

The background of the central text is a teal-tinted X-ray of a human chest, showing the ribcage and lungs. A white ECG (heart rate) line is overlaid horizontally across the chest area, passing behind the text.

YOUR BODY
IS KEEPING
THE SCORE

S E R M O N G U I D E

Your Body Is Keeping The Score

2 Corinthians 7:1

QUESTIONS TO CONSIDER

1. What trauma has been stored in your body?
2. What ways/tools have you sought out to experience healing and restoration?
How has that worked out for you?
3. What is one step you can take this week to begin to address and start healing
from the trauma you've experienced in your past?
