



Empowering Ministry Leaders to  
Disciple Women Through Trauma



# *Our Journey*

- saw the need for safe spaces
- realized the power of community
- found healing through Biblical truth
- desired to multiply the healing we had found





A collage of numerous small, square photographs of women of various ages, ethnicities, and styles, all smiling or looking positively. The images are arranged in a grid-like fashion, with some overlapping. The overall tone is warm and hopeful. The text is overlaid in the center in a white, sans-serif font.

Equipping women to transform  
trauma into Christ-centered  
testimonies of hope and renewal



emotional response

distressing circumstances

overwhelm the ability to cope

disturbing events

hopelessness

fear for safety

flashbacks

# Trauma

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

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## ✓ 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.





Praise be to the God and Father of our  
Lord Jesus Christ, the Father of  
compassion and the God of all comfort,  
who comforts us in all our troubles, **so**  
**that we can comfort those in any**  
**trouble** with the comfort we ourselves  
receive from God.

2 Corinthians 1:3-4





Explore the  
meaning of

*Empowered by Hope*

Discipling Women Through Trauma





# A Foundation to Stand on

not a feeling or simple freedom

## STRENGTH

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

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## TRUST

Empowered 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

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## 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



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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.





*Christ is the Center*

Healing and Restoration  
begin and end with Christ



# Healing and Restoration

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- 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
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# Truth Nuggets

Practical & Biblical Truth



# Truth Nugget

“I have set the Lord always before me;  
Because He is at my right-hand  
I shall not be moved.”

Psalm 16:8



# Truth Nugget

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



# Truth Nugget

“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



# Truth Nugget

## 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



# Truth Nugget

“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



# Truth Nugget

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



# Truth Nugget

God said,  
“My grace is sufficient for you;  
My strength is made perfect in weakness.”  
2 Corinthians 12:9a



# Truth Nugget

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

Session 4 Find Strength in Weakness



# Truth Nugget

“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



# Truth Nugget

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.

Session 5 Acknowledge Your Anger



# Truth Nugget

## ***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

# Truth Nugget

## 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



# Truth Nugget

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

Proverbs 16:7

# Truth Nugget

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

Proverbs 26:4



# Truth Nugget

“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

# Truth Nugget

## 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



# Truth Nugget

“If it is possible, as much as depends on you, live peaceably with all men.”

Romans 12:18

# Truth Nugget

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



# Truth Nugget

“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

# Truth Nugget

## **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.



# Truth Nugget

“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

# Truth Nugget

“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



# Truth Nugget

“...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 Nugget

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*



- Many women carry deep wounds and suffer silently
- All need safe spaces & people to help them process their pain
- A Christ-centered approach gives renewed perspective & hope.

# Contact Us

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## SOCIAL MEDIA

@sanctuaryintrauma

## PHONE NUMBER

331-980-0150

## WEBSITE

[www.sanctuaryintrauma.org](http://www.sanctuaryintrauma.org)

## EMAIL

[info@sanctuaryintrauma.org](mailto:info@sanctuaryintrauma.org)