

*The purpose of this message is twofold. I want to help you to understand people who are dealing with trauma. How we can be more like Jesus in our love, grace, and support.*

### **HOW DO YOU DEFINE TRAUMA?**

*"Deeply distressing or overwhelming experience that results in significant psychological and physiological disruption"*

*An experience that has affected how a person processes emotions and abuse.*

#### **Single Trauma:**

*It can be a one-time experience. Natural disaster, a crime, sexual or physical assault, health crisis, death, divorce.*

#### **Repeated Trauma:**

*It can be an ongoing abuse. Repetitive neglect, religious abuse, unpredictable childhood, regular sexual or physical abuse. Dysfunction and neglect.*

#### **Trauma is comprised of 3 parts:**

*The event - The experience of the event - The effect of the event*

### **Mark 12:30 (NLT)**

#### **EFFECTS OF TRAUMA**

*Mental & Emotional*

*Physical*

*Relational*

*Spiritual*

### **Psalms 43:5 (NLT)**

### **John 8:32 (NLT)**

#### **PROCESS OF IMPROVEMENT**

*Draw Near to God (Great physician and HS comforter)*

*Acknowledge the trauma (Deal to Heal)*

*Seek Support*

*Accept Help*