
Surrendering Trauma to Jesus

A practical Matrix Bible study on bringing buried pain into the light, feeling honestly before God, resisting demonic opposition, wrestling with God for blessing and a new name, and wanting the love of Christ more than every escape.

Healing is not pretending the wound is gone. Healing begins when the heart brings the wound to Jesus and lets His love tell the truth inside the pain.

This study is for the person who knows they cannot keep surviving by numbness, avoidance, control, addiction, distraction, bitterness, or self-protection. It is for the one who wants Jesus to reach the place the

heart has been too afraid to face.

Psalm 62:8 WEB

"Trust in him at all times, you people. Pour out your heart before him. God is a refuge for us."

1. You Were Created for Love, Not Survival

God did not create the human heart to live locked in survival. You were created to receive love from God, remain in His love, and walk in love toward others. Trauma does not erase that design, but it can teach the heart to protect itself from the very love it was made for.

When pain is buried, the heart may learn to survive by shutting down, controlling, escaping, pleasing, withdrawing, hardening, or becoming numb. Those patterns may have helped you endure, but they cannot restore you into love.

1 John 4:8 WEB

"He who doesn't love doesn't know God, for God is love."

John 15:9 WEB

"Even as the Father has loved me, I also have loved you. Remain in my love."

The goal is not merely to feel better. The goal is to be restored into love.

2. Trauma Forms Questions the Heart Still Carries

Trauma does not only create memories. It creates questions. Sometimes the wound asks questions that never got answered: Where was God? Why was I not protected? Was I worth loving? Did I do something wrong? Am I safe? Can love be trusted?

These questions should not be avoided. They should be brought before Jesus honestly. Healing often begins when the heart stops pretending it has no questions and starts letting Jesus meet the questions underneath the pain.

Psalm 34:18 WEB

"Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."

Psalm 139:23-24 WEB

"Search me, God, and know my heart. Try me, and know my thoughts. See if there is any wicked way in me, and lead me in the everlasting way."

3. The Lie Is Not the Wound, but It Can Rule from Inside the Wound

A wound is what happened. A lie is what the pain taught the heart to

believe. A false agreement is when the heart begins living as if that lie is true.

- The wound may say, "I was abandoned." The lie may say, "God does not love me."
- The wound may say, "I was violated." The lie may say, "I am dirty and unsafe."
- The wound may say, "I was betrayed." The lie may say, "I can never trust again."
- The wound may say, "I was overwhelmed." The lie may say, "Everything wrong with me is only psychological and not spiritual."
- The wound may say, "I was hurt." The lie may say, "Addiction is the only way I can survive."

John 8:32 WEB

"You will know the truth, and the truth will make you free."

Truth does not deny the wound.
Truth separates the wound from

the lie so Jesus can heal what happened and break what entered through it.

4. There Are Demonic Forces That Resist the Truth Coming Forward

When a person begins to face buried trauma, resistance often rises. The resistance may feel like tiredness, confusion, dread, distraction, numbness, sudden cravings, irritation, avoidance, or the urge to run to entertainment, food, sex, substances, scrolling, noise, or busyness.

Call it what it is. There are malicious demonic forces that resist the wound coming into the light. They do not want the old agreements exposed. They do not want the lie questioned. They do not want addiction to lose its

shelter. They do not want fear, shame, accusation, bitterness, lust, despair, or self-protection cast down from the place where they have been ruling.

The old survival system may also rise up because it learned to protect the wound by keeping it buried. But the deeper war is spiritual: darkness resists truth because truth makes room for Jesus to heal what darkness has been using.

Ephesians 6:12 WEB

"For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world's rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places."

2 Corinthians 10:4-5 WEB

"For the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, throwing down imaginations and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ."

Do not be shocked when demonic resistance rises. The place that resists may be the very place Jesus is calling into the light.

5. You Must Want the Love of Christ More Than the Escape

This kind of healing requires more than curiosity. The heart must become willing to want the love of Christ more than the comfort of avoidance. You may have to work

your mind toward this truth: the love of Jesus is the only love strong enough to free you.

There is an extreme kind of Jesus love that does not flatter the wound, does not agree with the lie, does not leave you numb, and does not let darkness keep the rooms of your heart. His love is gentle, but it is not weak. His love is compassionate, but it is also holy. His love will go into the buried place and call it into the light.

You have to agree with that love in order to receive the healing it brings. You have to want Him more than the coping mechanism, more than the familiar numbness, more than the old identity, more than the right to stay hidden, and more than the false peace that never actually healed you.

Romans 5:8 WEB

"But God commends his own love toward us, in that while we were yet sinners, Christ died for us."

1 John 4:18-19 WEB

"There is no fear in love; but perfect love casts out fear, because fear has punishment. He who fears is not made perfect in love. We love him, because he first loved us."

You are not trying to earn healing. You are choosing to agree with the love that is able to heal.

6. Fasting May Be Needed When the Wound Will Not Come Forward

Some wounds stay buried because the heart has built a whole life around not feeling them. If the trauma will not come forward, if the

mind keeps scattering, or if the old coping patterns keep taking over, a deliberate time of fasting may be needed.

This is not fasting as religious performance. This is fasting as holy desperation. It is the person saying before God, "I want truth more than comfort. I want Jesus more than escape. I want freedom more than the thing that keeps me numb."

Matthew 4:4 WEB

"But he answered, "It is written, Man shall not live by bread alone, but by every word that proceeds out of God's mouth.""

Joel 2:12-13 WEB

"Yet even now," says Yahweh, "turn to me with all your heart, and with fasting, and with weeping, and with mourning. Tear your heart, and not your garments, and turn to Yahweh your God; for he is gracious and merciful, slow to anger, and abundant in loving kindness, and relents from sending calamity."

7. A True Fast from Escape

For this kind of surrender, the fast may need to be more than food. It may need to be a fast from everything that keeps the trauma buried.

- fast from entertainment that keeps the mind occupied
- fast from scrolling, noise, and constant stimulation
- fast from comfort eating when it is being used to avoid pain

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- fast from addictive patterns and substances that numb the wound
 - fast from conversations that feed bitterness or distraction
 - fast from music, media, or habits that strengthen despair, lust, anger, or self-pity
 - fast from every false shelter that keeps the heart from coming honestly before Jesus

During that fast, the person turns deliberately to the Word of God, prayer, worship, silence, confession, and honest surrender. The goal is not to punish the body. The goal is to remove the noise long enough for the buried place to rise before Jesus.

Fast as if freedom is more important than comfort, because for many wounds, it is.

8. Wrestling Until the Name Changes

There is a holy kind of wrestling that belongs to surrender. Jacob was left alone in the night, and there he wrestled until the breaking of day. He would not let go until he received blessing, and in that place his name was changed.

Genesis 32:24-30 WEB

"Jacob was left alone, and wrestled with a man there until the breaking of the day. When he saw that he didn't prevail against him, he touched the hollow of his thigh, and the hollow of Jacob's thigh was strained, as he wrestled. The man said, "Let me go, for the day breaks." Jacob said, "I won't let you go unless you bless me." He said to him, "What is your name?" He said, "Jacob." He said, "Your name will no longer be called Jacob, but Israel; for you have fought with God and with men, and have prevailed." Jacob asked him, "Please tell me your name." He said, "Why is it that you ask what my name is?" So he blessed him there. Jacob called the name of the place Peniel, for, he said, "I have seen God face to face, and my life is preserved.""

Jacob did not receive the new name by avoiding the night. He received it by meeting God in the place of struggle. He came into that

encounter carrying an old identity, old fear, old patterns, and old striving. He left marked, humbled, blessed, and renamed.

Hosea 12:3-4 WEB

"In the womb he took his brother by the heel; and in his manhood he contended with God. Indeed, he struggled with the angel, and prevailed; he wept, and made supplication to him. He found him at Bethel, and there he spoke with us."

This is a picture of trauma surrender. There may be a night season where you stop running, stop numbing, stop distracting yourself, and bring the real wound before Jesus. You may have to wrestle through fear, grief, shame, anger, questions, and resistance. You may have to say, "I will not let go until You bless the place that has ruled me."

This does not mean fighting against Jesus. It means clinging to Him with

everything in you until the old name loses its authority. The wound may have named you rejected, dirty, abandoned, unsafe, unloved, or broken. But Jesus has the authority to bless, restore, and rename.

Do not let go at the edge of the wound. Stay with Jesus until the place of struggle becomes the place of blessing.

9. Bring the Trauma Forward Before Jesus

Surrendering trauma is not vague. It is specific. You bring the actual memory, the actual person, the actual fear, the actual shame, the actual moment, the actual question, and the actual feeling before Jesus.

- Jesus, this is what happened.

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- Jesus, this is what I felt.
 - Jesus, this is what I believed because of it.
 - Jesus, this is what I have avoided feeling.
 - Jesus, this is where I ran to addiction, control, anger, numbness, or self-protection.
 - Jesus, this is the question I have been afraid to ask You.

Hebrews 4:15-16 WEB

"For we don't have a high priest who can't be touched with the feeling of our infirmities, but one who has been in all points tempted like we are, yet without sin. Let's therefore draw near with boldness to the throne of grace, that we may receive mercy and may find grace for help in time of need."

10. Feel the Feelings Honestly Before God

Many people try to surrender trauma without feeling it. They say

the right prayer, but they keep the grief locked away. They forgive with their mouth, but the body still trembles. They confess truth, but they never let Jesus touch the fear, rage, sorrow, confusion, or shame underneath.

Feeling honestly before God is not rebellion. Pouring out the heart is biblical. The goal is not to be ruled by emotion; the goal is to stop hiding emotion from Jesus. Let the tears come. Let the anger be named without sinning. Let the grief speak. Let the fear tremble in His presence. Let the buried pain become visible before the One who can carry it.

Matthew 26:38-39 WEB

"Then he said to them, "My soul is exceedingly sorrowful, even to death. Stay here, and watch with me." He went forward a little, fell on his face, and prayed, saying, "My Father, if it is possible, let this cup pass away from me; nevertheless, not what I desire, but what you desire.""

Psalms 142:2 WEB

"I pour out my complaint before him. I tell him my troubles."

11. Ask the Hard Questions, but Ask Them with Jesus

Avoidance says, "Do not ask."
Accusation says, "God was not there."
Shame says, "You should already be over this."
Fear says, "If you open this, you will fall apart."
But Jesus invites the heart into truth.

Ask the questions. Ask where the lie began. Ask what the wound taught you. Ask what you believed about God, yourself, love, safety, family, your body, or your future. Ask why you reach for the coping mechanism. Ask what you are afraid will happen if you let go.

But do not ask alone. Ask with Jesus present. Ask with the Word open. Ask with a heart willing to receive truth, not merely rehearse pain.

James 1:5 WEB

"But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him."

12. Jacob's Ladder: The Restoration Path

The practical path of surrender follows Jacob's Ladder: Exposure, Truth, Severance, Surrender,

Alignment, Union, and Glory.

- Exposure: Jesus turns on the light and brings the wound forward.
- Truth: Jesus separates what happened from the lies that formed around it.
- Severance: the heart renounces the lie, the addiction, and every false agreement.
- Surrender: the person gives Jesus the pain, the question, the anger, the grief, and the memory.
- Alignment: the heart comes into agreement with God's truth instead of the trauma's story.
- Union: the person receives the love of Christ where the wound used to rule.
- Glory: the restored place becomes a witness of love, peace, and freedom.

**The wound must be exposed,
the lie must be renounced,
the pain must be
surrendered, and the heart
must agree with the love of
Christ.**

13. Renounce the Lies and the Addiction

After the wound comes forward,
the lies must be renounced.
Addiction must also be named for
what it is: an escape that promised
comfort but could not heal the
wound.

**RENUNCIATION: SPEAK
TRUTH WHERE THE LIE HAS
BEEN LIVING**

- I renounce the lie that God does not love me.
- I renounce the lie that I am safer numb than healed.

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- I renounce the lie that addiction is my peace.
 - I renounce the lie that everything wrong with me is only psychological and not spiritual.
 - I renounce the lie that feeling the pain will destroy me.
 - I renounce the lie that Jesus cannot meet me in this memory.
 - I renounce the lie that my trauma gets the final word over my life.

Galatians 5:1 WEB

"Stand firm therefore in the liberty by which Christ has made us free, and don't be entangled again with a yoke of bondage."

14. A Practical Fasting Prayer

Jesus, I come before You with my whole heart. I do not want to live numb anymore. I do not want entertainment, food, addiction, distraction, bitterness, control, or

self-protection more than I want
You.

I ask You to bring forward what
needs to come into the light. Show
me the trauma I have buried. Show
me the lies I believed. Show me the
questions I have avoided. Show me
where I agreed with fear, shame,
accusation, addiction, or despair.

Give me courage to feel what I
have been afraid to feel. Help me
grieve honestly before You. Help
me ask the hard questions without
running from Your love. I choose to
want Your love more than the
escape. I choose to agree with the
extreme love of Jesus that tells the
truth, breaks bondage, and heals
what I could not heal by hiding.

I surrender this trauma to You. I
surrender the memory, the pain,
the fear, the anger, the shame, the
confusion, and the lie. I renounce
every agreement that was formed
in the wound. Fill this place with

Your truth, Your love, and Your presence. Amen.

15. Closing: Love Is Worth the War

The process may feel extreme because the bondage has been extreme. The hiding, numbing, fear, addiction, and survival patterns may have been operating for years. But the love of Christ is worth the fight.

Do not seek pain for its own sake. Seek Jesus. Do not fast to prove yourself. Fast to remove what keeps you from surrender. Do not face trauma to become obsessed with the past. Face it so Jesus can redeem the place where the past still speaks.

You were created for love. If the wound has blocked love, then the wound must come into the light. If lies have ruled from inside the pain, the lies must be renounced. If

addiction has kept the heart numb,
the addiction must be surrendered.
If fear has guarded the door, Jesus
must be invited into the room.

Isaiah 61:1 WEB

"The Spirit of the Lord Yahweh is on me, because Yahweh has anointed me to preach good news to the humble. He has sent me to bind up the broken hearted, to proclaim liberty to the captives and release to those who are bound."

Midnight Cry