

Giving You a *Fresh Start* After Trauma!

Transform Trauma Into *Peace!*

Study Guide

Week 1 – Let’s Begin!

Welcome to your journey of getting free from the trauma that has had you bound all these years. Whether it is stored in your mind, your body or both, it’s time to let the Lord set you free from this bondage. ***That is the heart of the Father.***

Throughout this Study Guide there will be Scriptures for you to mediate on, journal about and questions for you to ponder and answer. If you are not familiar with “mediating” on Scripture it simply means you read it, talk to the Lord about it and sit with it in your heart and on your mind. Journaling is a very healing practice to help release what may be pent up inside of you. By getting your thoughts and feelings down on paper AND then giving it to the Lord, can help release it from your body. *Note: I have quoted Scriptures from different versions of the Bible. If you have a favorite version by all means look up those Scriptures in your favorite version.*

Spend time each day and sit with the Father and begin this new journey. I’m excited for you. Next week we will review this specific Study Guide. God bless!

Throughout the next 12 weeks you will hear nothing but good news. Because the truth is we have the “*Good News of the Gospel!*” What good news do you need to hear? Write about it below.

“Like a drink of cool water to a weary, thirsty soul, so hearing good news revives the spirit.” Proverbs 25:25 The Passion Translation, TPT

Take the log out of your eyes! This next Scripture has been taught in the Church about judging others. But I want you to look at yourself and what your trauma has done to you and how you are judging yourself.

“And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye? Or how can you say to your brother, “let me remove the speck from your eye; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye.”
Matthew 7:3-5, New King James Version, NKJV

So this Scripture is not just about judging others but it is also about the log that may be in your eyes from your past trauma. From what you may have experienced and the belief system you may have taken in, there could be a “log” in your own eyes. Unless that “log” is taken out of your own eyes then you will see life through “colored glasses” and the color may not be good. What are you seeing about yourself or your situation that could be through “colored glasses?”

It is important to spend time reading your Bible and getting truth, revelation, wisdom, and knowledge. **God’s Word is where all truth is found.** What is this Scripture speaking to you?

“The best way to live is with revelation-knowledge, for without it, you’ll grow impatient and run right into error.” Proverbs 19:2 The Passion Translation, TPT

It's especially hard when the person that brought on your trauma was someone who you loved, and thought was there to protect you or care for you. Read about David crying out to God as he was being betrayed by the one he loved, and thought was his protector and King. Write about how you feel about your betrayer.

"It wasn't an enemy who taunted me. If it was my enemy, filled with pride and hatred, then I could have endured it. I would have just run away. But it was you, my intimate friend – one like a brother to me. It was you, my advisor, the companion I walked with and worked with! We once had sweet fellowship with each other. We worshipped in unity as one, celebrating together with God's people. Now desolation and darkness has come upon you. May you and all those like you descend into the pit of destruction! Since evil has been your home, may evil now bury you alive! But as for me, I will call upon the Lord to save me, and I know he will! Every evening I will explain my need to him. Every morning I will move my soul toward him. Every waking hour I will worship only him, and he will hear and respond to my cry. Though many wish to fight and the tide of battle turns against me, by your power I will be safe and secure; peace will be my portion. God himself will hear me! God-Enthroned through everlasting ages, the God of unchanging faithfulness – he will put them in their place, all those who refuse to love and revere him! Psalm 55:12-19 The Passion Translation, TPT

God created us to crave, but we were never created to crave people, food, things or sex. It's ok to desire those things but not crave them. We were created to crave Him but when we have trauma we tend to focus on other 'gods' or other things we think that will take the pain away. When you begin to crave something you know is not in your best interest, walk away and give yourself time to think about it. **Will this craving fulfill my end goal of healing and bring me closer to the Father?**

Don't let satan cause you to crave something other than God. There are 3 ways satan can lure us from God:

- a. Cravings of our sinful ways – *trying to get our physical desires met outside the will of God*
- b. Lust of our eyes – *trying to get our material desires met outside the will of God.*
- c. Trauma – *trying to get healing outside the healing power of God.*

What are the ways or things you are using right now to take away your pain that have not been working? When that craving comes upon you, take a deep breath, step away and ask the Father to give you the grace to keep your focus on Him. Make a list of some things you can do to have your focus kept on the Father and to ask for healing. Things like *(read the word, listen to worship music, take a walk, look at nature, and talk to the Father, etc).*

What is your perception of your life and what has shaped that perception? Do you feel life is out to get you or just a cycle of misfortunes? How do you view your life right now?

Think about what is manifesting in your body? *Physical signs of emotions can include:*

- *Anger: headaches, stiff neck & shoulders*
- *Sadness: breathlessness, fatigue, crying*
- *No Joy: insomnia, overexcitability, heart palpitations, depression*
- *Worry: weak voice, pale complexion, poor appetite, inability to relax*
- *Pensive: poor appetite, epigastric discomfort, fatigue*
- *Fear: insomnia, night sweats, diarrhea*
- *Shock: palpitations, breathlessness, insomnia*

Identify what imbalances that maybe manifesting in your body and write them down.

Have you or do you have a relationship with a narcissist? *We will discuss further in Week 3 Review*

What do you do to comfort yourself when your emotions are out of balance?

What brings you joy?

Let me end this section with the following Scripture:

*Yes, the people of **Zion** who live in **Jerusalem** will weep no more. How compassionate he will be when he hears your cries for help! He will answer you when he hears your voice!*

Even though the Lord may allow you to go through a season of hardship and difficulty, he himself will be there with you. He will not hide himself from you, for your eyes will constantly see him as your Teacher.

When you turn to the right or turn to the left, you will hear his voice behind you to guide you, saying, ‘This is the right path; follow it.’

Then you will see your idols as they are –unclean! Your silver-overlaid idols and gold-plated images are defiled. You will discard them like a filthy menstrual cloth, saying to them, ‘Good riddance!’

Then God will supply you with abundant rain for the seeds you sow. He will bless you with an incredible, plentiful harvest. And in that day he will give you lush, broad pastures for your cattle.” Isaiah 30:19-23 The Passion Translation, TPT

When you see the **Word Zion, it refers to the Covenant God has made with you. The City of Jerusalem or Jerusalem means the City of Peace.** What I believe this Scripture is saying is that when we live in God’s Covenant and a state of Peace, everything else will fall into place. You will identify your idols and those idols are not necessarily “statutes” that we have read in the Bible. Those idols can be food, spending or shopping, social media, or technology. An idol is anything that you use to take your pain away that is not the Lord. Read the above Scripture again and then write down what’s coming to your heart. Are there any idols in your life? Identify them, write them down and then ask the Lord to forgive you for putting those idols in place of Him.

Here are some additional Scriptures to help you redirect your focus back to the Lord and the Father. Of course, you can spend time searching the Word of God for more Scriptures that will minister to you. Add those Scriptures to this list below:

“Revive us again, O God! I know you will! Give us a fresh start! Then all our people will taste your joy and gladness.” Psalm 85:6

“God of Heaven’s Armies, you find so much beauty in your people! They’re like lovely sanctuaries of your presence. Deep within me are these lovesick longings, desires and daydreams of living in union with you. When I’m near you my heart and my soul will sing and worship with my joyful songs of you, my true source and spring of life!” Psalm 84:1-2 The Passion Translation, TPT

“Don’t seek the affections of your heart on this world or in loving the things of the world. The love of the Father and the love of the world are incompatible. For all that the world can offer us – the gratification of our flesh, the allurements of the things of the world, and

