



WEEK 2 - JANUARY 17

# TRAUMA

JESSE TINK | EXECUTIVE PASTOR OF LEADERSHIP

## INTRODUCTION

This week, we are jumping back into our series, "Anxiety." Pastor Jesse unpacks the effects of trauma on us and how we, as Christians, are called to respond.

## DISCUSSION

1. Pastor Jesse explains we are often taught to be too callous toward, or over-spiritualize, trauma. Discuss how you were raised to view trauma.
2. Discuss the following quote by Pastor Jesse: "In a world broken by sin, filled with people broken by sin, there's a lot of big T and little t traumas many of us have walked through and carried with us."
3. Compare our inclination to hide trauma, to the command in Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

## DO SOMETHING

1. Pastor Jesse gives us a call to action saying, "If you want to love the way Jesus commanded you to love, start by helping someone carry what's weighing them down." Ask the Lord to direct you with wisdom.
2. You may be struggling and need to step out of hiding. Ask the Lord for wisdom and courage as you take steps toward healing.
3. Spend a few minutes a day reflecting on Matthew 11:28-30. "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

## RESOURCES

1. The Body Keeps the Score, by Bessel A Van Der Kolk, M.D.
2. Walking the Tiger, by Peter Levine, Ph.D.
3. Healed, by Kirby Bewley, a video Bible series on RightNow Media
4. Stuck Not Broken podcast by Justin Sunseri, a licensed marriage and family therapist in CA.
5. The Healing Trauma podcast with Monique Koven, a trauma survivor, certified trauma recovery coach and social worker for over 25 years.
6. The Forgotten podcast, with Jami Kaeb, founder and director of The Forgotten Initiative.
7. How Childhood Trauma Affects Health Across A Lifetime, TED talk by Dr. Nadine Burke Harris, pediatrician and founder of the Center for Youth Wellness.