

Independence Day
At The Movies: Part 4
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Trauma *noun* trau·ma \ 'traü-mə, 'tró-\ **Simple Definition of *trauma***: a very difficult or unpleasant experience that causes someone to have mental or emotional problems usually for a long time

- **Trauma is an UNAVOIDABLE PART of our story.**

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33, NIV)

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. (1 Peter 4:12, NIV)

- **Trauma Does Not PREVENT GOD From Using Us.**

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. (2 Corinthians 1:4, NLT)

- **Trauma Does Not Make Me A HELPLESS VICTIM.**

For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! (2 Corinthians 4:17, NLT)

- **Trauma Can Lead To TRANSFORMATION.**

The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God. (1 Peter 1:7, GWT)

- **Trauma Can Become TESTIMONY.**

"And if someone asks about your Christian hope, always be ready to explain it". (1 Peter 3:15, NLT)

"I don't know whether he is a sinner," the man replied. "But I know this: I was blind, and now I can see!" (John 9:25, NLT)

True Independence Comes From Developing A HOLY RESILIENCE

RECIPES FOR RESILIENCE

Recognize there are degrees of TRAUMA and degrees of TOLERANCE and everyone is different.

Create A Well Being Plan

We are Triune beings made in the image of a Triune God: Mind, Body, and Soul.

1. Physical Bodies

- We are designed to shut down and recharge- REST
- We are designed to be fueled by healthy foods- DIET
- We are designed for physical activity- EXERCISE

2. Mental Health

Our emotional health effects our physical health

- Feed Your Mind Like You Do Your Body – CHANGE THE INPUT

3. Soul Care

- Our Soul is fed by the WORD OF GOD and COMMUNION OF GOD

Action Step:
