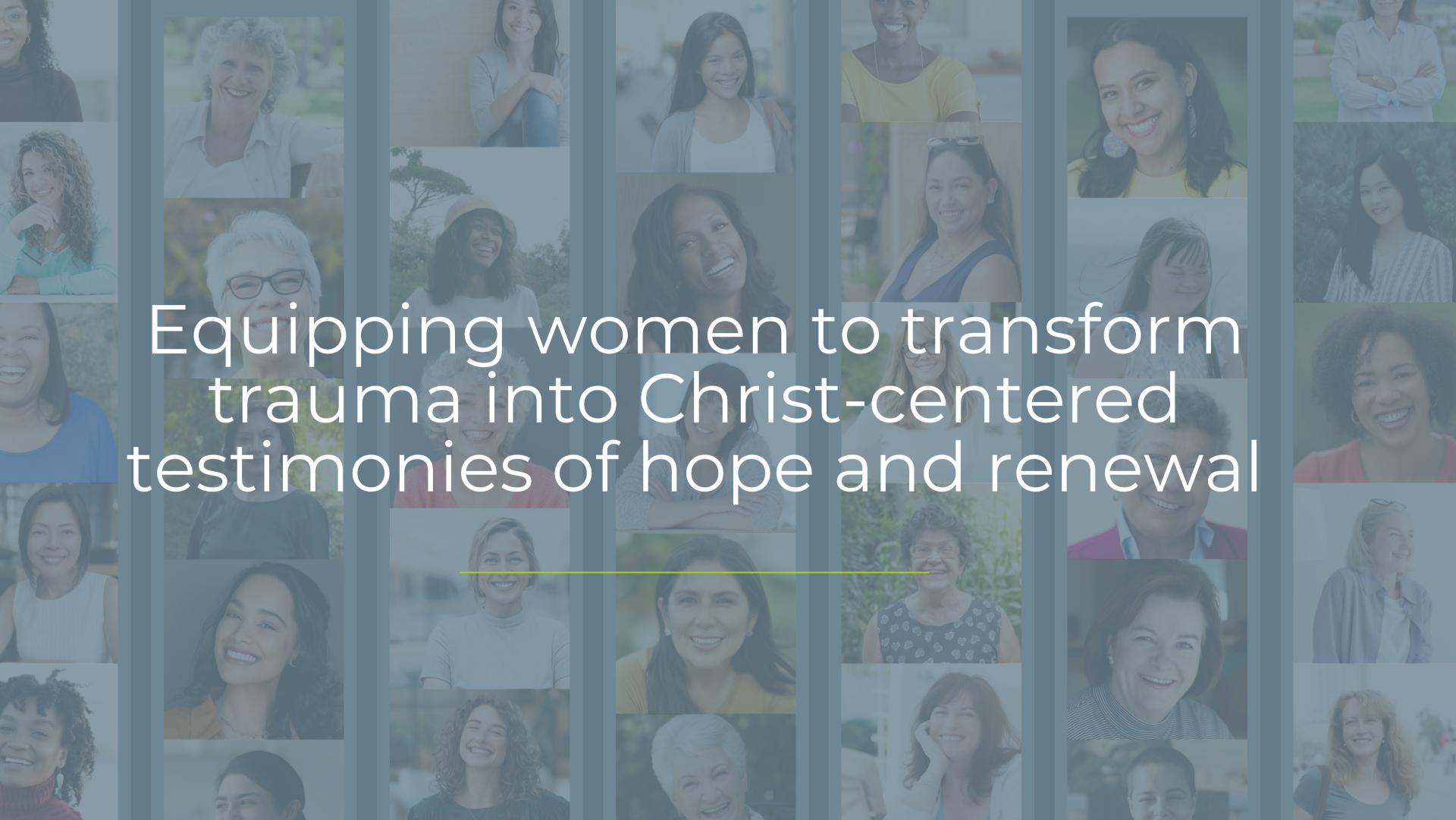






Empowering Ministry Leaders to Disciple Women Through Trauma





emotional response

distressing circumstances

overwhelm the ability to cope

disturbing events

hopelessness

fear for safety

flashbacks

I aumoniana

diminishes self-worth

unpredictable emotions

physical symptoms

strained relationships

forever changed

Who???

Who is coming alongside me in my pain and sorrow?



FEAR & ANXIETY

Who can speak to the complexities of my uncertainties and confusion?

INSTABILITY & IDENTITY

Where will I go and what can I do to survive all this chaos?

LABELS & ACCEPTANCE

Who will people think I am and how will they treat me if they know my story?

Asking the questions

is the beginning of searching for hope



COMPLEXITIES

Having someone who can talk through the issues and be steady in the uncertainties is crucial



INSECURITIES

Finding mentoring and help to rebuild the broken spaces is a lifeline to overcoming the injustices



PROJECTIONS

Being built up in your abilities and encouraged to keep pressing on builds the dignity to fight lies that abound

Alongside

We need to cultivate a plan to see the broken and come alongside.



ONE EXPERIENCED LIFE

Impacted by incarceration, assumptions, and labels

ONE BROKEN LIFE

Impacted by imprisonment, abandonment, and speculation

ONE POWERFUL RESULT

A care to come alongside, sit empathetically in the pain and speak truth to the lies.





Explore the meaning of

Empowered by Hope

Discipling Women Through Trauma



STRENGTH

Empowered by Hope means you are strengthened as you walk through trauma and its impact

Foundation to Stand on

not a feeling or simple freedom

TRUST

Empwered by Hope means you find a deeper trust in Christ's healing work in your life.



A Purpose to Live for

not surviving, but thriving

TRANSFORMATION

Empowered by Hope means a greater transformation of heart, mind and soul giving you a renewed sense of identity

COMPASSION

Empowered by Hope draws you to compassion for others who are walking the difficult journey of trauma.

A Truth-filled Community

renewal of hope and joy



Hope is not wishful thinking. It is displayed in the foundation of the Word and rooted in the eternal hope of Christ. This is what Empowers Hope.



Healing and Restoration

- true comfort & healing come through God's Word and Christ's sacrifice on the cross
- healing is rooted in setting our eyes on Him, not a muddle through, grit your teeth endurance
- new eyes to see that no purpose of God's can be withheld from Him





"I have set the Lord always before me; Because He is at my right-hand I shall not be moved." Psalm 16:8

Session 1 Determine Your Mindset



Our minds need a structured pause to help us order our thoughts. Take time to process. You are worth it.



"Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

Psalm 46:10

Session 2 Know God's Voice

Truth Musset

God's Voice

Stills you
Leads you
Reassures you
Enlightens you
Encourages you
Comforts you
Calms you
Convicts you

Enemy's Voice

Rushes you
Pushes you
Frightens you
Confuses you
Discourages you
Worries you
Obsesses you
Condemns you

Session 2 Know God's Voice

Truth Mugget

"For thus says the Lord God, the Holy One of Israel: 'In returning and rest you shall be saved; In quietness and confidence shall be your strength."

Isaiah 30:15a

Session 3 Identify Your Patterns

Truth Musset

Adjusting your patterns takes courage, discipline and hard work; recognizing unhealthy patterns is the first step to more healthy living.



God said,

"My grace is sufficient for you;

My strength is made perfect in weakness."

2 Corinthians 12:9a

Session 4 Find Strength in Weakness



One of the most powerful tools we have to impact others is to have our "reflection" show God's grace upon us.



"Be angry, and do not sin, do not let the sun go down on your wrath, nor give place to the devil." Ephesians 4:26-27

Session 5 Acknowledge Your Anger



Understanding your anger patterns and seeking to bring them in alignment with the Word of God can and will help bring more peace into your life.



Wisdom from Mentor Job

"I know that You can do everything, And that no purpose of Yours can be withheld from You."

Job 42:2

Session 6 Find Peace with God

Truth Musset

Attributes of God

Love: 1 John 4:8

Holy: 1 Samuel 2:2

Unchanging: James 1:17

Wise: Romans 11:33

Purposeful: Job 42:2

All-Powerful: Luke 1:37

Sovereign: 2 Chron. 20:6

All-Knowing: Psalm 139:4

Ever-Present: Psalm 46:1

Gracious, Merciful & Just:

Psalm 103:8

Righteous: Psalm 145:17

Good: Psalm 34:8

Forgiving: Psalm 103:12

Session 6 Find Peace with God



"When a man's ways please the Lord,
He makes even his enemies to be at
peace with him."

Proverbs 16:7

Session 7 Enhance Your Communication



"Do not answer a fool according to his folly, Lest you also be like him."

Proverbs 26:4



"If we say we have fellowship (communion) with Him, and walk in darkness, we lie and do not practice the truth."

1 John 1:6

Session 8 Commune with God



Communion with God

- mandates a relationship with Him
- mandates knowledge of Who He is
- draws us into a more intimate relationship with Him
- removes sin from our lives as we walk in obedience
- teaches us He is faithful no matter what



"If it is possible, as much as depends on you, live peaceably with all men." Romans 12:18

Session 9 Choose to Forgive

Truth Musset

Holding on to unforgiveness, oftentimes, hurts us more than the other person.



"Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Then I will teach transgressors Your ways, and sinners shall be converted to You."

Psalm 51:12-13

Session 10 Understand Restoration



RESTORATION DOES NOT MEAN

Everything will go back to "normal."

All your hopes and dreams will come true.

All your relationships can reconcile.

RESTORATION DOES MEAN

Healthy boundaries and greater peace.

Session 10 Understand Restoration

Truth Mugget

"The steps of a good man are ordered by the Lord, And He delights in his way. Though he fall, he shall not be utterly cast down; For the LORD upholds him with His hand."

Psalm 37:23-24

Session 11 Find Renewal of Spirit

Truth Musset

"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit." Galatians 5:22-25

Session 11 Find Renewal of Spirit



"...so that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us; for in Him we live and move and have our being..."

Acts 17:27-28a

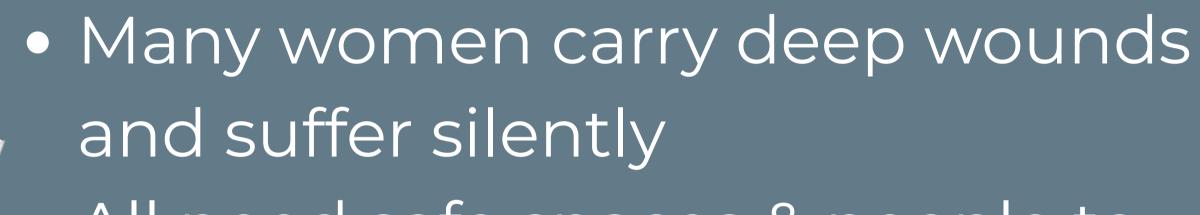
Session 12 Celebrate Your Movement

Truth Musset

Sometimes it takes years to process the depth of the pain or the effects of a given experience.

But what is helpful to recognize is that movement and processing are better than sitting in the pain without resolve of any kind.

Empowering Hope matters



- All need safe spaces & people to help them process their pain
- A Christ-centered approach gives renewed perspective & hope.



Contact Us



SOCIAL MEDIA

@sanctuaryintrauma

PHONE NUMBER

331-980-0150

WEBSITE

www.sanctuaryintrauma.org

EMAIL

info@sanctuaryintrauma.org