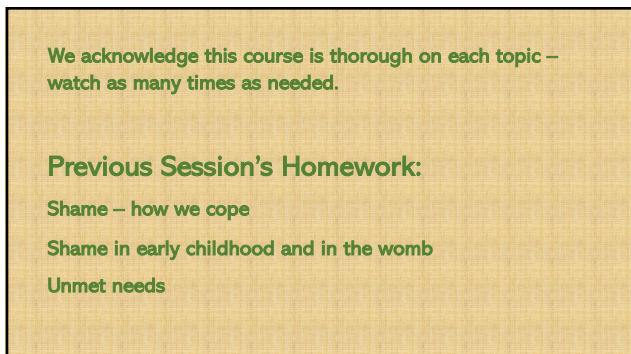


FREE TO BE ME

Session Four: Healing & Freedom from Trauma



1



2



3

What if my pain is biological – a chemical imbalance – yet I'm exploring all this spirit and soul stuff?

- All emotional pain IS biological in that we're feeling the effects of neurotransmitters being released in the brain - negative chemicals (ex, Cortisol) instead of positive chemicals (ex, Serotonin).
- For every neurotransmitter release (effect), there is a cause.
- Can the cause be biological?
Yes. Example: Vitamin D deficiency is linked to depression and lethargy. Always want to do our best to eliminate health-related factors. Will usually have strong PHYSICAL symptoms.
- That said, chronic emotional pain is rarely ever JUST a biological issue. Our thoughts, wounds, fears, traumas etc. directly effect chemical releases.
- "You have a chemical imbalance. Let's use meds to fix." Okay, but what's CAUSEING the imbalance?
- We can't treat emotional pain like it's a disease. Ex: Sadness is not a disease.

4

As we Begin the Topic of TRAUMA...

Prayer partner...

Currently, trauma-related depression and suicide is skyrocketing.

The righteous cry and the Lord hears, and delivers them out of all their troubles. The Lord is near to the broken hearted, and saves those who are crushed in spirit. Many are the afflictions of the righteous; but the Lord delivers him out of them all. Psalm 34:17-19

For I know the plans I have for you declares the Lord, plans for welfare and not for calamity, to give you a future and a hope. Jeremiah 29:11

5

What is TRAUMA?

Defined: An event outside of normal human experience that is beyond our control and causes us to feel intense fear, horror, hopelessness, helplessness and/or shame.

Brief: Trauma is *any* experience where fear overwhelmed us, and we felt cut off from love and protection.

- Trauma is not the event itself but a person's reaction to it.
- Trauma can be the result of what happens to a person directly or...
- Trauma can be the result of how others respond to our distress.

For example, something traumatic happens to us, and instead of being comforted, we are blamed, shamed, judged, condemned: "If you hadn't been in that situation..." or "That's so funny!"

6

Forms of Trauma:

Trauma affects everyone differently; pre-existing wounds factor in (exponential).

- a. **Environmental** – war, terrorism, pandemics (Covid), crime, natural disasters...
- b. **Physical** – sudden illness or injuries, surgeries, physical or sexual assault...
- c. **Betrayal** – someone we trust harms with malicious intent, failure to defend or protect us, refusal to believe us or help us, infidelity; secrecy...
- d. **Loss** – death of loved one, bankruptcy, theft, prolonged grief, repeat losses or disappointments, loss of childhood, unemployment...
- e. **Emotional** – abandoned, rejected, shunned or ignored, verbal abuse, mental abuse (mind games), survivor's guilt, victim of discrimination, forced to act against our will...

*You know how I am scorned, disgraced and shamed; all my enemies are before you.
Scorn has broken my heart. Psalm 69:19-20*

7

Forms of Trauma:

f. **Neglect** – not hurtful acts against us but absence of goodness expressed to us: unmet needs.

g. **Secondary Trauma** – results from helping others in trauma: EMTs, fire fighters, nurses, police officers...

h. **Generational Trauma** – passed down genetically though:

- Cellular memory (more on this shortly)
- Sowing and reaping (modeled/learned behaviors)
- Curses (false religions, occult activity)
- Traumatic sin (incest, murder, infidelity...)

i. **Trauma absorbed through matter/environment** (Gen. 4:9, *The Lord said, "What have you done? Listen! Your brother's blood cries out to me from the ground."*)
Battle grounds; land, homes or buildings where trauma occurred.

8

Trauma Affects Our Whole Being

SPIRIT:

- The demonic realm exploits unhealed fears, terrors and phobias that result from trauma in an effort to torment and control us. (Essential to mind control)
- **Trauma is often coupled with SHAME** – designed to create so much pain and fear, we're terrified to even face it (can't heal).
- Trauma is used to convince us God does not love us or protect us – drives a wedge in our relationship with God. Can cause us to . . .
 - Deny or doubt God's existence.
 - Withhold heartfelt worship.
 - Fear God's presence; no desire to be with Him or pray.
 - Doubt or disbelieve the Word of God (His promises).
 - Hold God in contempt. *"Why'd you allow it, God?!"*

9

Trauma Affects Our Whole Being

SOUL (extremely intertwined with spirit and body):

- Memories and flashbacks can cause us to relive the terror, often obsessively – “fear loop.” (symptoms of PTSD), OR...
- Trauma can cause us to shut down emotionally and enact mental blocks – too painful to process.
- Emotional symptoms include: intense mood swings, depression, anxiety, loneliness, anger, irritability, the feeling you're dreaming . . .
- Like shame, trauma is highly emotional and resistant to logic. (“I know I'm safe now, but I still *feel* terrified.”)
- Trauma can create Dissociative Identity Disorder (DID). Fracturing of the soul – can't stay present.
- Trauma can cause the soul (our personality) to “get stuck” at the age trauma occurred, which manifests when triggered.

10

Trauma Affects Our Whole Being

BODY (Again, greatly intertwined with soul and spirit)

Trauma overwhelms our bodily functions - neurotransmitters (chemicals) and electrical impulses. This excessive energy needs to be calmed and comforted within 48 hours. If not . . .

- The trauma is stored in our cellular DNA (traumatic pain).
- Can store in muscles and cause contractions.
- Fragmented mental storage negatively affects memory and concentration (trauma brain); images often stored with heightened clarity.
- Creates toxic internal state more prone to serious illness.
- Often incites insomnia and nervous habits (fidgeting).
- Can stir adrenaline that keeps us in “fight or flight.”

TRAUMA CONSTANTLY SEEKS TO BE DISCOVERED AND REMEDIED!

11

Pain (Fear / Shame) is a Messenger...



Jesus wants to heal me.

The more we resent and try to resist the pain, the more it persists.

12

Trauma: Mirror Triggers

- Unhealed trauma gets triggered when circumstances mirror the traumatizing event.
- In some cases, we think the "mirror" circumstance (fireworks) IS the trauma, when in fact, traumatized emotions have attached to that circumstance.
- Initial Trauma + Current (mirror) Trauma
- The Holy Spirit is the BEST one to reveal the true source and heal both, Initial and Current (mirror) Trauma.
- Repressed trauma – rest in knowing God will reveal anything needed at the right time.



13

Man Labels – Jesus Liberates!

YOU ARE: Bi-polar, schizophrenic, OCD...

"Here are your pills."

- Can be a temporary aid. (NOT saying ditch the meds.)
 - Brain chemistry will adjust around meds:
 - a. Can make us feel *worse*.
 - b. Can make us feel better, yet our soul remains unhealed.
- God did not get to reveal Himself in an area of our life.

Wholistic approach – whole person! (*Healing From the Heart*)

Symptoms are the fruit; Jesus heals the ROOT!

May take years – washing a brainwashed brain.

*Free
To BE
Me*

14

Process the Pain With Jesus...

Jesus is our sympathetic High Priest:

This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. Hebrews 4:15-16

Jesus suffered all forms of trauma:

1. Garden of Gethsemane: Jesus sweat blood. His blood brought victory over: betrayal (Judas), broken will, mental distress, strength to live a life of sacrifice.
2. Blood of Jesus shed through the Crown of Thorns: victory over mental illness/mental torment, overcoming.
3. Blood shed by whipping: victory over physical abuse, trauma.
4. Blood shed by carrying the Cross: victory over the weight of trauma, heaviness, burdens, word curses and shame, strength to endure, strength to run the race.
5. Blood shed through Crucifixion: victory over abandonment, loneliness, SHAME, unforgiveness.
6. Blood shed when pierced with a sword - victory over broken heart.

15

Healing Process With Jesus...

- Healing happens in layers. God will reveal any unknowns at the right time.
- Can't avoid the painful place. The only way to heal is through the pain.
- Make intentional space for healing. Give yourself grace (nurturance).
- Invite Jesus into the pain, the memories, and any place in our bodies the pain has settled. (He is gentle and patient. He will not re-traumatize us to heal us!)
- Repent and release all shame, pride and performance.
- Receive His truth, peace, love, comfort, and healing.
- Repent of thoughts, beliefs and expectations that are not in alignment with His Word – i.e., release need to control or fix the situation yourself...



16

Healing Process With Jesus: Break Agreements

We must break any agreements we made that may have made to guard our hearts by hardening our hearts, denial, SHAME, unforgiveness and bitterness.

Any shameful things we did or did not do while in a traumatized state.

We must also break agreements/covenants we may have made with Death:

- Death wishes, not wanting to be here.
- Thoughts/attempts of suicide
- Performance orientation covenants with death: "I will do ____ if it kills me."
- Harboring anger or hatred
- Abortion/murder/wanting someone to die
- Rebellion
- Passivity
- Involvement with the occult or occultic practices.

17

Homework...

Get alone with the Lord and prayerfully consider . . .

- Can you recognize a specific thinking pattern or series of actions that triggers you – that causes you to become confused at times, or set off anger, or depressed or fearful, or causes you to be out of balance?
- Have you recognized that a trauma in your past is still affecting you today?
- Write out the answers to these questions. Make what you have written into a prayer. Talk with God. Tell Him how you feel. He can handle it. He wants you to come to Him with everything. Nothing is too big or too small. Let this prayer help you with that conversation...

18

Let's Pray . . .

Father God, I have recognized trauma in my life. These thoughts and emotional reactions are causing damage to my relationships, and to myself. I can see that these negative thinking patterns and painful emotions entered my life when _____ happened. I need your help. Come into this memory. Heal me. Draw out all the trauma, fear and shame and take it to the cross. I choose to forgive _____ for hurting me. I do not want this pain trapped inside me anymore. Please take it. Bring my mind and heart back into alignment with the way You designed me to think and feel and react. Set me free from the past. Release me to the life and purpose you have for me. In Jesus' name, amen.

Trauma Prayer Guide provided on Resource page.

19

Slide Show Content, Prayer Guides and
Prayer Ministry Contacts featured at:

lauragallier.com/cms/free-to-be-me-resources

Questions?
info@lauragallier.com

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20