

The Brokenhearted



Luke 4:18

“The Spirit of the Lord is upon Me,
Because He has anointed Me
To preach the gospel to the poor;
He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives
And recovery of sight to the blind,
To set at liberty those who are oppressed;”

2 Corinthians 5:20

Therefore, we are ambassadors for Christ,
God making His appeal through us. We
implore you on behalf of Christ, be
reconciled to God.

In Luke 4:18 Jesus said,
“He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives
And recovery of sight to the blind,
To set at liberty those who are oppressed;”

- 1 in 3 women experience domestic violence.
- 1 in 4 girls are sexually abused before age 18.
- 1 in 5 boys are sexually abused before age 18.
- 1 in 5 women experience sexual assault.
- 1 in 7 children experience abuse or neglect.

In the US - 70% of adults report trauma.

In SC - 62% of adults report childhood trauma.

In SC - 16% report 4+ childhood traumas.

1.6 million people attempted suicide last year.

“Given the numbers of suffering and traumatized, the trauma of this world is one of the primary mission fields of the twenty-first century.”

Dr. Diane Langberg

The mission field of trauma requires us to:

- learn about trauma and trauma-care;
- press beyond comfortable faith;
- dare to go into uncomfortable places;
- become an Ambassador for Christ.

Strong or Frequent Trauma

Dysregulates most of the body's processes.

Creates a toxic cocktail of stress hormones.

Decouples nervous system functions.

Alters the brain & the structure of DNA.

Trauma Changes the Brain

Prefrontal Cortex (thinking) atrophies.

Amygdala (survival) enlarges.

Hippocampus (learning and memory) atrophies.

Connecting neurocircuitry is damaged.

These 3 collectively support and control of fear.

Trauma fundamentally reorganizes the way the brain interprets and processes information.

Trauma “changes not only *how we think* and *what we think about*, but also *our very capacity to think*.”

Dr. Bessel van der Kolk

After the Trauma, Comes Anxiety

Anxiety is a state of sustained fear.

Caused by damage to the neurocircuitry of fear.

Anxiety influences everyday decisions.

Anxiety has a profound impact on the ability to function adaptively.

Visible Symptoms of Trauma

Intense and barely controllable emotions

Poor memory and decision making

Unexplained pain

Simple tasks lead to high anxiety

Addiction

Trauma distorts how survivors see God.

Prayers feel useless.

Think God is cruel, uncaring, or powerless.

Speaking the truths of Scripture often has no real impact.

Psalm 34:18

The Lord is **near** to the brokenhearted
And saves the crushed in spirit.

2 Corinthians 5:18 & 20

God reconciled us to Himself through Christ.
God gave **us** the ministry of reconciliation.
Therefore, **we are ambassadors for Christ**
God making His appeal through **us**.

It's All About
Relationships

Slow down to see and hear people.

The most important thing is being able to feel safe with other people.

The critical issue is being truly heard and seen by the people around us.

Job 2:11-13

Three of Job's friends heard about his trouble.

They went to comfort and mourn with him.

They sat on the ground with Job for **seven days and seven nights**.

They didn't say a word, because they saw he was in so much pain.

If we want people:

to know that God loves them,

then love them in a way that shows that.

to know that God is trustworthy and safe,

then be trustworthy and safe for them.

If we want people:
to know that God is a refuge,
then be a refuge to them.
to understand the infinite patience of God,
then be patient with them.

“People need real people who show up with real care.”

“We Care with Presence”

“We Care with Consistency”

“We Care with Wisdom”

Pastor Matt Dorn

Isaiah 6:8

And I heard the voice of the Lord saying,
“Whom shall I send, and who will go for Us?”
Then I said, “Here I am! Send me.”

Psalm 147:3

He heals the brokenhearted
And binds up their wounds

Jesus Christ can heal you, but you
must give Him all the pieces.