

From Aaron Smith's Class

Steps to help heal from trauma:

1. Confess before God that your view of that event is only partial and maybe even warped or false. (This applies to the older generations' memories of the church trauma as well).
2. Confess before God that you may have placed strategies in your life to compensate for this pain (much like a man who has hurt his leg limps).
3. Ask God to reveal any 'limps'/strategies that you have placed in your life to compensate for this pain.
4. Ask God to show you what HE wants you to know or see about the situation – HIS TRUTH.
5. Allow God full rights to come into that dark place in your heart/mind.
6. Confess before Him that you are weak. Then claim the promise that when we are weak HE IS STRONG!
7. Ask Him to help you forgive the offenders (if there are any).
8. Ask Him to make beauty from ashes, to resurrect this part of your life that was slain, to show you the TRUE you, not the warped you that you have created to get by and manage the pain or neglect facing this truth head-on.
9. Claim the promises that Christ died for the sin AND the pain.
10. Give ALL of your pain and suffering to Christ. He owns it. It is rightfully His.
11. Live a life of victory.
 - a. Memorize verses specific to this topic about your thoughts and what Christ accomplished. (John 10:10, 2 Tim 1:7, 1 John 4:18, Romans 12:2, Philippians 2:5-9, 2 Cor. 10:5, Philippians 4:8 and MORE!!)
 - b. Sing the hymns in a new way. Look for verses that speak about fear and doubt versus faith and hope
 - c. Have an accountability partner in this journey.
 - d. Use a prayer target for each time you're tempted to regress or pick back up the pain and hurt.

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