



*How to Trust God After  
Trauma: Lessons from  
Matthew 9*

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*TRUST AFTER TRAUMA  
IS NOT AUTOMATIC. IT  
HAS TO BE REBUILT.*

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*TWO WOMEN.  
TWO IMPOSSIBLE SITUATIONS.  
ONE SAVIOR.*

*“AND BEHOLD, A WOMAN WHO HAD SUFFERED...  
TWELVE YEARS...” MATTHEW 9:20*

In this passage, we are given two women, though one is a grown woman and one is a young girl. Both are in situations that are completely beyond their control. One has been suffering for twelve years. The other has just died. These are not minor struggles. These are places where human strength runs out. And that's important, because trauma often leaves you in places where your own strength is no longer enough. This is where Jesus steps in.

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*CHRONIC PAIN.  
ISOLATION.  
BEING  
OVERLOOKED.*

*“...WHO HAD SUFFERED  
FROM A DISCHARGE OF  
BLOOD FOR TWELVE  
YEARS...” MATTHEW 9:20*

Twelve years is a long time. Long enough for suffering to start shaping identity. Long enough for hope to feel distant. According to the law in Book of Leviticus 15, she would have been considered unclean. That means she wasn't just physically suffering. She was relationally and spiritually isolated. And if you have lived through long-term trauma, you understand that kind of isolation. You learn how to survive inside it. You learn how to function while still hurting. And over time, it can begin to feel like this is just who you are now.

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*TRAUMA TRAINS YOUR  
MIND TO EXPECT HARM,  
NOT HEALING.*

“She said to herself...”

Matthew 9:21

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*“IF I ONLY TOUCH  
HIS GARMENT, I  
WILL BE MADE  
WELL.”*

What is so powerful here is that this woman begins with an internal statement. She says this to herself. This is not public faith. This is quiet belief forming in the hidden places of her mind. And this is where trust begins for you as well. Not in dramatic actions, but in small, internal shifts.

What you say to yourself about God matters. What you believe about His character matters.

She is not denying her pain. She is placing a greater weight on who Jesus is than on what she has experienced.

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*WORDS TO REMEMBER*

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*She moved toward Jesus  
while still carrying her  
pain.*

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“...came up behind him and touched the fringe  
of his garment.”  
Matthew 9:20

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He sees her.  
He stops for her.  
He speaks to her.

“Jesus turned, and seeing her...”  
Matthew 9:22

Jesus could have kept walking. He was on His way to something urgent. But He stops. He turns. He engages her personally. This is where trust begins to grow, not just from what we believe about God, but from how He reveals Himself to us. He is not distant. He is not rushed. He is not irritated by her need. He is attentive and present. For a woman who has been unseen for years, this moment is just as healing as the physical restoration.

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*“TAKE HEART, DAUGHTER...”  
YOU ARE NOT WHAT HAPPENED TO  
YOU.*

*MATTHEW 9:22*

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Before anything else, Jesus calls her “daughter.” That is identity language. Trauma often tries to rename you. It tells you that you are broken, damaged, too much, or not enough. Jesus interrupts that. He speaks to who she is in relation to Him. Daughter means belonging. It means she is seen, known, and claimed. In biblical counseling, this is foundational. Healing begins when identity is restored. You are not defined by what happened to you. You are defined by who God says you are.

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A woman wearing a long, light-colored dress and a wide-brimmed hat is walking away from the camera through a field of tall grass. The background shows rolling hills under a soft, hazy sky. The entire image has a dark, semi-transparent overlay.

*THE GIRL COULD NOT  
MOVE.  
COULD NOT BELIEVE.  
COULD NOT TRY.*

“My daughter has just died...”

Matthew 9:18

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# *HE TOOK HER BY THE HAND. AND SHE ROSE.*

Jesus answers that question clearly. He moves toward her. He takes her hand. He brings life where there is none. This shows us that our healing is not dependent on our ability to perform faith perfectly. There are moments where Jesus initiates. He comes close. He restores. Even when you have nothing left to give. That is not weakness. That is where His power is most clearly seen.

“He went in and took her by the hand, and the girl arose.”  
Matthew 9:25

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# *TRUST IS NOT PERFECTION. IT IS CONNECTION.*

We often think trust means getting everything right. Thinking the right thoughts. Feeling the right emotions. But in Scripture, trust is relational. It is about connection with a Person. The woman connects by reaching. The girl connects by being held. Both are real. Both are valid. And both are met by Jesus.



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WORDS TO REMEMBER

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*Trust grows in small, safe  
encounters with God.*

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“...the woman was made well from that  
moment.”

Matthew 9:22

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*YOU CAN REACH FOR HIM...  
OR BE HELD BY HIM.  
EITHER WAY, YOU ARE NOT  
ALONE.*

“Jesus turned... and he went in...”

Matthew 9:22–25

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“Follow me...” Matthew 9:9

*WHAT WOULD IT LOOK LIKE TO  
TAKE ONE SMALL STEP TOWARD  
HIM?*



Keep this simple. Not overwhelming. Not everything at once. Just one step. Maybe it is a prayer that feels small. Maybe it is sitting with Scripture for a few minutes. Maybe it is simply being honest with God about where you are. Trust grows in small, consistent movements, not in pressure-filled leaps.



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*WORDS TO REMEMBER*

*You can learn to trust again.  
Because He is still  
trustworthy.*

“Jesus Christ is the same yesterday and today  
and forever.” Hebrews 13:8

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*THANK YOU FOR JOINING IN!*

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