

HIGHER PURPOSE CHURCH

God on Film · Supergirl · Week 3

YOUR TRAUMA IS NOT YOUR KRYPTONITE

A Five-Day Devotional

Primary Scripture: Romans 5:1–5 (NLT)

Pastor Lawrence Williams

Real People. Real Life. Real Love.

DAY ONE

The Pressing

SCRIPTURE

“We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance.” — Romans 5:3 (NLT)

DEVOTIONAL

The Greek word Paul uses for trouble is *thlipsis* — pressure, the picture of an olive under a press. In the ancient world you didn’t get oil by cracking an olive open; you got it by crushing the olive until what was buried on the inside finally ran out. And nothing that press produced was ever wasted — the oil anointed kings, healed wounds, fed families, and lit lamps in the dark. The pressure on your life right now may not be punishment; it may be the only way God can bring the oil out of you. The pressing produces the pouring.

REFLECTION QUESTION

What is currently “pressing” you — and what might God be trying to bring out of you through it rather than take from you?

PRAYER

Father, I stop asking only why the press came, and I start asking what You want to bring out of me. Help me trust that nothing under Your hand is wasted. Squeeze the oil out of me, Lord, and let it be used for Your glory. Amen.

NOTES

DAY TWO

The Wrong Pour

SCRIPTURE

“...he has given us the Holy Spirit to fill our hearts with his love.” — Romans 5:5 (NLT)

DEVOTIONAL

When trauma hits, the world offers two options: numb it or avenge it — escape like Kara or grab a sword like Ruthye. Both are people pouring something over a cold they can't reach. But the bottle can warm your throat and never touch your soul; only the Holy Spirit warms a person from the inside out. The word for “poured out” in verse 5 means God poured His love in the past and it is still overflowing today. There is a counterfeit pour and there is a true pour — the question is never whether you'll pour something on the pain, but what you let get poured, and Who is doing the pouring.

REFLECTION QUESTION

When you're hurting, what do you reach for first — and is it the true pour or a counterfeit one?

PRAYER

Lord, I confess the things I reach for that can't reach my soul. Pour out Your Spirit and Your love into the cold places in me today. Warm me from the inside out, and let me stop settling for the counterfeit. Amen.

NOTES

DAY THREE

The Presence Decision

SCRIPTURE

“Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand...” — Romans 5:1–2 (NLT)

DEVOTIONAL

Paul says we have a place where we now stand — not a day pass to God’s presence, but a standing address. But access you never use is the same as access you don’t have. Trauma always whispers the same strategy: pull back, cancel, stay home, don’t let anybody see you — because an isolated believer is the most vulnerable believer in the room. That’s exactly why God pours in love: love only works when it’s aimed at someone else, so it refuses to let you stay curved in on yourself. Where you run in the trauma decides what the trauma turns into.

REFLECTION QUESTION

Is your instinct under pressure to seclude or to push in — and who is one person you could move toward this week instead of away from?

PRAYER

Father, when everything in me wants to isolate, give me the courage to run toward You and toward Your people. Thank You that I have a standing place in Your presence I never earned. Turn my face back outward today. Amen.

NOTES

DAY FOUR

The Chain Pays Off

SCRIPTURE

“...they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope...” — Romans 5:3–4 (NLT)

DEVOTIONAL

Paul gives you a chain, and every link is an upgrade: problems build endurance, endurance builds character, character builds hope. Character is who you are when nobody’s watching, and like muscle, it only grows against resistance — the weight isn’t punishing you, it’s building you. In Japan, when a treasured bowl breaks, the art of Kintsugi repairs it with gold; the cracks aren’t hidden, they’re traced, and the mended vessel is worth more than it was before it broke. God doesn’t erase your breaking — He fills it, and your scars become your shine.

REFLECTION QUESTION

Where has God already put you back together — and are you hiding that crack, or letting the gold show?

PRAYER

Lord, thank You that You waste nothing, not even my breaking. Fill my cracks with Your gold and give me a proven hope that can’t be shaken. Make me worth more mended than I ever was before I broke. Amen.

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DAY FIVE

Not Cursed — Called

SCRIPTURE

“And this hope will not lead to disappointment. For we know how dearly God loves us...” — Romans 5:5 (NLT)

DEVOTIONAL

The night before the cross, Jesus went to a garden called Gethsemane — a name that means “oil press,” the place where olives were crushed. He was pressed there until His sweat became like drops of blood, and pressed all the way to Calvary, and what poured out of that pressing was salvation, healing, and anointing for the whole world. So if you’ve been quietly asking whether you’re cursed, read the mark on your life again. The reason you carry so much pressure is not that heaven forgot you — it’s that there’s oil in you that has to come out. You’re not cursed — you’re called; the pressing produces the pouring, and Calvary is the proof.

REFLECTION QUESTION

If your pressure is evidence of a calling rather than a curse, what is God asking you to pour out for someone else this week?

PRAYER

Father, thank You that the pressing of Jesus produced my redemption, so my pressing is never the end of my story. Take what the enemy meant as a curse and confirm it as my calling. I will not waste my pain — I’ll pour it out for Your glory. Amen.

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