

Trauma vs Drama

Understanding the difference between drama and trauma is crucial:

- Fostering healthy relationship.,
- Promoting emotional well-being.
- Maintaining mental clarity.

Drama often involves:

- Exaggerated emotional reactions and conflicts.
- Driven by minor issues or personal insecurities,
- Magnifying trivial matters into significant problems. Much is based on envy and strife.

Drama is focused on personal grievances over personal responsibility.

**Drama is focuses on taking sides, but,
*It's not who's right, it's what's right.***

“Distance yourself from people who act like victims of their own problems.”

In contrast, trauma refers to:

- Deeply distressing experiences that have a profound and lasting impact on an individual’s mental and emotional health.

This message is focused on how to help those around us that are dealing with trauma.

Trauma is rooted in the curse of the fall.

Crisis is trauma

Trauma is

- unplanned

- unexpected
- unwanted
- unappreciated
- unavoidable

Trauma can be a result of:

- Natural disasters
- Physical, emotional, sexual abuse.
- Accidents with severe injuries
- Violence
- War and Conflict
- Sudden loss of loved ones.

Jesus gave us the solution to deal with trauma”

John 16:33 NLT

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

Luke 13:4-5 NLT

4 And what about the eighteen people who died when the tower in Siloam fell on them? Were they the worst sinners in Jerusalem? 5 No, and I tell you again that unless you repent, you will perish, too.”

Bad things happen to good people in this world.

Danger is to treat a traumatic event like a dramatic event.

Youth Camp kid with diabetic shock, coma.

The body is designed to handle trauma:

One part of the body hurts, the rest of the body has to help it.

1 Corinthians 12:12-27 NLT

12 The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ.

13 Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit.

(Our cultural identity should never be greater than our Kingdom identity)

14 Yes, the body has many different parts, not just one part.

18 But our bodies have many parts, and God has put each part just where he wants it.

19 How strange a body would be if it had only one part!

20 Yes, there are many parts, but only one body.

25 This makes for harmony among the members, so that all the members care for each other.

26 If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad.

27 All of you together are Christ's body, and each of you is a part of it.

Some people amputate themselves. They run away when those close to them suffer trauma.

- Some can't stand the sight of blood,
- Some can't stand someone crying
- Some can't handle their own pain let alone someone else's.

Here is something to help us address those dealing with trauma:

1. Know that the size of the problem is bigger than you.

A person's Trauma can fuel us as a rescuer, taps into our adrenaline, and can end up drawing on human strength after your spirit is drained.

“Helping people through trauma will be rewarding but you will rarely be rewarded.”

Don't do it for recognition, do it because it's the right thing to do.

2. Manage the situation with our spirit not our brain.

The size of the problem can cause us to become deficient in our spiritual management.

We end up drawing on physical strength and won't be able to tell the difference until it's too late.

You are not the only one to help with the trauma. Learn how to direct resources. We keep an overview of the situation.

Galatians 5:16-18 NLT

"So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. But when you are directed by the Spirit, you are not under obligation to the law of Moses."

3. Know your Your Limits

Traumatic events can be very complex.

Scuba diving - you have to know your limits.

Depth and time limits,

Air gauge, you have to know when you need to come up. Don't get distracted.

Time underwater determines if you have to do extended safety stops. Or decompression stops.

Air under pressure can become toxic and disorienting. Up is down and down is up and time can stop.

Self-Care:

- You need to know your depth limits.
Details?
- Time limits. You have other responsibilities.
- Safety stops...don't kill your emotions, but process them.
- Don't let the pressure of the moment cause you to lose your equilibrium. It can become toxic.

4. Don't overstep boundaries.

Dominant personalities tend to take over.

Never grab someone else's steering wheel.
Leave that to the professionals.

Don't take on roles beyond your expertise,

Many times people experiencing trauma
become very vulnerable. Don't make decisions
for them.

Don't create co-dependency issues.

Trauma is a reality in this world, but we can all
function better if we know our role and
responsibilities as a part of the body of Christ.

Psalm 34:19 (NLT):

“The righteous person faces many troubles, but the Lord comes to the rescue each time.”

The Lord can use people to help rescue us.

Doctors, counselors, Pastors, life coaches, medication (chemical imbalances) the body of Christ.

John 14:12 NLT

“I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father.”