

DRIVEN
to be free
SESSION FOUR

TRAUMA & THE DEMONIC
Healing the Broken

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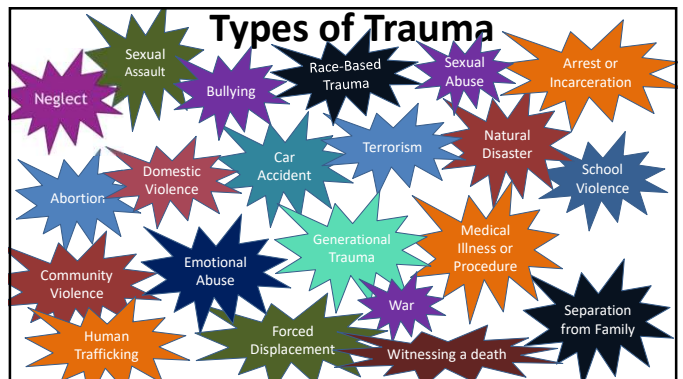
The Monkey Business Illusion




What Is Trauma?


What is Trauma?

EVENT	EXPERIENCE	EFFECT
Actual or perceived threat of death, serious injury or sexual violation to one's self or someone close	unique, individual perception of threat to one's self or someone close	Can impact social, emotional, cognitive, spiritual & physical development & functioning






Trauma is Layered



1 Peter 5:8

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

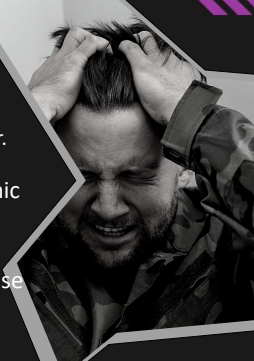
- The devil doesn't play fair.
- Trauma causes damage to the inner person



1 Peter 5:8

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.


- Trauma opens the door for demonic oppression
- Trauma can be an access point
- Trauma disrupts our normal defense mechanism(s)



If a Trauma took place, a demon will take advantage.

5 Keys to Victory

- Learning to Trust (He wants to heal)
- Inner healing
- Renew the mind
- Grounded in Biblical truths
- Expel the Enemy



King David Explains Torment of Trauma

My heart is in anguish within me; the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me" (Ps. 55:4–5).

How do we Minister to someone with Complex Trauma?

1. Know the Word
2. Have the Heart of Christ
3. Be Filled with the Spirit & flow in the Fruit of the Spirit



Isaiah 53:5

NKJV

But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed

Stripes=wounds



Inner healing and deliverance from demonic oppression are closely related.

The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to *heal the brokenhearted*, To proclaim *liberty to the captives*, And the opening of the prison to those who are bound. (Isaiah 61:1)

Examine the Word BROKEN

In the original Hebrew language, this speaks of *binding together a fractured soul*. It refers to a heart that has been

- ✓ shattered
- ✓ broken
- ✓ bruised
- ✓ crushed
- ✓ fragmented



If there's a broken heart, God wants to heal.

Jesus said about the Father, "He has sent Me to *heal* the brokenhearted" (Luke 4:18 NKJV).

[God] *heals* the heartbroken and *bandages* their wounds (Psalm 147:3 The Message).

The LORD is *near* to those who have a *broken heart*, And saves such as have a contrite spirit. Many are the afflictions of the righteous, But the LORD *delivers* him out of them all. Psalms 34:18-19 NKJV

If there's a broken heart, God wants to heal.

13 Then they cried out to the Lord in their trouble, And He *saved them* out of their distresses. 14 He *brought them out* of darkness and the shadow of death, And *broke their chains* in pieces. 15 Oh, that men would give thanks to the Lord for His goodness, And for His wonderful works to the children of men! 16 For He has *broken* the gates of bronze, And *cut* the bars of iron in two. Psalm 107:13-16 NKJV

Quote

"So often when a person is suffering physically, people only pray for the healing of the body. But when the condition has origins which are related to traumatic events, then it is important to pray for the broken heart and not just for the broken body. The body cannot be fully healed while it is still reflecting the inner pain of unhealed trauma." – Peter Horrobin

Why Freedom from Trauma Is so Important!

- Our God is good and cares about us
- He is always with us
- Through trauma, pain, and trials, we have the opportunity to experience God's faithfulness



Why Freedom from Trauma Is so Important!

- He is present and in control
- He understands suffering – He suffered
- Our identity comes from Him and Him ALONE



Love is the Key

- Hurt people hurt people
- Build Trust
- Don't forget the person has lived experiences



Love is the Key

- Make sure the person feels safe, protected, covered
- No secondary gain
- Don't judge



Love is the Key

- Affirmations are great:
 - “You are doing so good.”
 - “I am proud of you.”
 - “I love _____.”
- Pray in Authority & Faith
- Stay where the person is



Dealing with a “Freak Out”

- Panic and anxiety is common for those being healed of trauma
- Speak gentle to person
- Command peace



Dealing with a “Freak Out”

- Give the person space
- Again, sincere affirmations are great
- Sometimes silently pray & listen



Avoiding Trigger Landmines

- Ask before touching.
- Make sure they're familiar with speaking in tongues if you are going to pray in the spirit.
- Be aware of “religious” triggers
 - Scriptures
 - Songs
 - Christian jargon or objects

Avoiding Trigger Landmines

- Do not confirm or deny memories. Affirm the person.
- Do not insist the person relive the trauma. Let God decide how He wants to heal. We can trust Him with the orchestration and timing.
- Do NOT make suggestions or ask leading questions.

Avoiding Trigger Landmines

- You never know what is going on in the spiritual realm. If you do not know what to do, ask God. Pray. Worship. Take a break. There are also times to fast and pray.
- Even if you are taking a break, do not leave the person in the middle the healing. Ask the Lord to seal all the work and bring in His peace.

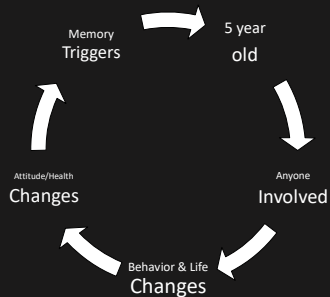
Avoiding Trigger Landmines

- Know when to refer a person or to get help. Do not let pride or misplaced determination cause you to hurt the person further that you are trying to help.
- Know that you are a vessel, not the power itself. God resists the proud. You do not want to do the things that get you “resisted” while you are wanting to help.

Avoiding Trigger Landmines

- Do NOT repeat what is told in confidence
- Build Trust
- Listen to cues from the person

Twinkie Trauma Example



Some Steps to Heal Trauma

1. Ask the Lord if there are any unresolved issues with each trauma to make sure you are completely healed
2. Ask the Lord if there's anyone you need to forgive to make sure you are released from the effects of this trauma.
 - Do they blame God?
 - Do they blame themselves?

Some Steps to Heal Trauma

3. Release themselves from guilt, false responsibility, and shame
4. Repent for any bad behaviors that have been blame on the trauma or that simply came out of the trauma.

Some Steps to Heal Trauma

5. Ask the Lord to show you any lies that are believed because of this trauma and break down the lie by revealing the truth in the word
6. Ask the Lord to heal the memory and pull out the triggers. Let Him wash away any pain or discomfort.

Some Steps to Heal Trauma

7. Allow the processing of any emotions associated with the event
8. Pray for the Lord to put any broken pieces back together
9. Rejoice in the healing from Jesus.

Helpful Resources

PTSD: Healing PTSD Trauma VIDEOS by Mike Hutchings

Moved with Compassion (book) by Kay Tolman

Healing Through Deliverance (book) by Peter Horrobin

