

Dr. Saundra Dalton-Smith

HEALING FROM THE TRAUMA YOU SURVIVED

CONVERSATION GUIDE | MAY 2, 2021 | TRANSFORMATION CHURCH



loveyourself
BRAIN HEALTH AWARENESS AT TC

Sermon Recap:

There are some life events which forever leave an imprint on your body, soul, and spirit. These events affect what you believe and how you respond to the world around you. When those life imprints involve pain or loss, it's called trauma.

2020 was a traumatic event which hit every home. How are you healing from the trauma you survived? Through the life of David, we can learn a valuable lesson about healthy trauma recovery. Dr. Dalton-Smith walked us through 1 Samuel 30, to help us evaluate where you are in your stage of trauma recovery and learn ways you can further the healing process.

Discussion Questions:

UPWARD

- How have you seen God's hand in your life throughout the past year?
- How was God with David in 1 Samuel 30? How did He reassure David?

INWARD

- Look over the 5 Phases of Trauma Recovery. In which phase do you think you are currently? What phases have you walked through and what did that look like for you?
- Proverbs 4:23 in the Good News Translation says, "Be careful how you think; your life is shaped by your thoughts." What are your thoughts? How are they shaping your life?

OUTWARD

- Read Proverbs 20:5. Is there someone who helps you draw out your thoughts?
- If you are struggling with trauma, what steps can you take towards healing this week?

5 Phases of Trauma Recovery:

1. Stabilization of the body-mind-spirit.
2. Mourning what's been lost.
3. Remembering the good.
4. Re-connection with others.
5. Integration back into all aspects of your life.

Soul Tattoo: Now that you survived the trauma, it's time to begin the deeper work of healing.

Check out all of our Brain Health Awareness Events:

MAY 5: Clinical vs Faith - Dr. Vickey Maclin and Dr. Jurell Riley

MAY 12: How Shame Affects Us - Jonathan Hetterly and Kobe Campbell

MAY 19: Supporting Families Through the Present and Future Consequences of the Pandemic - Dr. Elaine Jenkins and Dr. Chris McCarthy

MAY 26: Panel Discussion - Dr. Vickey Maclin, Dr. Jurell Riley, Jonathan Hetterly, Kobe Campbell, Dr. Elaine Jenkins, Mniokhi Brewton and Pastor Curtis Miller