

The logo features a stylized yellow cross with a circular base, followed by the word "TRANSFORMED" in a bold, yellow, distressed font. Below this, the text "DEVOTIONS CONNECTING TEENS TO CHRIST" is written in a smaller, white, sans-serif font. The background is dark blue with abstract, leaf-like shapes in a lighter shade of blue.

# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.**

*Psalm 46:1,2*

## Trauma

One day, some people told Jesus about a traumatic event where many people were killed. Jesus went on to bring up another tragic event—a tower fell, and eighteen people died as a result.

Most of the time, we think that traumatic events are things we hear about from the news. But in reality, the most traumatic things you go through are things that most people will not even know about.

Sometimes parents get divorced. It sounds like such a small thing until it happens to your parents. You might wonder if you did something wrong that led to their separation. It can be traumatic to watch your parents' marriage come to an end.

Sometimes friends that you thought were with you forever end up leaving you. Again, it sounds like such a small thing until it happens to you. In their absence you start to wonder if there is any way you could ever have a friend like that again.

There are many traumatic things that can unfold in a person's life. Things that make it seem like your entire world is falling apart and you are powerless to stop it.

When that happens, look up to the One that never changes. Life will throw all sorts of unexpected traumas in your direction, but you have a refuge that goes with you wherever you are. No matter the trouble you are in, help is always present.

Either you are in a time of trouble right now, or trouble is waiting for you ahead. Keep in your heart the powerful truth behind Psalm 46:1,2. God is your refuge. He is your strength. Therefore you will not fear, even if your entire world seems to fall apart.

**Prayer: Dear Father, only you know the degree of the troubles that face me. Only you know the troubles that lie ahead. Guide me to see that you are my safe place that will always go with me wherever I go. Amen.**