

LIFE GROUP (22-04-10)

PRAISE FACT (Psalm 5:11) Read scripture together

If you trust in God He expects you to rejoice and shout for joy. He doesn't expect you to do it if you don't trust Him. Your faith (trust) has to be expressed with joyful shouts. Can you exercise this tonight in your group for the salvation of soul's.

SPECIAL NOTE TO LEADERS:

Please read through this first and make sure you conduct the time together with the group for prayer time before the end of the evening.

SERMON TITLE: INTRODUCTION TO TRAUMA

DEFINITION OF TRAUMA:

Psychological trauma is a type of damage to the mind that occurs as a result of a traumatic event. When that trauma leads to posttraumatic stress disorder, damage may involve physical changes inside the brain and to brain chemistry, which damage the person's ability to adequately cope with stress.

Psychological trauma may accompany physical trauma or exist independently of it.

- Typical causes of psychological trauma are sexual abuse, violence, the threat of either, or the witnessing of either, particularly in childhood.
- Trauma can be caused by man-made and /or natural disasters, including war, abuse, violence, earthquakes, mechanized accidents (car, train, or plane crashes, etc.) or medical emergencies.
- Long-term exposure to situations such as extreme poverty or milder forms of abuse, such as verbal abuse, can be traumatic (though verbal abuse can also potentially be traumatic as a single event).
- Loss of loved ones, relationships, property, investments, savings, businesses, opportunities impact us greatly. If we don't know how to cope -they will overwhelm us and can led to fear, trauma and grief.

However, different people will react differently to similar events.

- One person may experience an event as traumatic while another person would not suffer trauma as a result of the same event.
- In other words, not all people who experience a potentially traumatic event will actually become psychologically traumatized.

SCRIPTURE: Luke 24: 13-31

Disciples were traumatised by Jesus death that blinded them from recognising Him on the road. It was when He broke bread with them that they understood.

BREAKING BREAD

Please break bread together and ask God to show you if there are any areas in your life where you have been traumatised that need prayer for deliverance. Feel free to share it with the group and for them to pray with you.