S315

Spiritual Nature of Psychological Problems – 8 Part Series

In this series, Drs. Cloud and Townsend explain why they believe all of our emotional and relational problems are spiritual issues at their core. They discuss why symptoms such as depression, anxiety, compulsive behavior, and addictions are a result of our broken relationship with God, and give you helpful information to begin healing these areas of your life.

Trauma & Abuse: Too Much Hurt to Handle

At some point, many of us have experienced pain, molestation, abandonment, victimization, or neglect that overwhelmed us. Living in this world in its fallen state is a source of trauma that everyone experiences; we were not meant to live apart from God and apart from each other. However, the degree to which different people experience the same trauma varies greatly, depending on each person's ability and resources. Having adequate support and structure can make a huge difference. Have you been advised to just "leave the past behind"? Dr. Cloud describes some of the problems people experience as a result of abuse. Just as a wrecked car needs to be fixed, you too must be repaired if you want to be fully functional. Dr. Cloud shares the needed ingredients for dealing with, and healing from, your trauma.

Small group discussion questions:

1) What experience in your life has overwhelmed you beyond your resources?	

2) Did you try to handle this event by either denying it, or reliving it? What was the result?

3) Realizing that you are created in God's image, what steps can you now take toward healing your past trauma or abuse? (support, structure, process)