

Post Traumatic Grace  
Overcoming emotional trauma with God's grace  
The journey through trauma with Daniel

Objectives:

- To understand how to overcome traumatic stress that occurs in our lives.
- To study the Biblical character of Daniel and make personal application to us.
- To notice the different types of trauma that one person can suffer without becoming “disordered.”
- To grasp the relevancy of the grace of God and its impact on us today.

{Intro – Seek the Lord – A case study of King Asa of Judah - 1Kngs 15:9-14, 23; 2Chron. 16:12  
– “...yet even in his disease he did not seek the LORD, but the physicians.”}

{I. Focus on a Biblical mind-set – Da. 1:1-8}

{II. Develop a partnership in prayer – Da 2:17-18}

{III. Depend on God who is worthy and able – Da. 3:17-18, 28}

IV. \_\_\_\_\_ on the Spirit of the Holy God \_\_\_\_\_ you – Da. 4:8-9, 18  
– “...but **you are able**, for a spirit of the holy gods is in you.”

A. The Trauma that was suffered

1. Nebuchadnezzar ruled 43 years – (605-562 BC). Daniel was in his mid-teens (15 years average) when taken captive and no less than 81 years old when Babylon fell in 539 BC.<sup>1</sup>
2. Daniel was in his early 50's when the events of chapter 4 occurred. This would be some 30 years after the experience of the three men in the fiery furnace, about the 50th year of Daniel's life.<sup>2</sup>
3. Boanthropy – the psychological disorder where the sufferer believes he or she is a cow or ox.<sup>3</sup>
4. Stress of \_\_\_\_\_ while another gets the \_\_\_\_\_
5. Keeping \_\_\_\_\_ and \_\_\_\_\_ instead of usurping.

B. The Grace that is applied

1. You are \_\_\_\_\_ because of God's gifts given \_\_\_\_\_  
– Da. 1:17; Ex. 18:13-27

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<sup>1</sup> Wood, Leon, A Survey of Israel's History, Zondervan Publishing House, 1970, pg. 384, (footnote # 28).

<sup>2</sup> J. Dwight Pentecost, “[Daniel](#),” in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 1341.

<sup>3</sup> <https://pharmaceutical-journal.com/article/opinion/nebuchadnezzar-and-boanthropy>

2. You are able in the \_\_\_\_\_ because of God's Spirit \_\_\_\_\_ you – Da. 4:18
3. "I can \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ for all things through Him (Christ) who strengthens me" – Php. 4:13

V. \_\_\_\_\_ your heart and \_\_\_\_\_ God – Da. 5:22-23

Nebuchadnezzar died in 562 B.C. after ruling 43 years. The ensuing years of Babylonian history till its overthrow by Cyrus in 539 B.C. were marked by progressive deterioration, intrigue, and murder. Nebuchadnezzar was succeeded by his son Evil-Merodach who ruled for two years (562–560 B.C., 2 Kings 25:27–30; Jer. 52:31–34). Evil-Merodach was murdered in August 560 by Neriglissar, Nebuchadnezzar's son-in-law and Evil-Merodach's own brother-in-law. Neriglissar then ruled four years (560–556 B.C.). He is the Nergal-Sharezer mentioned in Jeremiah 39:3, 13. At his death, he was succeeded by his young son Labashi-Marduk, who ruled only two months (May and June 556) before he was assassinated and succeeded by Nabonidus, who reigned 17 years (556–539 B.C.). See the chart "Kings of the Neo-Babylonian Empire," in the *Introduction*.

Nabonidus did much to restore the glory that had belonged to Babylon under the reign of Nebuchadnezzar. Nabonidus' mother was the highpriestess of the moon god at Haran. Perhaps because of her influence, he had great interest in restoring and expanding the Babylonian religion and did much to restore abandoned temples. He was absent from Babylon for 10 of his 17 years, from 554 through 545. In Haran he restored the temple of the moon god Sin, and then he attacked Edom and conquered parts of Arabia where he then lived for some time.

Belshazzar was Nabonidus' eldest son and was appointed by his father as his coregent. (Nebuchadnezzar is referred to as Belshazzar's father [Dan. 5:2, 11, 13, 18; cf. v. 22] in the sense that he was his ancestor or predecessor.) This coregency explains why Belshazzar was called king (v. 1) and why he exercised kingly authority even though Nabonidus actually held the throne.

5:1. Babylon was being besieged by the Persian army, led by Ugbaru, governor of Gutium, while **Belshazzar**, inside the city, was giving a **great banquet for 1,000 of his nobles**. Belshazzar's name means "Bel (another name for the god Marduk) has protected the king." Perhaps the banquet was given to show Belshazzar's contempt for the Persians and to allay his people's fears. Archeologists have excavated a large hall in Babylon 55 feet wide and 165 feet long that had plastered walls. Such a room would have been sufficient to house a gathering of this size. Belshazzar considered his city secure from assault because of its massive walls. Within the city were supplies that would sustain it for 20 years. Therefore the **king** felt he had little cause for concern<sup>4</sup>

#### A. The Trauma that was suffered

1. Restricted \_\_\_\_\_ / enslaved by knowledge – he knew too much  
– couldn't leave
2. Enforced \_\_\_\_\_

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<sup>4</sup> J. Dwight Pentecost, "[Daniel](#)," in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 1 (Wheaton, IL: Victor Books, 1985), 1344.

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

B. The Grace that is applied

1. \_\_\_\_\_ your heart beneath God's will
2. Glorify \_\_\_\_\_ rather than the trauma
3. As long as God gives you breath – He wants to \_\_\_\_\_ with you!

VI. \_\_\_\_\_ and \_\_\_\_\_ God constantly regardless of the circumstances  
– Da. 6:10, 20

A. The Trauma that was suffered

1. \_\_\_\_\_ to work?
2. \_\_\_\_\_ / how involved should I get?
3. Should I think about my \_\_\_\_\_ first?
4. Is this \_\_\_\_\_ my capabilities?
5. \_\_\_\_\_

B. The Grace that is applied

1. Daniel's \_\_\_\_\_ spirit distinguished him from the rest – 6:3; 5:12, 14
2. No ground for \_\_\_\_\_ – 6:4
3. No evidence of \_\_\_\_\_ – 6:4
4. \_\_\_\_\_ to his God – 6:4
5. Serve \_\_\_\_\_ – 6:10, 16, 20
6. \_\_\_\_\_ God – 6:23