

Hope and Trauma in the Bible

Isaiah 1:19-20

¹⁹If you are willing and obedient,
you shall eat the good of the land;
²⁰But if you refuse and rebel,
you shall be devoured by the
sword;
for the mouth of the LORD has
spoken.

Proverbs 10:3-4

³The LORD does not let the righteous
go hungry,
But he thwarts the craving of the
wicked
⁴A slack hand causes poverty,
but the hand of the diligent makes
rich.

Psalms 37:25; 35-36

²⁵I have been young, and now am old,
yet I have not seen the righteous
forsaken
or their children begging bread.

³⁵I have seen the wicked oppressing,
and towering like a cedar of
Lebanon
³⁶Again I passed by, and they were no
more;
though I sought them, they could
not be found.

Matthew 7:24-27

²⁴“Everyone then who hears these
words of mine and acts on them will
be like a wise man who built his
house on rock. ²⁵The rain fell, the
floods came, and the winds blew and
beat on that house, but it did not fail,
because it had been founded on rock.
²⁶And everyone who hears these

words of mine and does not act on
them will be like a foolish man who
built his house on sand. ²⁷The rain
fell, and the floods came, and the
winds blew and beat against that
house, and it fell – and great was its
fall!”

Proverbs 14:31

³¹Those who oppress the poor insult
their Maker,
but those who are kind to the needy
honor him.

Proverbs 17:1

¹Better is a dry morsel with quiet
than a house full of feasting with
strife.

Matthew 5:44-45

⁴⁴But I say to you, Love your enemies
and pray for those who persecute you,
⁴⁵so that you may be children of your
Father in heaven; for he makes his sun
rise on the evil and on the good, and
sends rain on the righteous and on the
unrighteous.

Luke 13:4-5

⁴“Or those eighteen who were killed
when the tower of Siloam fell on them
– do you think that they were worse
offenders than all the others living in
Jerusalem? ⁵No, I tell you; but unless
you repent, you will all perish just as
they did.”

Deuteronomy 7:7-8

⁷It was not because you were more
numerous than any other people that
the LORD set his heart on you and

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chose you – for you were the fewest of all peoples. ⁸It was because the LORD loved you and kept the oath that he swore to your ancestors, that the LORD has brought you out with a mighty hand, and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt.

Romans 9:14-18

¹⁴What then are we to say? Is there injustice on God's part? By no means!

¹⁵For he says to Moses,

“I will have mercy on whom I have mercy,

and I will have compassion on whom I have compassion.”

¹⁶So it depends not on human will or exertion, but on God who shows mercy. ¹⁷For the scripture says to Pharaoh, “I have raised you up for the very purpose of showing my power in you, so that my name may be proclaimed in all the earth.” ¹⁸So then he has mercy on whomever he chooses, and he hardens the heart of whomever he chooses.

Revelation 21:1-4

¹Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. ²And I saw the holy city, the new Jerusalem, coming down out of the heaven from God, prepared as a bride adorned for her husband.

³And I heard a loud voice from the throne saying,

“See, the home of God is among mortals.

He will dwell with them;

they will be his peoples,

and God himself will be with them;

⁴he will wipe every tear from their eyes.

Death will be no more;

mourning and crying and pain will be no more,

For the first things have passed away.”