



# Post Traumatic Stress Disorder: Recovering Hope (Gospel for Real Life)

*Jeremy Lelek*

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Post-traumatic stress disorder, a profoundly intense response to profoundly dangerous experiences, manifests itself in fear, terrifying vulnerability, and lack of a sense of control. While these responses are often involuntary, Jeremy Lelek reminds us that they are still responses . . . and, thus, different responses are possible. Here he relates the narrative of creation, fall, and redemption to the experiences of PTSD, reminding us that the gospel speaks to our experiences with danger as part of its redemptive message. He points to the wisdom of God in our suffering and reminds us of the saving grace offered by Jesus, guiding readers to the peace and contentment found in seeking God's glory.

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