

Trust and Brokenness

WHETHER YOU ARE THE PERSON IN CRISIS OR THE CARE-GIVER, ASK FOR HELP.

NONE OF US GETS ANYWHERE BY OURSELVES. GOD HAS CREATED US TO NEED EACH OTHER.

Trust is essential for the faith community. Feeling seen, soothed, safe, secure. When trust is shattered, it leaves us broken, lonely, wounded, confused, betrayed. Not only do we lose relationship- we lose our well-being holistically.

Trust is making ourselves vulnerable. Only way for love to be experienced. We are wired to trust, and also to find it in community. Example of Newborn, the releasing of oxytocin in the care-giver and the dependent baby. In community we learn vicariously to walk more intimately with God while healing.

Grief (past) and anxiety (future) and the power of the amygdala. Over-reactions experienced now began long ago in trauma. Triggers. Corrective experiences create DIFFERENT OUTCOME. Process. Transformation is God's business over time. We can offer, "I will not leave the room, YOU ARE NOT ALONE, but let's invite someone else into this room, a professional who can help the recovery and healing."

Trust requires safety. Trust is EARNED. Micro steps. We are a healing agent- to feeling safe again. Even with a good/faithful person, a wounded individual will hold at arms' length/ stay back, without safety due to the previous injury. Receive anew the healing and sense of calling from the precious Lord Jesus who knew what it meant to live in this pain.

Trust develops with empathy. LISTEN LISTEN LISTEN...CONNECTION
Empathy -Undue the aloneness. Sitting in the ashes with someone. Let them share emotions fully, but don't press for details. They are internally asking, "Do you feel what I am feeling?" "Do you care?" Slow down.
What to avoid and what you could express:

- ◇ The silver lining- "well at least..." (instead offer "I'm so sorry you experienced this... this is not your fault...")
- ◇ Refrain from sharing your own story of something worse... (instead offer "I can see you are devastated...")
- ◇ "This sin was done to others, too..." (don't go global ... instead offer "YOU have my full attention)
- ◇ Don't try to 'fix' their thinking or behavior.
- ◇ Before sharing your favorite verse ask, "how is God showing up for you right now as we share this time together?"

TRAUMATIZED INDIVIDUAL

ASK FOR HELP-PROFESSIONAL HELP

Engage life-giving community pursuing healing from recent or distant past violations of security.

- Pray honest prayers, don't edit, show up fully.
- Journal until healing and hope begin to appear.
- Have a daily date with nature, this turns down the volume of grief and anxiety.
- Give full attention to entering community that embraces authenticity.
- Stay fully present to what God is doing now and expect corrective experiences.

Trust needs a track record. TIME TIME TIME We can't promise anything. Jesus gave the parable of the 4 soils. The last soil is safe and trustworthy, engage with them. The trustworthiness of a friend needs a track record. Do not rush the connection being built.

We are a community of which we consider you a part. **Together**, we can learn to seek and experience the life Jesus offers. **Together**, we remind each other of what is beautiful and good.

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