

loved one dies; a terrorist attack or violent crime where you just happen to be there; or enduring a physical/violent assault such as a home invasion or rape. Sometimes it can be predicted or at least the probability increases with an unstable or dangerous environment, which may or may not be of our own choosing. Examples include: a child being raised where they are exposed to drugs, violence, and a chaotic lifestyle; military deployment into dangerous war zones or other combat operations; or choosing a career in law enforcement.

The last place we would expect to find trauma is within our own physical family. None of our family environments were perfect and some had circumstances beyond our control such as an alcoholic parent, a missing parent, or unsafe extended family members. Each of us can probably list the weaknesses and shortcomings in the way we were raised, which of course, we vow to never repeat or at least alter the way we raise our own family.

Trauma can occur not only within our own physical family, but sometimes we can experience it within our

local community of believers or our “spiritual” family or church. Trauma from our own spiritual journey may be known by a more recent phrase, “church trauma.” Unpacking and finding healing from our trauma, whether from physical or spiritual families, can feel like a lifetime endeavor.

One of the most traumatic stories in the entire Old Testament is when God directed Abraham to sacrifice his son Isaac as a burnt offering on a mountain as recorded in Genesis 22. Jewish scholars and rabbis call this story “The Binding” or “The Akeidah.” This story is read during the New Year Jewish holiday Rosh Hashanah as a reminder of hope as Isaac’s life is spared. This story stirs up so many emotions, questions, and judgments about God, Abraham and Isaac. This article will only consider the effect on Isaac.

Read full story at: <https://www.biblicallyresilient.com/post/trauma-and-the-akeidah-a-study-of-isaac>



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Trauma and the Akeidah: a Study of Isaac

June 5, 2026 • Lee Boger – Indianapolis, IN, USA

UPCOMING EVENTS

US ICMC

July 30-August 2, 2026
Milwaukee, WI, USA

North American Singles Conference

September 3-6, 2026
Baltimore, MD, USA

DT Travel 2026 Mediterranean Cruise:

Footsteps of Paul
September 12–22, 2026

North American Teachers Conference

September 17-19, 2026
Raleigh, NC, USA

Spacon

October 2-4, 2026
Brisbane, Australia

Minister's Wellness Webinar

October 15, 2026
Online

Conferencia de Las Americas

Rio de Janeiro, Brazil
Oct 15-18, 2026

So often it seems that the presence of trauma, real or perceived, is the beginning of the end to a Christian’s faith. Some use their trauma as a shield, a warning to ward off feelings they are unwilling to experience again.

Others hide their trauma, only sharing it with a few and silently navigating their challenges while sitting in church. Still others post their trauma on social media wielding it as a sword toward potential adversaries. Can someone be faithful even through significant trauma? If so, what would that look like? Enter Isaac, the subject of our interest today.



It has become more difficult to separate real trauma and normal, everyday suffering that comes from our daily interactions with people. These interactions are sometimes hurtful and bring painful consequences, but can be addressed through vulnerable, healthy conversations and humility. What used to be “usual human experience” has now been elevated to “trauma” and can include anything that someone feels was hurtful. This elevation can sometimes lead to a victim mindset by removing any personal responsibility for the feelings and can also lead to harmful judgments without having crucial conversations to clarify someone’s intent, motivation, or perspective.

Trauma can occur anywhere and at any time. Examples include: exposure to a catastrophic weather event where you are injured or a

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> *After the Pulpit: What Comes Next?*

June 3, 2026 • Anthony Galang – Oahu, HI, USA

You’ve given decades to the calling. You’ve preached, counseled, planted, led, and shepherded. But here’s the question almost no one is asking: What happens when that season ends? For most ministers, transition arrives either too soon or without a plan — and...

> *A Love Story Across Continents*

June 4, 2026 • DT Heart & Soul

Some stories begin with fireworks. Others begin quietly, with a single act of courage For Eileen, that moment came on January 4, 2013, when she did something completely outside her comfort zone: she sent Steve a message on DT Heart & Soul. Now Eileen had...

> *Guy and Laura Hammond's Southern African "Safari"*

May 22, 2026 • Vida Li Sik – Johannesburg, South Africa

Last month, Guy and Laura Hammond spent time in Southern Africa as part of their six-country tour across the continent, encouraging churches through Sunday sermons, parenting and marriage classes, and honest conversations about how to love and reach out to the...

> *Golden Valley Academy of HOPEww Seeks English Teachers*

June 2, 2026 • Christy Elliott – Phnom Penh, Cambodia

Golden Valley Academy of HOPE worldwide (GVA) is currently seeking experienced teachers to teach English to primary and secondary school-aged students in Phnom Penh, Cambodia, for the upcoming school...



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