Recovery Series: July / Step Eight

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Teaching Topic: Trauma/Abuse Part 2

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**Trauma Part 2 “How do we Heal?”**

*In Part 1 from April 19th as we looked at Step 4, we examined Tamar’s story of abuse from 2 Samuel 13:1-14, we asked, what is abuse and its effect on the soul?*

1. **Abuse is a Culture** 
   1. Exacerbated by indifferent or cowardice units designed to protect
2. **Abuse is Unacceptable**
   1. It is not okay, and there is no excuse for it.
3. **Abuse mars God’s Image and Intensives the Accuser’s Lies**
   1. Destroys Innocence and Creates Guilt
   2. Destroys Freedom and Creates Shame
   3. Destroys Security and Creates Fear
4. **Restoration is Possible for everyone**
   1. Jesus Fights for Us
   2. Jesus Restores and Redeems Innocence
   3. Jesus Restores and Redeems Freedom
   4. Jesus Restores and Redeems Security

***How do we respond after our soul has experienced the assaults of life? (Abusers and Victims)***

**Isaiah 49:13-16**

13Sing for joy, O heavens, and exult, O earth;  
    break forth, O mountains, into singing!  
For the Lord has comforted his people  
    and will have compassion on his afflicted.

14But Zion said, **“The Lord has forsaken me;  
    my Lord has forgotten me.”**

15“Can a woman forget her nursing child,  
    that she should have no compassion on the son of her womb?  
**Even these may forget,  
    yet I will not forget you.**  
16Behold, I have engraved you on the palms of my hands;  
    your walls are continually before me.”

**Stuck in the Cycle of Slavery**

* Israel under Roman rule for almost 100 Years, (**forgotten, abandoned, betrayed**)
* They were second class citizens under restrictions from the government
* Waiting on the messiah to come and take vengeance upon their captors

**Matthew 5:1-6**

1 Seeing the crowds he went up on the mountain, and when he sat down, his disciples came to him. 2 And he opened his mouth and taught them, saying:

3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 “Blessed are those who mourn, for they shall be comforted.

5 “Blessed are the meek, for they shall inherit the earth.

6 “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**An Unexpected Message**

* Captured, Disoriented and Tired (You)
* They had experienced violation of their vulnerability
  + They were a people seeking relief with no way to bring it about
  + They experienced a deep sense of helplessness and were looking for a leader to come and lead them out in victory against their captors
* And the message was – If you want to win, you must lose, if you want to have you must give, if you want to lead you must follow, if you want to heal you must hurt…
  + As those who have survived a world of pain, if we are going to live fully, we must begin the process of letting go of what we have built, in order to be rebuilt.

**A True Blessing**

* “Blessed are…”
  + People waiting to hear of the physical blessing, the coming King and Kingdom
    - *A Happy Life* – A life that God has extended his benefits to
* Jesus begins by inviting the poor, the broken, the destitute and the desperate to hear something that they possibly never heard… they can be blessed
  + You can imagine the feelings they are having in this moment, because you have probably had them too…
    - How can I be blessed? Clearly the blessing train came and went and I was left standing on the platform… God missed this one…
  + Phrases we say as survivors:
    - “No good can possibly come in this life”, “I am just stuck here while everyone else keeps moving”, “Nobody understands and nobody cares”, “I’m hopeless”, “I’m broken beyond repair”, “It’s just different for me.”
      * Our lives have been relegated and resigned to hopelessness.
  + As Survivors, we are constantly **looking for answers outside of ourselves**, our eyes are on the lookout for our coming King and Kingdom, who will bring justice and security, who will rescue, Jesus reminds the people, **it begins in the heart**.
* Jesus is pointing to an **internal reality,** that the kingdom has already come, and it’s come in the hearts of man.
  + **Luke 17:20-21** Being asked by the Pharisees when the kingdom of God (restoration) would come, he answered them, “The kingdom of God is not coming in ways that can be observed, 21 nor will they say, ‘Look, here it is!’ or ‘There!’ for behold, the kingdom of God is within you.”

**Blessed are the Poor in Spirit**

*Letting go of what I’ve built - This is not the vase that God made*

* The first movement in the healing of the soul is having a **poverty of spirit**
  + *Poor* – Crouch or cower over like a beggar, Deeply destitute
    - Not just recognizing we are poor, but taking the posture of a beggar
  + Healing starts with a deep recognition of our neediness and brokenness
* What happens when we experience trauma and the assault of our souls?
  + We experience a sense of **terror** or dread, we feel **helpless** to stop it or escape, we experience a harm that causes deep **pain**, we feel a sense of **disgust**, we **resolve** to never experience that again, we do this by **avoiding** the need to trust.
* By avoiding trust and resolving to never hurt again, we build lives of our own, in our own strength and effort, that fall drastically short of the image that God intended.
  + - By resolving to never trust, we abandon our neediness, and therefore become stuck in our own patterns.
    - When I sense my limit, instead of reaching out for help, I try to find another way to **fix it** or mend it. We do this by…
      * *Isolating, Controlling, and Self-Medicating*
* If we are going to experiencing the healing and restoration that God promises, we must go back to the place of need, therefore **reawakening the willingness to trust**.
  + *“The soul’s first task is to learn to trust, because our capacity to trust is our capacity to love and be loved, to give and receive.” The Relational Soul*
* By admitting our neediness, “I’m broken and I need help” we begin letting go…

**Luke 17:33** Whoever seeks to preserve his life will lose it, but whoever loses his life will keep it.

*Once we who have experienced this pain admit our neediness for God, He enters our sadness.*

**Blessed are those who Mourn**

*Telling the truth about my life – Walking hand in hand with God and examining the pieces*

* The second movement in the healing of the soul is **mourning the loss of life**
  + *Mourn* – To grieve over death, manifested sorrow
    - A willingness to walk with God into the places where sin has marred
  + Healing continues with sorrow over what we have **lost** and what we have **missed**
* By examining the broken pieces, we can see where things went wrong, what is missing, and how these **patterns of self-preservation** have developed over our lives.
  + *Sin means to miss the mark*, and when we resolve to never trust, we miss the mark that God sets for us that is communion and obedience to Him.
    - We start this journey of mourning by recognizing the **loss of innocence**
      * By taking the hand of God that is extended to us, he keeps us safe and promises His presence through our sorrow.
    - We continue the journey by mourning our response to trauma that manifests in **self-dependence** and **avoidance of trust.**
      * Recall our sin, recall our pain, name it, mourn it
      * We rarely want to go back and look, it’s so painful, but it is in these places of pain that God seeks to do His greatest miracles.
    - By examining these places, we can identify what we are responsible for and what we aren’t responsible for.
* Guilt as our motivator is detrimental for growth, and survivors are often driven by the guilt that they could have or should have done something different. With God, we see how others sinned against us, and God dignifies us, cherishes us, and mourns with us.
* By clinging to God and walking with others through the experience of examining our hearts, we can be freed from the false guilt that keeps us chained and receive the forgiveness that God offers for the true guilt for the sin in which we are responsible for. In going back, experiencing his grace and forgiveness, we find freedom.

*“Some speak of renewal in Christ as if there is no history left for the soul. Such thinking ignores and disowns the deepest terrain of the soul.” The Relational Soul*

*In mourning, we go back, and cry over the loss we’ve experienced, which prepares us to move forward into the new life that God is offering.*

**Blessed are the Meek**

*Giving up Control to God – Inviting God to put the pieces back together*

* The third movement in the healing of the soul is **embracing the Spirit-filled life**
  + *Meek* – Power under God’s control, gentleness and strength
    - Meekness is about finding security in God and living confidently in it.
* In trauma we create a self that **reacts** to every moment that triggers a feeling or experience that is familiar to our hurt.
  + In our pride we attempt to be the King of our hearts to avoid being hurt.
* Meekness is a result of experiencing the healing of Christ and knowing our identity is sealed in Him and our hearts are secure, so **we can respond** to life in God’s strength.
  + - Meekness comes from dealing with the fear that comes from insecurity.
    - In finding **Christ**, we find one who says that though in this world we will have trouble we can take heart because He has **overcome** the world.
      * In our great fear of re-experiencing helplessness, we run from trust, but it is **in reopening our lives to trust that we find power**
* Meekness is about trusting God to put the pieces where they belong and make it new.

*“Renewal emerged not by self-determined efforts but rather by intentionally yielding herself to her heavenly Father.” The Relational Soul*

*In finding strength in Christ we are given the energy to pursue the things of God. Our world shifts from being focused on how to make ourselves great, and rather to Glorify God.*

**Blessed are those who Hunger and Thirst for Righteousness**

*Reorienting our Life to His Will – Giving the vase to God to hold onto forever*

* The fourth movement in the healing of the soul comes as our desires become God’s.
  + *Righteousness* – God’s judicial approval, approved by God
  + This blessed or happy life is a life that is consumed with experiencing the glory of God and making His glory known.
* In trauma and abuse **our sense of purpose is oriented** towards keeping ourselves safe and making sure that no one finds out what we truly believe about ourselves.
  + Abuse gives us a sense that we are **worthless**, so we spend our lives seeking ways to feel valuable, worthy, or enough.
    - It’s why we **give ourselves** to fruitless business ventures, fantasize about a different life, cycle through relationships, and consume ourselves with our drug of choice.
* When we give God our heart, when we surrender ourselves to Him as His forever, when we are betrothed to Him and he becomes our everything, **our hearts desires change**.
  + We come into this deep hunger to see the glory of God manifested or known in our lives rather than our own desires.
    - We find a deep sense of fulfillment and satisfaction **yet are never completely content** until He is totally known and our lives are fully His.
* A Hunger and Thirst for Righteousness leads us to discover that **through our broken pieces God actually gives us purpose**, and through this purpose we find Him to be more than enough. God uses our suffering and pain and transforms it into the very vessel through which He will make Himself known. What we once thought our life was purposed for is made new, and it’s more beautiful than we could have imagined.

*By embracing the Beatitude Process, we experience what it means to enter the Kingdom of God over the kingdom of self, we feel the presence of the one who comforts us in our loss, we learn how to live on earth as those who have a new life and presence, and experience the satisfaction of living in dependence on God rather than ourselves or the world around us.*

**2 Corinthians 4:16-18**

16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. 17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, 18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.