.
- Christians who are unexpectedly thrust into leadership positions. I imagined the scenario where the pastor evacuated his family from the disaster and now has no home and his church building was destroyed. If the pastor returned, he would have no financial support, because most member left as a result of the crisis and those who remain have no financial resources to pay his salary. Mack the mechanic becomes the one who teaches the Bible and/or preaches. And the only building available for them to gather is Betty's Salon and Beauty Shop.

TRAUMA

An experience is traumatic when a person's normal ability to cope has been overwhelmed by a terrible event. Most traumatic experiences involve a threat to life or safety, but any situation that leaves you feeling overwhelmed and alone can be traumatic. Trauma creates a loss of faith that there is any predictability in the world, or any safe place in which to retreat.

- **Trauma involves exposure:**
 - To a life-threatening experience or a life-or-death issue of survival. This could include wide-spread collective trauma that victimizes a large number of people or personal

- trauma that victimizes an individual or small group.
 - Betrayal by people or institutions on whom a person depends for survival. For example: a child betrayed by his parent; a war veteran betrayed by the VA; a student betrayed by a teacher; a believer betrayed by his spiritual leader, etc.
 - Situations that produce feelings of helplessness.
 - Overdose of exposure to victims suffering during a time of crisis. Examples: EMTs; physicians; firemen, police; search and rescue, etc.
 - Sexual assault.
- **Collective trauma hits a large group of people.** Collective trauma, refers to the shared injuries by a large group of the population due to a major catastrophe or chronic oppression, poverty, and disease. For example:
 - Natural disaster such as a hurricane, tropical storm, tornado, earthquake, drought, flood, or wildfire
 - Riots
 - Terrorist attack
 - Transportation disaster such as a train wreck, plane crash, or shipwreck
 - Combat experiences for both military personnel and civilians
- **Personal trauma victimizes an individual or small group.** For example:
 - Sudden illness of oneself or family member
 - Car wreck
 - Violent crime
 - Robbery
 - House fire
 - Rape or sexual assault
 - Loved one's death
 - Miscarriage
 - Job loss
 - Separation from a parent or loved one
 - Divorce or end to a long-term relationship
 - Arrest
 - Intrusive medical procedures or surgery (especially to young children)
 - A humiliating or deeply disappointing experience
 - An unstable or unsafe environment
 - Physical or verbal assault
 - Domestic violence
 - Neglect
 - Bullying
 - Identity thief

I am preparing this document mainly for those who minister to wide-spread collective trauma victims, but those who minister to personal trauma victims should find it helpful.

TRAUMATIC STRESS MANIFESTATIONS

Trauma survivors commonly experience stress reactions. Reactions following trauma can be divided into three main symptom groups: intrusive, cognitive, and avoidance.

1. **Intrusive reactions** (persistently re-experiencing the trauma)
 - **Flashbacks** bring memories that are experienced as if the traumatic event is happening all over again. Flashbacks can occur during waking hours or experienced as nightmares during sleep. During flashbacks, all the physical sensations associated with the trauma are usually experienced again.
 - **Intrusive recollections.** Some traumatized people do not experience flashbacks; however, most people have trouble switching off their recollections of a traumatic event. Simple things in daily life: such as, being pushed in a crowd, or hearing thunder can triggers the subconscious and set off a train of traumatic associations.
 - **Post-Traumatic Stress Reaction.** Symptoms that are common after a traumatic experience usually subside for most people after a few days or weeks. Post-Traumatic Stress Reaction occurs when the reactions do not subside, but continue to recur repeatedly.

2. **Cognitive reactions** (a state of heightened physiological activity)
 - **Sleep disturbance.** Sleep disturbance is the after-effect most commonly reported by people who have experienced trauma. Sleep disturbance manifests itself in various ways; such as: heavy sweating, nightmares, recurring dreams, and waking in the early morning.
 - **Anger or aggressive behavior.** Intense feelings of anger and aggressive behavior can cause problems with family, friends, or co-workers. Becoming violent when angry can lead to people being injured, and legal consequences.
 - **Lack of concentration.** Increased adrenaline can impact traumatized people's mood and they may find themselves unable to concentrate on one thing at a time. This makes it hard to make decisions.
 - **Hyper-alertness and exaggerated concern for safety.** Sudden and dramatic trauma often results in increased awareness of environment - a continual assessment of potential danger.
 - **Panic attacks and exaggerated startle response.** A panic attack is the abrupt onset of intense fear or discomfort. Sudden noises and unexpected movements may startle the traumatized severely, resulting in feelings of nervous agitation, shakiness, light-headedness, shortness of breath, hyperventilation, severe chest pains, and/or dizziness and faintness.
 - **Self-blame, guilt, and shame.** You may blame yourself, thinking that you are responsible for the trauma happening, or for surviving when others didn't. You may suffer survivor's guilt, feelings bad because others suffered more harm than you did. You may feel guilty for what you did or did not do. We are our own worst critics. Most of the time guilt, shame, or self-blame is not justified.
 - **Depression.** Depression involves feeling down or sad more days than not. Some symptoms of depression: loss of interest in activities that used to be enjoyable or fun; low energy level; overly fatigued; feeling of hopelessness and despair; and feeling that things will never get better.
 - **Suicidal thoughts.** If you are depressed, at times you might think about hurting or killing yourself. Suicide is a permanent solution to a temporary problem, and it brings additional trauma to family and friends.

3. **Avoidance reactions** (keeping away from people, situations, or places)
 - **Avoidance behavior.** The traumatized person may avoid people, places, or things

that trigger memories of the trauma.

- **Emotional numbness.** The traumatized person may lose the 'feeling' part of themselves. This can affect their capacity to laugh, feel happy, or even cry.
- **Alienation.** The traumatized person may disconnect from family, friends, and co-workers, and have difficulty with physical intimacy. He/she may have difficulty getting close to, or communicating with, other people.
- **Alcohol, drugs, and comfort eating.** Some people use alcohol or drugs to escape or block out painful reactions connected to their trauma, while others use comfort eating as alleviation.

SYMPTOMS OF STRESS THAT MAY OCCUR DURING OR AFTER A TRAUMATIC INCIDENT			
Physical:	Cognitive:	Emotional:	Behavioral:
Chest pain	Confusion	Anxiety	Intense anger
Difficulty breathing	Nightmares	Guilt	Withdrawal
Shock symptoms	Disorientation	Grief	Emotional outburst
Fatigue	Heightened or lowered alertness	Denial	Temporary loss or increase of appetite
Nausea/vomiting	Poor concentration	Severe panic (rare)	Excessive alcohol consumption (drug use)
Dizziness	Memory problems	Irritability	Inability to rest, pacing
Profuse sweating	Poor problem solving	Loss of emotional control	Change in sexual functioning
Rapid heart beating	Difficulty identifying familiar objects or people	Depression	
Thirst		Sense of failure	
Headaches		Feeling overwhelmed	
Visual difficulties		Blaming others or self	
Clenching of jaw			
Nonspecific aches and pains			

Source: Traumatic incident Stress: Information for Emergency Response Workers. National Institute for Occupational Safety and Health. www.cdc.gov

These physical, mental, and behavioral responses to trauma often occur simultaneously and interact with each other. For example, mental reactions of flashbacks usually trigger physical reactions, such as rapid breathing, increased heart rate, and muscle tension. These reactions may lead to behavioral reactions where victims avoid the stimuli that triggered the mental and physical reactions.

OVERCOMING TRAUMA

Life continues after a traumatic event. The traumatized person determines the kind of life by determining if the event becomes something that happened to him, or if it defines who he/she is. Trauma may be a part of your life story, but it should be a chapter, not the entire book.

- **Embrace reality.** People who live through trauma need to reconcile in their minds that

there is the world they knew, and the world they now live in. One hallmark of trauma is denial; victims deny that the trauma occurred. Traumatized people may wish that they had made different choices or that they had done something different. The mind is a story-teller that embellishes the tale with each remembering or retelling. So, stick with the facts and just the facts. Refrain from going into what-if scenarios, or dwelling on what might have been. What occurred is what happened, and nothing the mind makes up about it is real.

- **Embrace the present moment.** Traumatic events tend to play like a movie, over and over again in the mind. If you catch yourself re-living the trauma, bring yourself back to the present moment. Notice what is now happening. You can not change the past by thinking, “What if?” You can only live in the present.
- **Embrace uncertainty.** Trauma stimulates fear of uncertainty. It transforms our life suddenly and traumatically. Uncertainties we weren’t aware of before the event now become obvious. A job loss can bring huge financial uncertainties. The loss of a partner or spouse raises doubts about things we once held as certain. A health crisis may bring up our worst fears about pain and even death. A natural disaster that destroyed our home and work place brings uncertainty about where we will live and work. So, identify the specific uncertainties that are causing you to be insecure and identify them as temporary uncertainties.
- **Avoid fixing blame.** Shame, blame, guilt, and outrage are corrosive and artificial. Don’t engage in them. Bad things happen to both good and bad people, and when bad things happen, we can evolve from the challenge and grow into wiser, more resilient people as a result. Sometimes we are responsible for what happened, sometimes others are responsible, and sometimes no one is responsible.
- **Avoid making important decision shortly after a trauma.** After a traumatic event, the emotional wave is like a tsunami, and it has power to distort reality. Dilemmas created by trauma usually resolve themselves into emotional clarity with the passage of time. When you are traumatized, most of the things you imagine may not be true. Wait until your emotional wave has subsided, and don’t think that getting the decision behind you will solve anything, especially if that decision is made prematurely.
- **Deal with anger.** Admit the anger you feel as a result of your trauma experience. Ask God to help you avoid expressing it in destructive ways and to help you express it in healthy ways. Use the energy in your anger to accomplish something constructive, like working to help solve the problem that caused your trauma. For example, if you were abused, connect to others who have gone through similar abuse, or if a drug addict driver killed someone you loved, support organizations that fight drug addiction. Be honest with God about your anger. This will release its power over you and give you the freedom to pursue healing.
- **Deal with guilt.** Evaluate your guilt and ask God to help you discern whether or not it’s legitimate. Legitimate guilt has a purpose, showing you what you have done wrong and what you need to change. If you are suffering from legitimate guilt: admit what you’ve done, confess it, make restitution if possible, and embrace God’s forgiveness. If you’re suffering from illegitimate guilt, recognize that it doesn’t come from God and ask God to free you from that guilt and move on with your life. Remember, what’s past is past. Don’t blame yourself for not being able to react or respond in the best way when you were traumatized; trauma impacts your judgment. If you did the best you could at the time, that’s enough.
- **Deal with fear.** Confront your fears, identify them, and notice how often they occur. Put

your fears in perspective by studying Bible passages and Bible stories that describe God's power to handle all that scares you. Read in the Bible God's promises that relate to your fear.

- **Embrace your identity in Christ.** Trauma can bring you face-to-face with your inadequacy and incompetence and make you feel damaged. Don't take on the identity of a victim; however, find your true identity in Christ as someone who is deeply loved by God. Bring your shame and guilt to the cross, trusting Jesus to handle it, and resting assured that, in him, you will never be condemned. Face your brokenness and let it make you aware of how much you need God's mercy and help. Ask God to give you his strength in your areas of weakness. Expect God to reverse the negative influence of trauma and change it into positive power that will be a conduit for his love. God will complete the good work he started in your life. Ask God to even use you to bring healing to other traumatized people.

Traumatized victims, and those who help them, need to understand that there is no one normal way people respond. Trauma survivors recover at different rates. Friends and family need to give them time to mourn and adjust. Reactions to trauma last longer than many people expect. It may take weeks, months, or years to reconstruct one's life. Sometimes friends and family push trauma victims to "get over it" before they're ready.

BIBLE STORIES GIVE MEANING TO VICTIMS OF TRAUMA

Most Old and New Testament's authors were traumatized people, including ancient Israelites and early followers of Jesus. Their trauma stories can help Christians survive trauma today.

1. Trauma Is a Reality of Life

The first family experienced the trauma of being forced out of the Garden of Eden; and then, Cain murdering his brother Abel. Noah and his family experienced the flood. Abraham experienced a drought; being asked to send Ishamel, his first son into the desert with his mother; and being asked to kill, with a knife, Isaac, his next son. Jacob was nearly murdered by his brother Esau and later fought with God. Joseph's brothers sold him into slavery; and then, Joseph was falsely accused and imprisoned. Baby Moses was left as an infant on the Nile River. As an adult, Moses faced conflict with Pharaoh in Egypt and then forty years of conflict with rebellious Israelites during wilderness wandering. King David fought many wars. Both the nations of Israel and Judah were conquered by their enemies. Most prophets were persecuted. Almost every Old Testament character had traumatic experiences.

The New Testament records the traumatic experiences of King Herod killing all the baby boys in Bethlehem. John the Baptist was beheaded. Jesus faced resistance from Jewish religious leaders and was crucified. Early Christians were persecuted. The Apostle Paul was stoned, imprisoned, tortured, and shipwrecked.

The Bible tells many stories of struggles for survival in the midst of traumatic circumstances.

2. God Works Through Traumatized People

All of the major Bible characters who were instruments of God had traumatic experiences.

The Old Testament tells of the trauma of the Israelites from slavery, the killing of male babies in Egypt, the oppression by Assyria, the destruction of Jerusalem, and the exile by

Babylon. However, the Israelites were not helpless victims; they were God's chosen people who became the ancestors of Christianity.

The New Testament's four Gospels tell the story of Jesus' path to the cross, and his execution. Jesus called his followers to, "Take up your cross and follow me" (Matthew 16:24-26). This means that suffering is the Christian path. Jesus warned his followers that in the world they would have trouble (John 16:33).

Jesus' early followers were persecuted and scattered. As they fled persecution, they told others about Jesus, which resulted in the spreading of the gospel. All the apostles suffered persecution, and most were martyred. They were the ones God used to make disciples and plant churches.

Christians should never waste a catastrophic trauma; trauma should become an opportunity for becoming people through whom God works.

3. Trauma Can Become an Opportunity for Spiritual Growth

Trauma victims can gain a sense of power over their situation by accepting trauma as an opportunity for spiritual refocusing. The Bible presents trauma as an opportunity — to give up false gods and focus on strict worship of God alone. God often uses traumatic crisis as an alarm clock to awaken us.

God gave Israel the Ten Commandments and commanded them to worship God alone. The stories that follow the giving of the Ten Commandments attribute Israel's suffering to its "going after other gods." Those stories taught each later generation to interpret their own suffering as punishment for not worshiping God exclusively. In this way, normal human life — all too frequently characterized by experiences of trauma — becomes a "false-god-shredder" by destroying attachments to other gods. Catastrophic crisis can be the means by which God brings about dependence, fortitude, and forgiveness in believers. Christians should never waste a catastrophic trauma; trauma should become an opportunity for spiritual growth.

4. Trauma Brings Life Changing Impact

The traumatized person can never return to a pre-trauma "normal." When you come out of a trauma you won't be the same person who entered it. The Bible recognizes the abiding impact of traumatic events.

Jacob fought with God and was left with a limp. Jesus was brought back to life after death, but he retained nail scars in his hands and feet, and the scar from the spear in his side.

Bible stories tell of imperfect human people who worked through, survived and were changed by trauma. The Israelites were "stubborn and stiff-necked" but they survived forty years of trauma and death in the wilderness. Jesus' disciples were terrified and forgot all he had taught them in the wake of Jesus' death and resurrection. These are the people who populate the sacred drama and became changed people after experiencing trauma. Christians should never waste a catastrophic trauma; trauma should become an opportunity for having a life changing experience.

5. Trauma Can Become an Opportunity for a God Driven Purpose

The Israelites survived the trauma of slavery in Egypt and wandering in the desert wilderness in order to become the people of God. The disciples survived the trauma of witnessing Jesus death to become his witnesses and leaders of the church. Early Christians survived the trauma of persecution to scatter and take the gospel to distant places.

God has a purpose for individuals on the other side of trauma. Bible stories about both individuals and people groups facing and surviving trauma can give guidance and meaning to

those finding their way forward after trauma. Christians should never waste a catastrophic trauma; trauma should become an opportunity for finding a God driven purpose.

USING BIBLE STORIES WITH TRAUMATIZED PEOPLE

The chart, KEY BIBLE STORIES FOR TRAUMATIZED PEOPLE can help you find Bible stories to use in conversations with, or stories to teach or preach to traumatized people. On the left side of the chart is a list of stories that I consider to be the most important for people to know. You can find these stories in my book, KEY BIBLE STORIES, Jackson Day, ISBN 978-0-9797324-7-8 or on at www.biblestorytelling.org. At the top of the chart is a list of life-issues that traumatized people confront.

The storyteller should select stories according to his purpose for telling the stories and the needs of his listeners. Sometimes, for the selected story to be most effective, the storyteller needs to tell some introductory stories. And he may need to tell follow-through stories after the selected story. Sometimes he may choose to use a story cluster. For example, if the storyteller wants to deal with death, he could tell a story cluster of King David's response to death: King Saul and Jonathan's death (1 Samuel 11-27); David's baby son's death (2 Samuel 12:15-23); David's son Absalom's death (2 Samuel 18:33). Sometimes the storyteller only needs to tell one story, other times he needs a story cluster.

Sometimes you will not find an exact story that matches the need of your traumatized people. But you can use stories that demonstrated Jesus' authority to change life circumstances or to deliver from danger, like the Calming the Storm story. You may need to tell several stories to develop listeners' confidence in the Bible and to build their confidence in God. Don't be surprised if traumatized people request to hear the same story(ies) again. When they identify with a Bible story, they may want to hear it repeated over and over.

Suggestions for teaching a Bible story:

- Review some previously told Bible stories.
- Tell the selected Bible story.
- Dialogue with the listeners by asking open generic dialogue questions. You may also use some of the discussion questions.
- Do a listener participating learning activities. Suggested learning activities are included with each Bible story.

Suggestions for preaching a Bible story:

- Go to www.biblestorytelling.org/TIPS ON BIBLE STORYTELLING/Tips for Preaching a Bible Story. The article will give you helpful suggestion for preaching a Bible story.
- the Life-lessons included after each story can become sermon points. You will probable discover other life lessons to use as sermon points.

The book PREACHING WITH STORYTELLING, Jackson Day, ISBN 978-0-9797324-9-2 will help you preach Bible stories.

KEY BIBLE STORIES FOR TRAUMATIZED PEOPLE

These stories are included in the book KEY BIBLE STORIES by Jackson Day and on the web site at www.biblestorytelling.org.

		Personal Trauma	Collective Trauma	Grief	Fear/anxiety	Anger	Guilt	Sense of Failure	Isolation	Confusion	Feeling Helpless	Forced Change	Hope	Choices/Decisions	Overcoming	New Beginnings	God's Power
OLD TESTAMENT STORIES																	
1	Creation									X						X	X
2	Creation of the Home								X							X	X
3	First Sin	X	X	X	X		X	X	X	X		X		X		X	X
4	Cain and Abel	X		X		X	X	X	X	X	X	X		X			X
5	Noah and the Flood		X									X	X	X		X	X
6	Tower of Babel		X				X			X		X		X		X	X
7	Abram, Before He Became Abraham		X										X	X	X	X	
8	God's Covenant with Abraham															X	
9	Abraham, Lot and Sodom		X	X	X		X			X	X	X		X		X	X
10	Abraham and Isaac	X		X									X	X			
11	Jacob and His Parents					X	X	X						X			
12	Jacob Fled Home and Encountered God	X			X	X			X	X	X	X	X			X	
13	Jacob with Laban	X			X	X						X			X	X	
14	Jacob Returned to Canaan	X			X					X	X		X		X	X	X
15	Joseph in His Father's Home	X		X	X	X			X				X				
16	Joseph, a Slave in Potiphar's House	X		X	X	X						X			X	X	
17	Joseph Suffering and Thriving in Egypt	X	X	X								X	X		X		X
18	Israelites Oppressed in Egypt		X	X	X			X			X	X					
19	Moses, a Prince in Egypt	X			X	X		X	X					X		X	
20	Moses Called by God				X			X		X	X	X	X	X		X	
21	Moses Returned to Egypt		X										X			X	
22	Moses and the Ten Plagues		X	X		X						X			X		X
23	Moses Leading the Israelites to Sinai			X								X	X		X	X	X
24	Ten Commandments Given at Mount Sinai				X												X
25	Golden Calf			X		X	X	X		X				X			X
26	Moses and the Rebellious Israelites	X	X		X	X	X	X			X			X	X		
27	Moses' End of Life		X	X								X					
28	Joshua, the New Leader											X	X		X	X	
29	Joshua Entering Canaan												X			X	X
30	Joshua Conquering Jericho												X	X	X	X	X
31	Joshua: Consequences of Achan's Sin	X	X	X	X	X	X	X		X	X	X		X			
32	Joshua Tricked by the Gibeonites							X		X							
33	Joshua Conquering Canaan		X										X		X	X	X
34	Joshua's Farewell						X						X	X			
35	Ruth	X	X	X	X	X		X	X		X	X	X	X	X	X	
36	Samuel's Birth	X		X				X	X		X		X		X		X

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37	Eli's Sons	X		X			X	X						X			
38	Boy Samuel Called by God													X		X	
39	Saul Became King				X							X				X	
40	Saul Rejected by God					X	X	X						X			
41	David, the Giant Fighter	X	X										X	X	X	X	
42	Saul Attacked David	X			X	X			X	X		X			X	X	
43	King David Prospering												X		X		
44	David's Betrayal of God and Friends	X		X	X		X	X						X			
45	Solomon Sought Wisdom				X								X	X		X	X
46	Solomon Built the Temple												X				
47	Solomon Abandoned Wisdom	X					X	X						X			
48	King Rehoboam	X	X			X	X	X		X		X		X		X	
49	King Jeroboam		X		X		X							X		X	
50	King Asa												X	X	X	X	
51	Elijah on Mount Carmel		X				X					X	X	X	X		X
52	Elijah on Mount Sinai	X		X	X	X		X	X	X	X		X		X	X	X
53	Elijah Confronted Ahab for Taking Naboth's Vineyard	X		X		X	X	X						X			
54	Widow's Oil	X			X					X	X				X	X	
55	Naaman's Healing	X			X			X		X	X		X	X	X	X	X
56	Jonah	X	X	X	X	X	X	X	X	X	X	X		X			X
57	Lepers with Good News	X	X		X		X	X	X			X		X			X
58	Israel Defeated		X	X			X	X			X	X		X		X	
59	King Manasseh	X	X				X	X				X		X			
60	King Josiah			X		X							X	X	X	X	
61	Nebuchadnezzar's Invasions into Judah		X		X		X					X				X	
62	Daniel's Training in Babylon	X	X		X							X	X	X	X	X	X
63	Daniel Interpreted Nebuchadnezzar's Dream		X		X					X					X		X
64	Gold Statue and Fiery Furnace	X			X	X						X		X	X		X
65	Handwriting on the Wall	X	X		X	X	X	X		X	X	X		X		X	X
66	Daniel in Lions' Den	X				X								X	X		X
67	Rebuilding the Temple		X	X										X	X	X	
68	Ezra		X	X		X		X					X	X		X	
69	Nehemiah		X	X	X	X	X	X	X	X	X		X	X	X	X	
	NEW TESTAMENT STORIES																
70	Before Baby Jesus' Birth												X	X			X
71	Baby Jesus		X		X								X			X	X
72	Scholars Visited Baby Jesus		X	X		X				X			X				

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73	John the Baptist Prepared the Way												X	X		X	
74	John Baptized Jesus													X			
75	Jesus' Temptations	X							X					X	X		X
76	Jesus' First Followers												X	X		X	
77	Water Changed to Wine										X						X
78	Jesus and Nicodemus									X				X		X	
79	Jesus and the Samaritan Woman						X			X				X		X	
80	John the Baptist Imprisoned	X		X		X				X		X					
81	Lame Man Healed by Jesus on the Sabbath					X											X
82	Man with a Withered Hand Healed on the Sabbath					X											X
83	Four Fishermen Called to Follow Jesus												X	X		X	
84	Paralytic Man Lowered Through Roof	X											X		X		X
85	Jesus Called Matthew (Levi)					X								X		X	
86	Two Doors; Two Roads; Two Foundations													X			
87	Centurion's Servant Healed	X											X				X
88	Resurrection of Widow's Son at Nain	X		X											X		X
89	John the Baptist Doubted Jesus				X			X	X	X	X						
90	Jesus at the Home of Simon the Pharisee					X	X							X			
91	Blasphemous Accusation Against Jesus					X											
92	Parable: Sower																
93	Parable: Weeds in the Wheat Field																
94	Demon-possessed Man Healed at Gerasa	X			X										X	X	X
95	John the Baptist's Death			X		X						X		X			
96	Five Thousand Men Fed																X
97	Jesus Walked on Water				X			X		X	X						X
98	Jesus, the Bread of Life									X				X			X
99	Peter's Confession; Peter Reprimanded							X								X	
100	Jesus' Transfiguration												X				X
101	Demon-possessed Son Healed	X			X			X			X		X		X	X	X
102	Parable: Unmerciful Debtor				X	X					X			X			
103	Jesus at the Feast of Tabernacles													X			X
104	Woman Caught in Adultery	X					X										
105	Man Born Blind Healed	X											X		X	X	X
106	Good Shepherd																
107	Jesus Rejected by Would-be Followers													X			
108	Jesus at Feast of Dedication																
109	Parable: Good Samaritan	X									X			X			
110	Jesus Visited Martha and Mary							X						X			
111	Parable: Rich Fool				X			X		X		X		X			
112	Jesus Healed Crippled Woman on the Sabbath					X											X
113	Parable: Prodigal Son	X		X	X		X	X	X		X	X	X	X	X	X	

		Personal Trauma	Collective Trauma	Grief	Fear/anxiety	Anger	Guilt	Sense of Failure	Isolation	Confusion	Feeling Helpless	Forced Change	Hope	Choices/Decisions	Overcoming	New Beginnings	God's Power
114	Ten Lepers Cured; Only One Grateful	X						X			X		X	X	X	X	X
115	Parable: Rich Man and Lazarus	X		X	X			X			X	X		X	X	X	
116	Resurrection of Lazarus	X		X	X	X					X				X	X	X
117	Parable: a Pharisee and a Tax Collector Went to Pray			X			X	X						X		X	
118	Rich Young Ruler				X			X						X			
119	Parable: Workers in the Vineyard					X			X								
120	Two Brothers' Request												X				
121	Blind Men of Jericho Received Sight	X											X		X	X	X
122	Jesus and Zacchaeus													X		X	
123	Jesus' Triumphal Entry				X	X		X					X				
124	Jesus Cleansed the Temple					X				X		X					X
125	Jesus' Authority Challenged					X											
126	Prophecies of Jesus' Second Coming												X				
127	Parable: Ten Bridesmaids			X				X		X				X			
128	Parable: Talents			X				X		X				X			
129	Parable: Sheep and Goats			X				X						X			
130	Mary Anointed Jesus with Perfume					X											
131	Jesus Washed Disciples' Feet																
132	Passover Meal, The Lord's Supper												X			X	
133	Jesus in the Garden of Gethsemane	X		X	X				X					X			X
134	Jesus' Judgments	X			X	X						X		X			
135	Jesus' Crucifixion	X	X	X	X	X	X	X				X		X			
136	Jesus' Resurrection				X							X			X	X	X
137	Jesus' Appearances in Galilee				X							X	X				X
138	Jesus' Ascension											X	X			X	X
139	Holy Spirit Came at Pentecost								X				X		X	X	X
140	Peter Spoke at Pentecost													X		X	
141	Crippled Beggar Healed	X															X
142	Peter and John Ordered Not to Talk about Jesus	X				X								X			
143	Barnabas – Generous; Ananias and Sapphira – Deceptive							X						X			X
144	Seven Chosen as Helpers					X			X					X		X	
145	Stephen, the First Martyr		X	X	X	X	X					X		X		X	
146	Philip in Samaria											X		X			X
147	Philip and the Ethiopian								X					X			X
148	Saul's Conversion				X		X			X		X		X		X	X
149	Dorcas Brought Back to Life	X		X							X						X
150	Peter at Cornelius' House												X	X		X	
151	Church Plant in Antioch															X	
152	Paul Opposed Peter in Antioch					X		X	X					X			

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153	Peter Rescued from Prison	X			X	X				X	X	X			X		X
154	King Herod's Death						X	X									X
155	First Missionaries													X		X	
156	Paul and Barnabas in Lystra	X						X									
157	Church Council at Jerusalem														X		
158	Paul and Barnabas Separated					X			X			X		X		X	
159	Timothy Joined Paul													X		X	
160	Macedonian Call							X		X				X		X	
161	Paul and Silas in Philippi	X			X	X				X				X			
162	Paul in Athens							X	X					X			
163	Paul in Corinth																
164	Apollos													X		X	
165	Paul in Ephesus																
166	Riot in Ephesus	X	X		X	X				X		X					
167	Paul's Arrest in Jerusalem	X			X	X						X				X	
168	Paul's Defense to the Crowd					X											
169	Paul's Defense to the Sanhedrin					X				X							
170	Paul's Trial Before Felix					X								X			
171	Paul's Trial Before Festus and Agrippa													X			
172	Paul Shipwrecked		X	X	X			X			X	X	X	X			X
173	Paul in Rome								X			X				X	