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Trauma Responses can look like....

- Needing Control
- Addiction/Seeking Constant Escapism
- Unhealthy People Pleasing
- A Negative Worldview/Inability to Trust
- Reckless/Impulsive Behaviour



GOD IS LOVE

Whatever your trauma looks like, Our God shows all these traits of love towards you in Jesus Christ (1 Corinthians 13:4-7)

- Long-suffering
- Kind
- Does not envy
- Does not parade itself
- Is Not puffed up
- Does not behave rudely
- Does not seek its own
- Is not provoked
- Thinks no evil
- Does not rejoice in iniquity, but rejoices in the truth
- Bears all things, believes all things, hopes all things
- Endures all things.

As you go through the slides, keep these in mind....

Needing Control:

Isaiah 44:24 | Isaiah 45:12 | Isaiah 45:18

God who made the foundations of the earth and heavens is always in control.



When we feel like everything is out of control, we can trust that we have a strong foundation in Christ Jesus, someone we can trust and rely on (Matthew 7:24-27, Hebrews 13:8).

Isaiah 14:24 NKJV

The LORD of hosts has sworn, saying, "Surely, as I have thought, so it shall come to pass, And as I have purposed, so it shall stand.

God is love so everything He does is with Love, no matter how we may view things at the moment (Revelation 3:19). This doesn't mean your feelings are invalid, you can trust that God is good & He ultimately will work everything out for good (Isaiah 14:24, Romans 8:28, Jeremiah 30:24).

If God is for you, nobody can be against you (Romans 8:31).

Addiction/Escapism

Matthew 11:28-30

God does not expect you to be perfect to come to Him. He says “Come to me you who are heavy laden, His burden is light and He will give you rest.” That means Come to God addicted, sad, hurt, tired... He will help you.

It can be hard to be alive, sleep and even rest. It is okay, Our God is with you through it all. Keep trying to seek God first and the rest will be added to you (Matthew 6:33). What matters is that you try. Don't run away from God because of your mistakes, when you seek God first, He will give you true hope instead of temporary pleasure, or living in a constant state of despair/stagnation.

God wants to meet you exactly where you are. Here you will find God's love, mercies and patience with you. Our God is love (1 John 4:8), meaning he is patient and long-suffering with you.

God promises to never forsake you when you fall down (Hebrews 13:5-6). Anytime you relapse, wherever you are right now, keep coming to God. When we are weakest, God's grace is the strongest (2 Corinthians 12:9). We become weak to help the weak (1 Corinthians 9:22-23). We never know how our testimonies can help another person experiencing the same struggle. Just don't run away from God. Our never changing God and His love for you in Jesus Christ will help you.



Our all-knowing God, Alpha and Omega, who created the foundations of earth already knows the start and end to all of mankind and its history, INCLUDING all your mess ups - from conception to this day forward. God still chooses to love you through it all (Romans 8:38-39). He still chose to give Jesus for you. He is calling you back home.

Unhealthy People pleasing

(Putting man before God)



Matthew 22:37-39 NKJV

Jesus said to him, “You shall love the **LORD** your God with all your heart, with all your soul, and with all your mind. **This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’**

The first and greatest command is to love God with all our soul, mind and heart. Then the second is to love our neighbour. As our Heavenly Father , who IS LOVE (1 John 4:8) and loved us first (1 John 4:19), God should be #1 in our life.



Colossians 3:22-25 NKJV

Bondservants, obey in all things your masters according to the flesh, **not with eyeservice, as men-pleasers, but in sincerity of heart, fearing God.** And whatever you do, do it heartily, **as to the Lord and not to men**, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ. But he who does wrong will be repaid for what he has done, and there is no partiality.

We are encouraged to serve and give to others **FOR** God (Colossians 3:22-25), not focusing on pleasing men who all fall short of the Glory of God (Ephesians 6:5-7, Romans 12:2, Romans 3:23-24). Do you persuade men, or God? do you seek to please men? For if I still pleased men, I would not be a bondservant of Christ (Galatians 1:10).

I Thessalonians 2:4-6 NKJV

But as we have been approved by God to be entrusted with the gospel, even so we speak, not as pleasing men, but God who tests our hearts. For neither at any time did we use flattering words, as you know, nor a cloak for covetousness—God is witness. Nor did we seek glory from men, either from you or from others, when we might have made demands as apostles of Christ.

A Negative World view/ inability to Trust Others

1 Corinthians 13:7

Love always protects, always trusts, always hopes, always perseveres.

GOD FIRST

It can be hard to trust when your trust has been broken. God understands, Jesus faced betrayal and broken trust multiple times even by his own disciples like Judas (Matthew 26:14-39). Jesus gives us the example of how to handle it.. Jesus washed the feet of those who betrayed Him and Peter, his disciple who denied him (Matthew 26:33-35, Matthew 26:69-75, John 13:1-17).

The best thing to do to the one who betrays you is to be nothing like them.

God commands us to walk in Love, and love always trusts (1 Corinthians 13:7). We begin by loving and trusting God FIRST, and then we can with others (Mark 12:30-31).

The Holy Spirit helps with discernment on specific situations because God warns us not to trust lies/deception/evil.

Reckless/Impulsive Behaviour

Ephesians 5.1-6

Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints; neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. For this you know, that no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience

We are sinful flesh but God teaches us to deny the things of the flesh and live by His Holy Spirit given through Jesus (Galatians 5:16-26, John 14:16-17). God wants us to react on faith and His Word not our emotions and own understanding.

God understands that we are merely human so we don't always get it perfect (Psalm 78:39, Psalm 103:14). That is why He gave us Jesus to sanctify us, not condemn us, but to help us (John 3:16, John 17:17-19, Hebrews 10:10).

Remember to forgive yourself and others as Christ forgives you: Once you confess your sins, you are forgiven in Jesus (1 John 1:9-10). Don't listen to guilt, everyday is a new day and a chance to try again: God's mercies renew everyday and endures forever (Lamentations 3:22-23, Psalm 136). Believe God's report about you in Christ. Remember, we all fall short of the glory of God, you always have the chance to try again with God. Leave revenge to God (Romans 12:19).