

## **6—Healing from Trauma**

2/20/22

### **INTRO:**

#### **I. → Isaiah 53:1-5**

*Who has believed our message and to whom has the arm of the Lord been revealed? He grew up before him like a tender shoot, and like a root out of dry ground.*

*→ He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. He was despised and rejected by mankind, a man of suffering, and familiar with pain.*

*→ Like one from whom people hide their faces he was despised, and we held him in low esteem. Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted.*

*→ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.*

#### **II. THE POST TRAUMATIC GOSPEL**

**III. PTSD—Exposure to a traumatic event: sexual assault, warfare, traffic collisions, child abuse, domestic violence, or other threats on a person's life**

**A. Intrusive, reoccurring recollections**

**B. Dissociative episodes of reliving the trauma ("flashbacks")**

**C. Nightmares**

**D. Fight-or-flight response where no danger is present**

#### **III. PINKY BLINDERS—DANNY WIZZ-BANG**

**IV. In the United States, about 3.5% of adults have PTSD in a given year, and 9% of people develop it at some point in their life.**

**V. Sufficient degree (i.e., causing dysfunction in life or clinical levels of distress) for longer than one month after the trauma: Work, Play, Love, Worship**

## BODY:

### I. Reacting to Triggers

- A. Trauma can have a lasting effect on our physiology.
  - 1) **Isaiah 6:10**  
*“Otherwise they might see with their eyes,  
hear with their ears,  
understand with their hearts,  
and turn and be healed.”*
  - 2) **THE NEUROLOGY OF TRAUMA**
    - a) The amygdala (response to stimuli—fear) is aroused by triggers (e.g., sounds, smells, visual cues, emotional memories)
    - b) Medial prefrontal cortex (regulation of emotion, extinction of response) cannot regulate
    - c) The hippocampus (placing memories in the correct context of space and time) is suppressed
    - c) HPA releases excess adrenaline in ratio to cortisol
    - d) Neural pathways are formed around the experience
  
- B. PTSD reacts to danger where no danger is present.
  - 1) **1 John 4:18**  
*Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.*
  - 2) **TED ROBERTS GETTING SKIN TREATMENT**
  - 3) **HAVING A PANIC ATTACK**

### II. Relieving the Symptoms

Some wounds can be healed, others must be managed.  
Jacob walking with a limp

- A. The first step to healing is demythologizing the trauma.
  - 1) 5 myths about PTSD
    - a) PTSD is a sign of mental weakness

- b) People with PTSD are dangerous
- c) People with PTSD can't function in society
- d) People with PTSD should "just get over it"
- e) Nothing can be done once you have PTSD

2) **Jeremiah 8:22**

*Is there no balm in Gilead?*

*Is there no physician there?*

*Why then is there no healing*

*for the wound of my people?*

- 3) There are several treatment options for PTSD, including cognitive behavioral therapy, exposure therapy, group therapy, family therapy, eye movement desensitization and reprocessing, and medication.

B. We need to learn more about trauma-informed care.

1) **Matthew 9:36-37**

*When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.*

2) **EDUCATING THE SCHOOL DISTRICT**

"What happened to you?"

### III. Reprocessing the Memories

A. There really is healing in a community that understands.

1) **Matthew 11:28-29**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

2) **GOING DOWN TO THE VETERAN'S HALL**

- a) Some memories take time before we can talk
- b) Some memories get suppressed for our own sake

B. The cross helps us turn our traumas into triumphs.

1) **Galatians 6:14-15**

*May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.*

2) **REINTERPRETING THE CROSS**