

TRAUMA, TOMBS, AND TRIUMPH

BIBLE STUDY



BETHESDA CENTRAL
MAKING CHAMPIONS FOR JESUS CHRIST



THE WORD.



THE POWER.



THE PURPOSE.

BISHOP
TOBAISE BROOKINS

PROSPER SERIES

Wounded No More

Healing from Trauma Through the Power of Jesus Christ

Primary Text: Mark 5:1–20

Big Idea:

Jesus doesn't merely deliver people from bondage; He restores them to wholeness so they can fulfill His purpose.

Exploration 1

The Discovery

Three Objects

 X-Ray

 Empty Prescription Bottle

 Surgical Mask

X-Ray

Question:

What can an X-ray reveal that the human eye cannot?

Reflection Questions:

- Can someone look healthy while carrying hidden pain?
- Why do emotional injuries often remain hidden longer than physical injuries?

Prosper Principle

Healing begins where honesty begins.

Pill Bottle

Question:

What does this bottle represent besides medication?

Not all coping is unhealthy.

Not all coping is healing.

Some coping keeps us alive.

Some coping keeps us stuck.

Reflection Questions:

- What do people commonly run to when life becomes overwhelming?
- Why is functioning not always the same as healing?

Prosper Principle

Coping may help us survive, but only healing makes us whole.

Surgical Mask

Question:

Why would someone wear a mask while helping another person?

Protecting yourself.

Not absorbing everyone's pain.

Serving without becoming emotionally infected.

Reflection Questions:

- What's the difference between healthy boundaries and emotional walls?
- How do you continue loving people without reopening old wounds?

Prosper Principle

Healthy boundaries protect healing. Fear builds prisons.

Transition

Now that we've explored the objects...

What does God have to say?

Exploration 2

God's Prescription for Healing

Now we move object by object through Scripture.

X-Ray

"What Still Needs Healing?"

Psalm 139:23–24

Psalm 147:3

Commentary.

Prosper Principle.

Pill Bottle

"How Have I Learned to Cope?"

Psalm 55:22

Philippians 4:6–9

2 Corinthians 12:9

Commentary.

Prosper Principle.

Surgical Mask

"How Do I Protect Myself?"

Galatians 6

Matthew 11:28–30

Proverbs 4:23

Commentary.

Prosper Principle.

Exploration 3

God's Healing Plan

How does God heal?

What role does the Holy Ghost play?

What role does truth play?

What role does forgiveness play?

What role does renewing the mind play?

Scriptures like:

Isaiah 61

Luke 4

Romans 12

James 5

John 8

EXPLORATION 4

The Case Study

The Man of Mark 5

Mark 5:18–20 (KJV)

"And when he was come into the ship, he that had been possessed with the devil prayed him that he might be with him.

Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee.

And he departed, and began to publish in Decapolis how great things Jesus had done for him: and all men did marvel."

Life After Deliverance

Jesus has spoken. The demons are gone. The chains have been broken. The man who once lived among the tombs is now sitting at the feet of Jesus, clothed and in his right mind. It is one of the most beautiful pictures of transformation found in the Gospels.

Yet deliverance is not the end of his journey.

It is the beginning of a new one.

Jesus does not tell him to return to the tombs. He does not invite him to stay on the shore and relive his past. He sends him home.

Home is where healing becomes real.

Home is where restoration is tested.

Home is where forgiveness, trust, relationships, and purpose begin to grow again.

This man is free, but he still has a life to rebuild.

Friends

Jesus specifically says, **"Go home to thy friends."**

Friendships may have been broken long before his deliverance. Some friends may have feared him. Others may have abandoned him. Some may have tried to help but did not know how. Others may only remember the person he used to be.

Healing often requires rebuilding trust one relationship at a time.

Sometimes those who knew our pain have the hardest time believing our transformation.

Sometimes we also struggle to trust the people who watched us suffer.

Reflection

- If you were this man's friend, what would help you trust him again?
 - If you were this man, what fears might you have about returning to old friendships?
 - How does forgiveness help rebuild broken relationships?
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Prosper Principle

Healing restores relationships one conversation at a time.

Family

Scripture does not tell us whether he had a wife, children, parents, or siblings. Yet Jesus' instruction to "go home" reminds us that healing often begins within the family.

His family may have spent years worrying about him.

Perhaps they searched for him.

Perhaps they cried themselves to sleep wondering if he would ever come home.

Perhaps they had learned to live without hope.

Now he returns—not as the man they lost, but as the man Christ restored.

His healing will also begin a healing journey for those who love him.

Trauma rarely affects only one person. It often leaves its fingerprints on an entire family.

Reflection

- How might his family respond the first time they see him?
 - What fears might his family still carry?
 - What would help restore trust within the home?
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Prosper Principle

When God heals one life, He often begins healing an entire family.

Identity

For years he had been known by his condition.

The man among the tombs.

The wild man.

The dangerous man.

The possessed man.

Now who is he?

Many people discover that after healing they must learn to answer a new question.

Who am I now?

Our greatest identity is never found in what happened to us.

Our identity is found in whose we are.

Jesus did not merely remove the demons.

He restored the man.

Reflection

- Have you ever allowed a painful experience to define who you are?
 - What names has God given His children that are greater than their past?
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Prosper Principle

Your history explains you. It does not define you. Christ does.

Sleep

Mark tells us that **night and day** he cried among the tombs.

Imagine living for years without peace.

Imagine constant fear.

Constant torment.

Constant exhaustion.

Now the nights are quiet.

Silence can feel unfamiliar after years of chaos.

Learning to rest may become one of the greatest miracles of all.

Healing often includes learning that it is safe to rest again.

Reflection

- Why is rest sometimes difficult after seasons of trauma?
 - What role does God's peace play in restoring the soul?
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Prosper Principle

A healed soul eventually learns to rest where a wounded soul could only survive.

Community

The people of the city once begged Jesus to leave.

Now they see the same man completely changed.

Some will celebrate.

Some will question.

Some may never believe the transformation.

Healing does not guarantee everyone's acceptance.

Our responsibility is not to convince everyone.

Our responsibility is to faithfully walk in the new life Christ has given us.

Reflection

- Why do some people struggle to believe that others have truly changed?
 - How should we respond when people continue to define us by our past?
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Prosper Principle

You cannot control people's memories, but you can faithfully live your new testimony.

Purpose

The man wanted to leave with Jesus.

Instead, Jesus gave him an assignment.

"Go home... and tell them how great things the Lord hath done for thee."

His pain became his platform.

His testimony became his ministry.

His past became evidence of God's compassion.

Sometimes we want God to remove us from every reminder of our past.

Instead, God often sends us back—not to relive the pain, but to demonstrate His power.

The place that once witnessed our brokenness now becomes the place that witnesses God's restoration.

Reflection

- Why do you think Jesus sent him home instead of allowing him to travel with Him?
- How can your testimony become a source of hope for someone else?
- In what ways can God use your greatest struggle to accomplish His greatest purpose?

Prosper Principle

God does not waste our pain. He redeems it for His purpose.

Boundaries

Returning home did not mean returning to old patterns.

Healing requires wisdom.

The man would need to remain close to God, continue growing in faith, and establish healthy relationships that encouraged his new life.

Freedom is not maintained by fear.

It is maintained by walking daily with Christ.

Healthy boundaries protect the work God has done in our lives without isolating us from the people He has called us to love.

Reflection

- What healthy boundaries help protect emotional healing?
 - How can someone remain compassionate without carrying burdens that belong to others?
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Prosper Principle

Healthy boundaries protect your purpose without closing your heart.

Closing Reflection

The story of the man in Mark 5 reminds us that Jesus came to do more than cast out demons. He came to restore lives.

He restores hearts.

He restores minds.

He restores families.

He restores relationships.

He restores purpose.

A prospering soul is not one that has never known pain.

A prospering soul is one that has encountered Jesus, embraced His healing, and now walks forward with hope, wisdom, and purpose.

Final Prosper Principle

Deliverance changes your condition. Restoration changes your life. Emotional prosperity is learning to live the life Jesus gave you after the miracle.