

**“I thought I was really making progress but the truth be known...I was just rearranging the furniture in the same crazy room. Time for a new room.”**

**- Nancy McCready**

*Day One Review:*

**Hebrews 13: 5-6 AmpC**

*“[I will] not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)!*

*[Assuredly not!]*

*So, we take comfort and are encouraged and confidently and boldly say, The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me?”*

***Trauma bonding:***

***Response to abuse that occurs when the abused person forms an unhealthy bond with the person who abuses them. The person***

*experiencing abuse may develop sympathy and pity for the abusive person so much so that they feel more for the abuser than for themselves.*

***Bitter entitlement:***

*This often leaves within us an unrealistic exaggerated or rigidly held sense of entitlement that is seen in those who, because of early frustrations, assign themselves the right to demand lifelong reimbursements from fate.*

***Romans 1:25-27 AmpC***

***25*** *Because they exchanged the truth of God for a lie and worshiped and served the creature rather than the Creator, Who is blessed forever! Amen (so be it).*

***26*** *For this reason God gave them over and abandoned them to vile affections and degrading passions. For their women exchanged their natural function for an unnatural and abnormal one,*

***27*** *And the men also turned from natural relations with women and were set ablaze (burning out, consumed) with lust for one another—men committing shameful acts with men and suffering in their own [a]bodies and personalities the inevitable consequences and penalty of their wrong-doing and going astray, which was [their] fitting retribution.*

**When we look at all that we have done & attempted to do to rise above it all we may be shocked to learn that the \_\_\_\_\_ are the most traumatized of all. Yet we do not know it!**

**What does this mean?**

**How could you be living well-adjusted?**

**What is the Source of our ability to trust God rather than ourselves or others?**

**Everything about us -- as sons -- comes from The Son -- Jesus Christ.**

**Let's think about this:**

**Are you required to trust other people as the Source of your life?**

### **John 2:24-25 AmpC**

**But Jesus [for His part] did not trust Himself to them, because He knew all [men];**

**25 And He did not need anyone to bear witness concerning man [needed no evidence from anyone about men], for He Himself knew what was in human nature. [He could read men's hearts.]**

**If you are not called to trust or submit to your own flesh what makes you think God expects you to trust or submit to someone's flesh.**

**Quick reminder:**

**Flesh is all the ways you try to meet your own needs, out of your own resources, independent of God. It's the expression of your core trauma in dealing with all other situational traumas.**

**How does true biblical forgiveness figure into all of this?**

**Time to let the whole human race off the hook!**

**You have the \_\_\_\_\_ and \_\_\_\_\_ !**

**Ephesians 4:32 AmpC**

**And become useful *and* helpful *and* kind to one another,  
tenderhearted (compassionate, understanding, loving-hearted),  
forgiving one another [readily and freely], as God in Christ forgave  
you.**

**Where was all of this accomplished?**

**How did He forgive you?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**How will you forgive others?**

**1.**

**2.**

**3.**

**4.**

**5.**

**Now let's get on with addressing trauma as we get on with living in deep, abiding oneness with Him....**

**No longer separated and disconnected...but fully connected to the Father and living in ever-increasing dependency on Holy Spirit.**