



Word on Wednesday Bible Study
 Pastor Kenneth Reece
 After the Trauma: When it Returns
Genesis 2:14-20
 May 15, 2026

"The same God who saw her the first time heard her the second time. He didn't withdraw because the situation felt like a repeat. He showed up again. Full presence. Fresh provision. Same faithfulness."

God's faithfulness is not exhausted by your repeated wilderness.

Will you trust God when the trauma comes back around?

THE STORY SO FAR — GENESIS 16

In Genesis 16, Hagar fled into the wilderness after being mistreated. God met her there, and she named Him **El Roi** — "the God who sees me." Years later, in Genesis 21, she finds herself in the wilderness again.

I. THE PAIN OF BEING CAST OUT: GENESIS 21:8–16

Hagar is given a skin of water, some bread, and sent away with her son. The water runs out. She places Ishmael under a bush and weeps because she cannot watch him die.

FAITHLESS	FATIGUED
Rebellion	Weariness
Defiance	Depletion
Giving up on God	Running on empty

"Reaching your limit is not the same as _____."

1. What's the difference between being faithless and being fatigued? Why do we so often confuse them?
2. Have you ever judged yourself harshly for breaking down, when really you were just exhausted?

Where in my life am I running on empty right now?



II. THE POWER OF BEING HEARD: GENESIS 21:17–18

"And God heard the voice of the boy..."

Ishmael never prayed a polished prayer. He just cried. **Heaven responded to pain that had no words.**

- **Psalm 34:17–18** — "The LORD is near to the brokenhearted..."
- **Psalm 130:1** — "Out of the depths I cry to you, O Lord."
- **Romans 8:26** — "The Spirit intercedes for us through wordless groans."

"God's presence is not proven by the _____ — it is revealed in His _____."

"Even when pain took your words, it did not take your _____."

3. What does it mean that God hears pain that has no words?
4. Is there a cry you've been holding back from God because it feels too raw, too repetitive, or too hopeless?

What wordless cry do I need to bring to God today?

III. THE PROVISION THAT WAS ALREADY THERE: GENESIS 21:19–20

"Then God opened her eyes, and she saw a well of water."

The well was already there. God didn't create something new — He revealed what was already present. Trauma narrows our vision. God opens our eyes.

"The well was _____. You just need your eyes _____."

THE THREE-STEP PATTERN OF HEALING

STEP 1 — GOD SPEAKS INTO YOUR FEAR (ISAIAH 43:1–2)

Not *if* you pass through the waters — *when*. God anticipated your wilderness.

"Fear is loud — but God's word is _____."



STEP 2 — GOD OPENS YOUR EYES (EPHESIANS 1:18)

"Having the eyes of your hearts enlightened..." This is the Holy Spirit's work, not positive thinking.

STEP 3 — GOD STRENGTHENS YOU TO MOVE FORWARD (ISAIAH 40:31)

Staying in the Word. Staying in worship. Staying in community. And sometimes — staying in counseling.

"Healing is not pretending the trauma _____. Healing is allowing God to address _____."

5. Can you name a "well" God had already placed in your path before you knew you'd need it?
6. Which step do you most need from God right now — speaking, opening eyes, or strengthening?

What provision might already be present in my situation that pain has kept me from seeing?

TAKING IT HOME — THIS WEEK

Pick one to practice between now and our next Bible study

SPEAK IT. Write down — in raw, unedited language — the cry you've been holding back from God.

SEE IT. Ask God daily, "Open my eyes to the well already in my path." Write down what you notice.

STRENGTHEN IT. Take one concrete step toward community — a friend, a pastor, a counselor, a small group.

My step this week: _____

CLOSING WORD

*The well was there in your darkest season.
The well was there when it was hard to believe.
The well was there when the tears made it impossible to see.*

**It was already there.
You just need your eyes opened to see it.**