

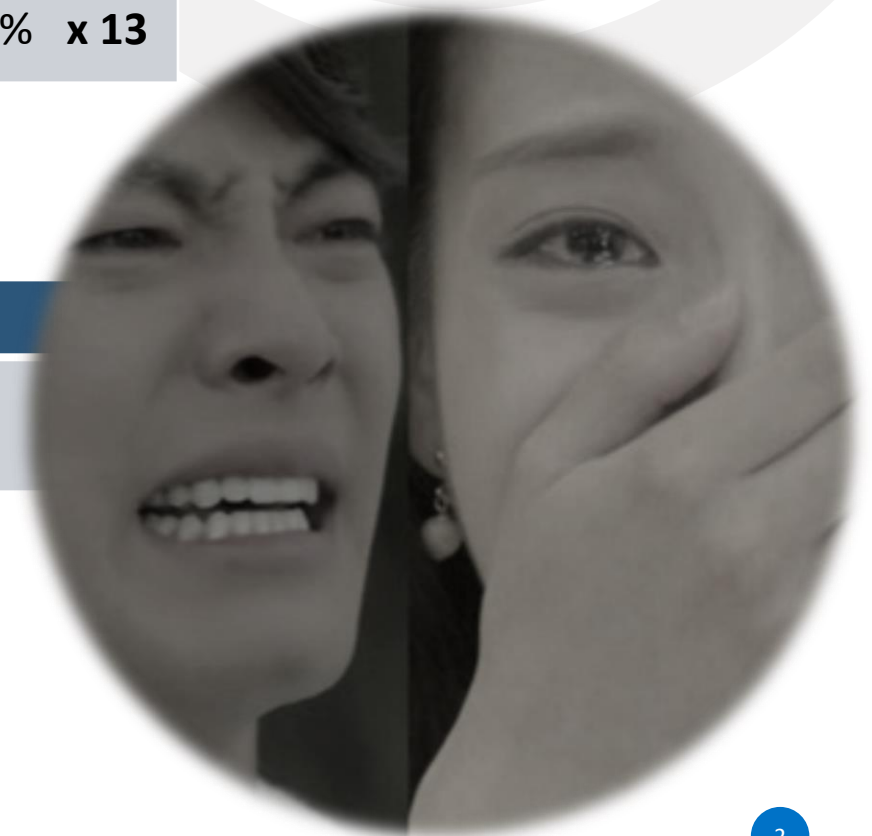
SPIRITUAL RESOURCES IN DEALING WITH TRAUMA

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SEVERE TRAUMA AND ITS IMPACT ON THE MISSION FIELD

	USA		West-Africa	
More than THREE severe traumatic events	Men	9.5 %	Men	71.1 % x 8
	Women	5.0 %	Women	64.2 % x 13

	Elevated Risk	Very High Risk
Impairing Post-traumatic Distress	20.6 % Women > Men	28 %



EMOTIONAL AND SPIRITUAL IMPACT



EMOTIONAL IMPACT

Nightmares, Flashbacks

Trigger Reactions

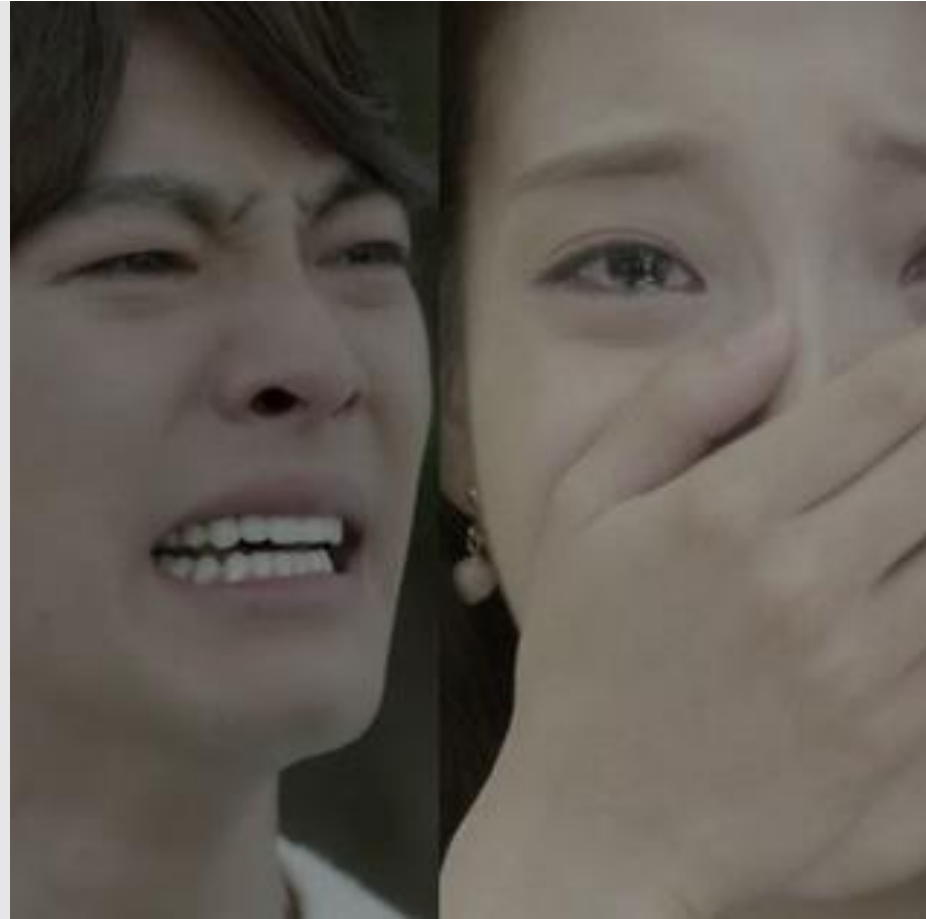
Numbed Emotions

Gap in Memory

Difficulties Sleeping

Irritability, Anger

Tension, Unable to Relax



SPIRITUAL IMPACT

Feeling Disconnected (God), Alone

Confused and Doubting God

Angry, Upset at God

Pain

Shame

Guilt

Fearful

How does this make sense?

<http://www.mmct.org/resources/debriefing/>

SPIRITUAL RESOURCES

- **Loving Community** -
when alone & afraid
- **Grace and Humbleness** -
when vulnerable & weak
- **Lament** –
when upset & in pain
- **Reconnecting with God** –
when feeling disconnected
- **Remembering God's Truth** –
when confused about God
- **Real Forgiving** –
when bitter and vengeful





LOVING COMMUNITY SUPPORT

Building a Bridge To His Presence

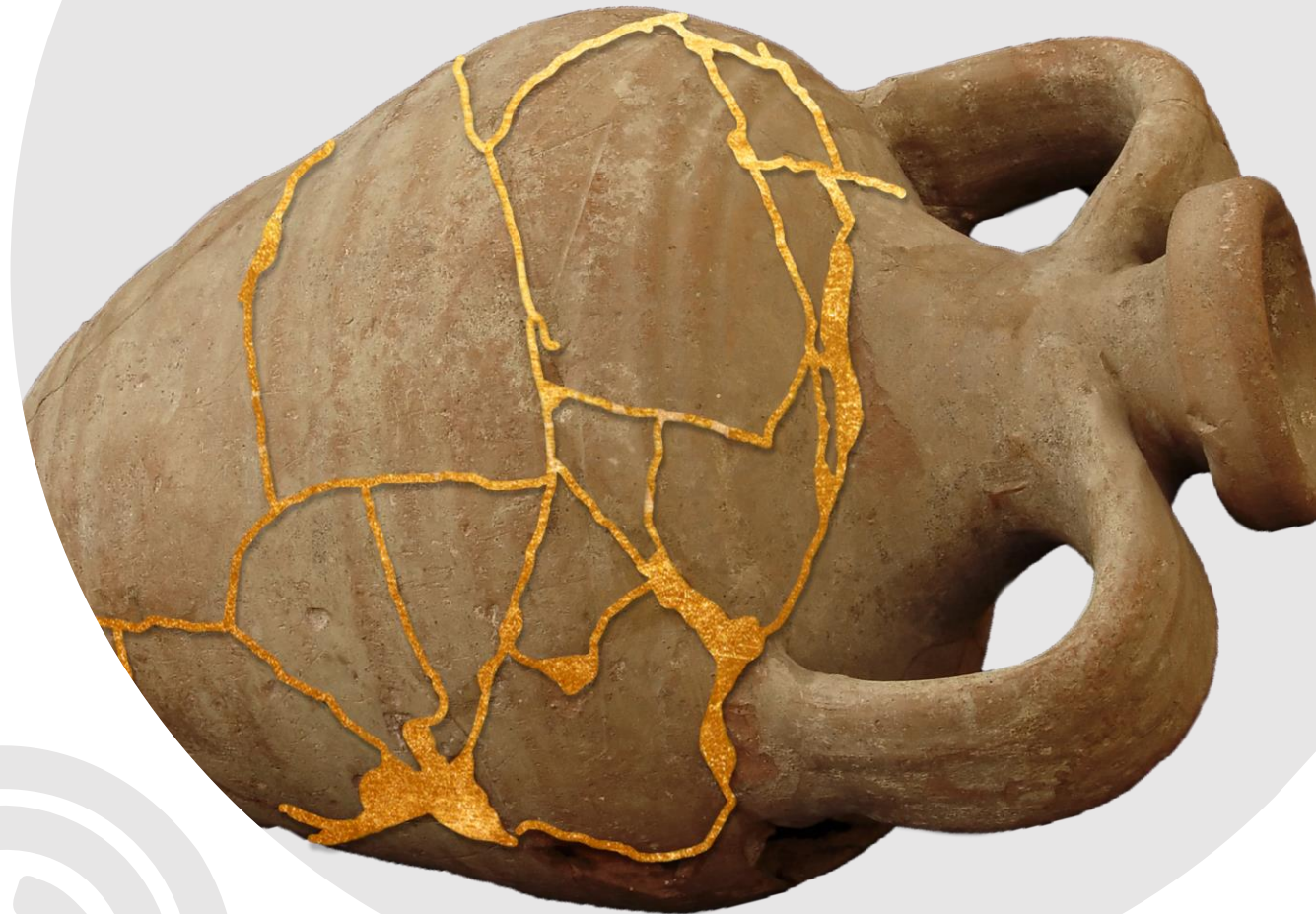
- **Practical Support** (Safety, Water, Food, Shelter, Medical)
- **Presence** (Listening, Accepting, Empathizing)
- **Prayer, Songs, Comforting Bible Verses**

GRACE AND HUMBLENESS

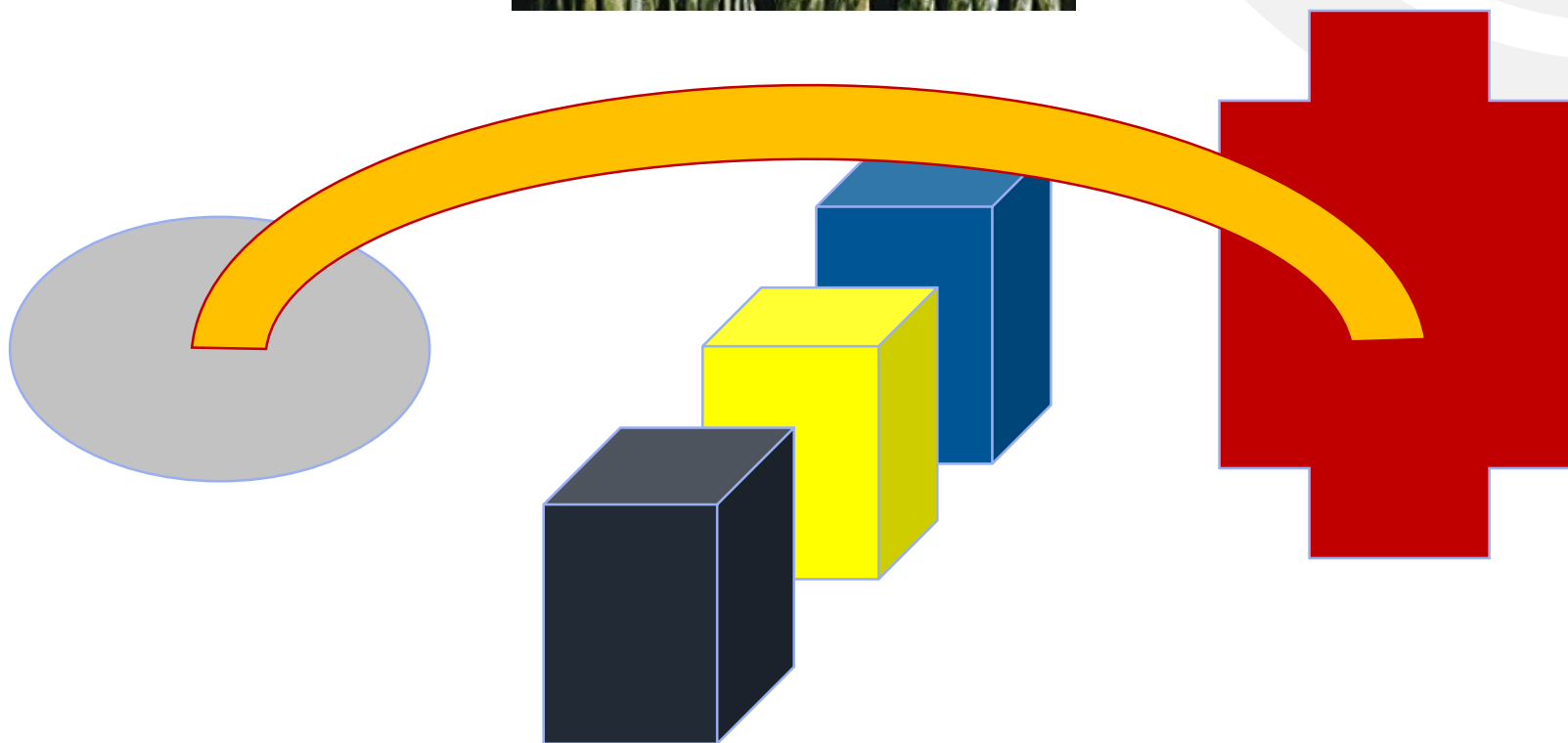
Who likes to feel vulnerable and weak?

However:

- In our weakness, His strength comes to completion
- The Divine Design: Jars of Clay



LAMENT



RECONNECTING WITH GOD

- When numbed and depressed
- Learning from Jesus on the road to Emmaus: Emotionally connecting with God with the help of the senses



REMEMBERING GOD'S TRUTH

- When feeling punished due to wondering “WHY”
- When feeling abandoned due to emotional disconnect
- All missionaries should study and wrestle with the theology of suffering

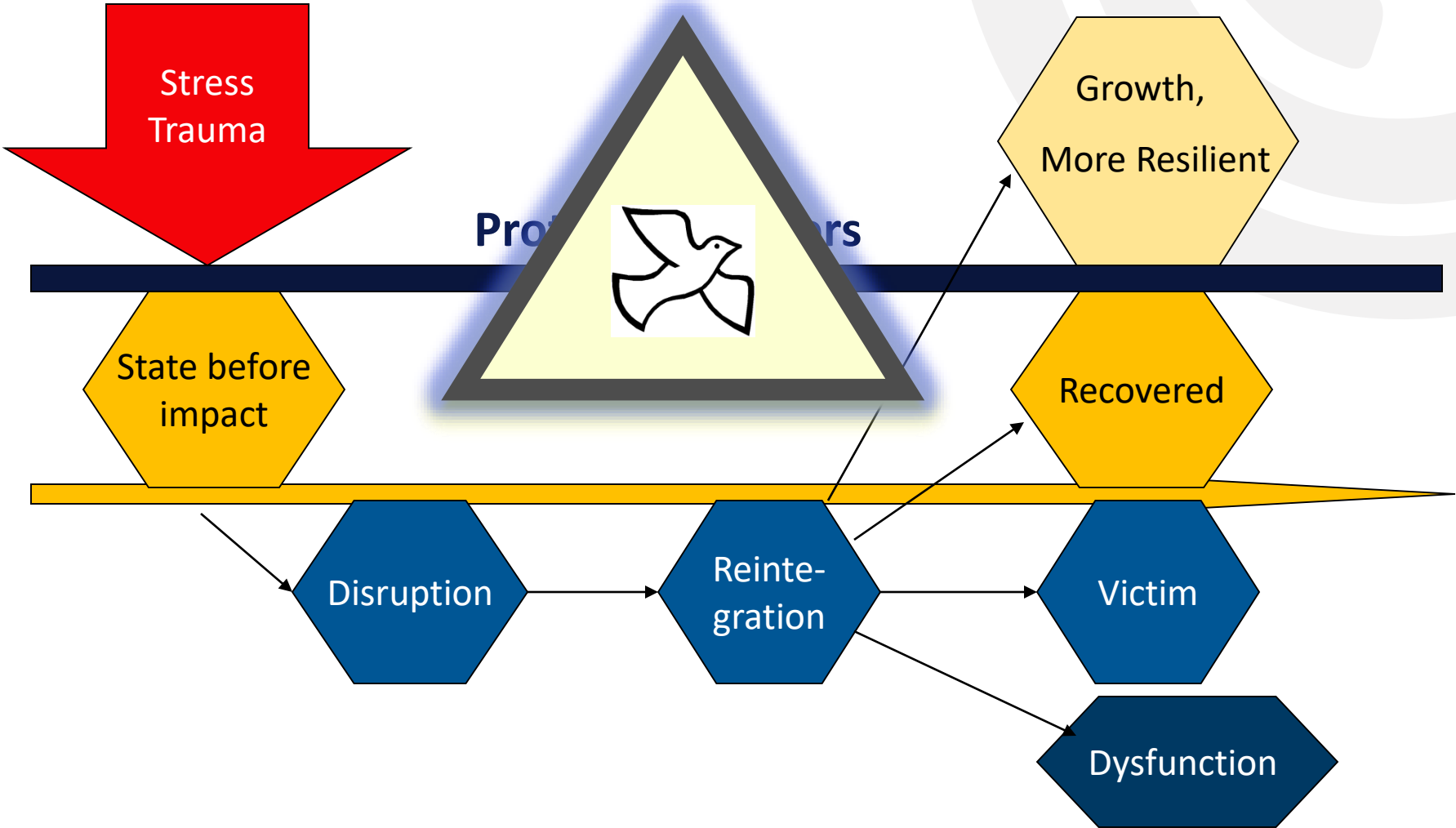


FORGIVING

when hurt and betrayed
is not easy



RESILIENCE MODEL



KEEPING THE GOAL IN MIND



The awareness of spiritual resources to deal effectively with trauma is key for missionaries and their supporters. God desires to be with us in suffering. He entered it himself, and by doing so made way for new life.

Effective support deepens the connection with God and makes way for growth in suffering.
Growth, in turn, promotes health and resilience.

