

## Soul Care: **The Faith is in the Yes**

1. "Grief had hollowed him out, leaving raw edges where his patience should have been... their complaints echoing in his mind not as a legitimate need, but as a personal attack."  
-Dr Steve Robinson (on Moses striking the rock)
  - a. [Num 20:12 NLT] 12 But the LORD said to Moses and Aaron, "Because you did not trust me enough to demonstrate my holiness to the people of Israel, you will not lead them into the land I am giving them!".
2. "A trigger is like an emotional alarm that goes off in your brain when something reminds you of past hurt. When triggered, or activated, your emotional brain overpowers your thinking brain. This happens automatically, without you choosing it." -Dr Steve Robinson
3. Trauma, Triggers, and Terrible Habits
  - a. Unprocessed trauma→Leads to poor decisions
  - b. Moments of weakness → become moments of frequency
  - c. [Dan 4:3 NLT] (Nezzy is praising God!) How great are his signs, how powerful his wonders! His kingdom will last forever, his rule through all generations.
  - d. [Dan 4:27 NLT] 27 "'King Nebuchadnezzar, please accept my advice. Stop sinning and do what is right. Break from your wicked past and be merciful to the poor. Perhaps then you will continue to prosper.'
  - e. [Dan 4:30-31 NLT] 30 As he looked out across the city, he said, 'Look at this great city of Babylon! By my own mighty power, I have built this beautiful city as my royal residence to display my majestic splendor.' 31 "While these words were still in his mouth, a voice called down from heaven, 'O King Nebuchadnezzar, this message is for you! You are no longer ruler of this kingdom.
  - f. [Dan 4:34 NLT] 34 "After this time had passed, I, Nebuchadnezzar, looked up to heaven. My sanity returned, and I praised and worshiped the Most High and honored the one who lives forever. His rule is everlasting, and his kingdom is eternal.
  - g. [Dan 4:36 NLT] "When my sanity returned to me, so did my honor and glory and kingdom. My advisers and nobles sought me out, and I was restored as head of my kingdom, with even greater honor than before.
  - h. "What begins as an occasional emotional outburst can evolve into established behaviors that affect every area of life. As time passes without ownership of maladaptive behaviors, proper processing, and healing, these coping mechanisms become entrenched, often manifesting as:
    - i. Anxiety Disorders
    - ii. Mood Disorders

- iii. Personality Disorders
- iv. Addictive Behaviors
- v. Substance Abuse
- vi. Pornography and Sexual Indiscretions
- vii. Emotional Dysregulation
- viii. Decision Making Impairments
- i. We call responses like these “pathologies” which you can regard as reactions that hurt you more than they help you” - Dr Steve Robinson
  
- j. Actions Steps
  - i. Step 1- Admit
  - ii. Step 2- Identify
  - iii. Step 3- Lift
  - iv. Step 4- Take Responsibility