



SPIRITUAL WARFARE

THE UNSEEN BATTLE

PART III

FROM TRAUMA TO TRANSFORMATION

Week One....

God Gave Us A Sound Mind, But We Must Guard What God Gave

DO WE HAVE THE RIGHT WEAPONS FOR WARFARE

Last Week....

There Is Power In Prayer

**Prayer Releases The Pain*

**Prayer Releases The Pressure*

**Prayer Restores Peace*

**Prayer Shifts Your Perspective*

There Is Power In Purpose

You Purpose Is Always Greater Than The Pain

There Is Power In Positive People

Healing Is Connected To A Healthy Community

Key Passage

Mark 5:1-20 (ESV)

2 And when Jesus had stepped out of the boat, immediately **there met him out of the tombs a man with an unclean spirit.** 3 He lived among the tombs. And no one could bind him anymore, not even with a chain, 4 for he had often been bound with shackles and chains, but he wrenched the chains apart, and he broke the shackles in pieces. No one had the strength to subdue him. 5 Night and day among the tombs and on the mountains, he was always crying out and cutting himself with stones.

6 And when he saw Jesus from afar, he ran and fell down before him.
7 And crying out with a loud voice, he said, “What have you to do with me, Jesus, Son of the Most High God?
Do not torment me.”

8 For he was saying to him, **“Come out of the man, you unclean spirit!”**
9 And Jesus asked him, “What is your name?” He replied, “My name is Legion, for we are many.”

15 And they came to Jesus and saw the demon-possessed man, the one who had had the legion, sitting there, clothed and in his right mind, and they were afraid.
16 And those who had seen it described to them what had happened to the demon-possessed man and to the pigs.
17 And they began to beg Jesus to depart from their region.

18 As he was getting into the boat, the man who had been possessed with demons begged him that he might be with him. 19 And he did not permit him but said to him, “Go home to your friends and tell them how much the Lord has done for you, and how he has had mercy on you.” 20 And he went away and began to proclaim in the Decapolis how much Jesus had done for him, and everyone marveled.

*Tonight.... Let's Evaluate
Trauma and Transformation
From Mark 5:1-15*

1) The Picture Of Trauma

2) The Path To Transformation

3) The Power Of Testimony

Introduction

In the Gospel of Mark, we see *a picture of Destructive Behavior that is caused by internal trauma*.
This passage helps us examine how trauma can affect a person *mentally, emotionally, socially, and spiritually...*
While the text reveals *spiritual oppression*, it also mirrors many realities *connected to trauma*.
This man is a picture of what trauma can do to a life...

One of the *dangers of trauma* is that people often focus on the visible behavior
While ignoring the invisible brokenness beneath it...

In Mark 5, when the community looked at this man, they saw a violent, loud, and destructive person...
They saw his actions and his environment...
But the Behavior was only a symptom of a deeper issue
The outward behavior was the manifestation of inward pain

Behind the Self-destruction was *internal suffering*
That is *the nature of trauma...* The pain is *internal* while expressing *externally*.

The Community Was *Attempting To Manage His Behavior* But Nobody *Addressed His Brokenness...*
This is what happens often today... *We punish the behavior* without understanding the pain.
Many people specialize in *criticizing the actions without considering the trauma...*

Jesus teaches a Powerful Lesson...
If you only treat the symptom without healing the source, the suffering continues...

Principle #1 ~ The Picture of the Trauma

Mark 5:2-5 (ESV)

2 And when Jesus had stepped out of the boat, immediately there met him out of the tombs a man with an unclean spirit. 3 He lived among the tombs. And no one could bind him anymore, not even with a chain, 4 for he had often been bound with shackles and chains, but he wrenched the chains apart, and he broke the shackles in pieces. No one had the strength to subdue him. 5 Night and day among the tombs and on the mountains, he was always crying out and cutting himself with stones.

Trauma does not merely **IMPACT** one area of life...It affects many areas at the same time

Let's Examine The Symptoms Of Internal Suffering

"He Lived In The Tombs"

Trauma Produces Isolation ~ He is no longer living in community

The tombs represent **death, separation, darkness, and hopelessness**

Trauma has a way of making people **withdraw emotionally, mentally, and relationally**

People living with trauma can be physically at work, at church, at home, **but emotionally living in the tombs**

They disconnect **from Life and Life-Filled Environments**

Because They have stopped trusting, stopped opening up, and stopped engaging with others

Psalms 142:4 (NLT)

4 **I look for someone to come and help me**, but no one gives me a passing thought!

No one will help me; no one cares a bit what happens to me.

Principle #1 ~ The Picture of the Trauma

Mark 5:2-5 (ESV)

2 And when Jesus had stepped out of the boat, immediately there met him out of the tombs a man with an unclean spirit. 3 He lived among the tombs. And no one could bind him anymore, not even with a chain, 4 for he had often been bound with shackles and chains, but he wrenched the chains apart, and he broke the shackles in pieces. **No one had the strength to subdue him.**

Let's Examine The Symptoms Of A Wounded Soul

"No one could bind him anymore, not even with a chain"

Trauma Produces Instability ~ The man had become uncontrollable

Trauma often creates instability because wounded people are battling emotions internally

While People are trying to regulate behavior externally

The instability causes emotional outbursts, anger, panic, fear, and unpredictable behavior

The people only see a person that is out of control.... So, they try to restrain externally without healing internally

Many people today are trying to manage spiritual and emotional wounds with external solutions

1 Samuel 16:14-16 (NLT)

14 Now the Spirit of the Lord had left Saul, and the Lord sent a tormenting spirit that filled him with depression and fear.

15 Some of Saul's servants said to him, "A tormenting spirit from God is troubling you. 16 Let us find a good musician to play the harp whenever the tormenting spirit troubles you. He will play soothing music, and you will soon be well again."

Principle #1 ~ The Picture of the Trauma

Mark 5:5 (ESV)

5 Night and day among the tombs and on the mountains, he was always crying out and cutting himself with stones.

Let's Examine The Symptoms Of A Wounded Soul

"No one could bind him anymore, not even with a chain"

Trauma Produces Self-Destructive Tendencies ~ The Pain Has To Have An Outlet

Unhealed Pain eventually seeks an outlet

Sometimes it comes through addiction, rage, toxic relationships, self-sabotage, or self-harm

The Man is Crying Out Continuously... The Man Is Harming Himself With Stones

This Is A Symptom Of Internal Suffering ~ Internal Pain Is Being Expressed Through Outward Destruction

You Can Only Carry Inward Pain For So Long Before It Starts Showing Outwardly

Proverbs 4:23 ~ "Guard Your Heart, for everything you do, flows from it"

Luke 6:45 ~ "Out of the abundance of the heart the mouth speaks"

The Wounded Heart produces angry speech, emotional outrage, and disturbing behavior

Psalms 51:10 ~ "Create in me a clean heart, O God; and renew a right spirit within me."

Principle #2 ~ The Path To Transformation

Mark 5:6-8 (ESV)

- 6 *And when he saw Jesus from afar, he ran and fell down before him.*
7 *And crying out with a loud voice, he said, "What have you to do with me, Jesus, Son of the Most High God? ...do not torment me."*
8 *For he was saying to him, "Come out of the man, you unclean spirit!"*

Let's Examine The Path To Transformation

True Transformation Begins With An Encounter With Jesus

Things Begin To Change When Jesus Enters The Man's Environment

*He Did not Get Himself Together First ~ He Is Broken While Having An Encounter
He is wounded, tormented, unstable and overwhelmed ... But He Is Having Dialogue That Leads To Restoration*

Transformation Begins With An Encounter ~ Not Just Attending Church... Not Religious Performance

How Do We Help With The Encounter

- 1) Introducing Them To The Word*
- 2) Modeling Christ Through Compassion*
- 3) Walking Them Through The Process*
- 4) Providing A Safe Place To Express Brokenness*

Principle #2 ~ The Path To Transformation

Mark 5:9 (ESV)

9 And Jesus asked him, “**What is your name?**” He replied, “My name is Legion, for we are many.”

Let's Examine The Path To Transformation

True Transformation Requires Restoring Your Identity

The man had become identified with what was tormenting him

Jesus was not asking for *Information*... Jesus was exposing *what was defining him*

Trauma often tries to become a person's identity

People begin **identifying themselves** by what hurt them, what broke them or what they survived

So when he speaks... it is not him speaking... *It is his pain, his torment, his condition speaking...*

Ruth 1:20-21 (ESV)

20 She said to them, “Do not call me Naomi; call me Mara, for the Almighty has **dealt very bitterly with me.**
21 I went away full, and the Lord has brought me back empty. **Why call me Naomi,** when the Lord has testified against me and the Almighty has brought calamity upon me?”

Healing/Transformation requires knowing who you are...

When You Feel Yourself Becoming Depressed... **Remind Yourself**

I Am A Child Of God ~ I Am Redeemed ~ I Am Chosen ~ I Am The Head and Not The Tail

I Have Purpose, I Have Value, I Have Worth

Principle #2 ~ The Path To Transformation

Mark 5:13 (ESV)

13 So he gave them permission. And the unclean spirits came out...

Let's Examine The Path To Transformation

True Transformation Requires Deliverance From Within

Jesus Did Not Specialize In Behavior Modification

He specializes In Deliverance

We Specialize In "BETTER"

Act Better, Look Better, Hide It Better...

Jesus Examines The Inside

1 Samuel 16:7 (NLT)

7 The Lord doesn't see things the way you see them.

People judge by outward appearance, BUT THE LORD LOOKS AT THE HEART."

The Community Tried To Manage The Behavior.... But Jesus Wanted The Man Delivered Completely

The Word Has The Power To Deliver From Fear, Shame, Trauma, Despair, Bitterness, and Bondage

His Place Of Deliverance

You Can Change A Person's Environment and Still Never Heal The Issue

Jesus Wanted To Deliver From The Source...not just the symptoms or the surroundings

Principle #3 ~ The Power Of Testimony

Mark 5:15 (ESV)

15 And they came to Jesus and saw the demon-possessed man, the one who had had the legion, sitting there, clothed and in his right mind, and they were afraid.

Mark 5:18-20 (ESV)

18 As he was getting into the boat, the man who had been possessed with demons begged him that he might be with him. 19 And he did not permit him but said to him, "Go home to your friends and tell them how much the Lord has done for you, and how he has had mercy on you." 20 And he went away and began to proclaim in the Decapolis how much Jesus had done for him, and everyone marveled.

The Man WHO HAD BEEN TRAUMATIZED... IS NOW DELIVERED

He Is Now A Witness Who Was Wounded But Is Well

Notice His Impact ~ EVERYONE MARVELED

*We Must **Create Spaces/Opportunities** To Discuss What We Have Come Through
Many People Are Impressed With Our Achievements But Don't Know What We Have Overcome*

Turn Your Trauma Into A Powerful Testimony

In Conclusion

1) The Picture Of Trauma

2) The Path To Transformation

3) The Power Of Testimony