

DRIVEN  
*to be free*.org

# *Trauma*

Jesus still heals the broken.

# *April Class*

Jesus still heals the broken.

DRIVEN  
*to be free*.org

1. TRAUMA/DID Introduction
2. Second-Hand Trauma
3. Sharing of Information



# *What is Trauma?*

DEFINITION FOR THIS TEACHING

a deeply distressing  
or disturbing  
experience -  
equivalent of a  
broken heart

# HEALING THE BROKEN

**JESUS**

HE KNOWS WHAT ITS LIKE TO BE BROKEN

**PSALM 34:18**

The Lord is near to the brokenhearted and saves the crushed in spirit. ESV

**PSALM 69:20**

Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none. ESV

**PSALM 147:3**

He heals the brokenhearted and binds up their wounds. ESV

**PSALM 69:20-21**

Reproaches have broken my heart, so that I am in despair. I looked for pity, but there was none, and for comforters, but I found none. <sup>21</sup> They gave me poison for food, and for my thirst they gave me sour wine to drink.



**3 LEVELS**

MILDS. MODERATE. SEVERE

The soul is comprised of mind, will, and emotions. (Matthew 22:37) The soul may be wounded from mild to severe levels and can be:

- Bruised
- Fractured
- Broken
- Shattered

**Psalm 23:3** He restores my soul. He leads me in paths of righteousness for his name's sake. ESV

**Psalm 30:3** O Lord, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.

**Psalm 41:4** I said, Lord, be merciful unto me: heal my soul; for I have sinned against thee. KJV



**DID DISASSOCIATIVE IDENTITY DISORDER**

**D**issociative Identity Disorder (DID), previously known as Multiple Personality Disorder, causes a person to experience two or more distinct identities or personality states, each with its own behaviors, memories, will, and thought patterns.

**What does that mean for ministers?** As ministers, it is important to distinguish between the demonic, the person, and presenting unprocessed trauma. Jesus heals mental, physical, and emotional issues. He also sets the captive free. How we work with Him will depend on the issue.

**Scriptures you'll use over and over. Feel free to share this handout.**

- No one knew what it was like to be broken like Jesus.
- DID is not a mental illness. It is a coping mechanism and a sign of intelligence

# BREAKING DOWN WORDS IN SCRIPTURE

Match the Hebrew/Greek Words with scripture to see the rich meaning of the Word.

[DrivenToBeFree.org](http://DrivenToBeFree.org)

## shābar (h7665) shaw-bar' 1

Means: Break, Destroy, Break in pieces, break down. Hurt, torn, rend violently, crush, shatter quench

## lēbāb (H3824) lay-bawb' 2

My heart: inner man, mind, will, heart, understanding

## hāḇaš (H2280) khaw-bash' 3

a primitive root; to wrap firmly (especially a turban, compress, or saddle); figuratively, to stop, to rule:—bind (up), gird about, govern, healer, put, saddle, wrap about.

## aphesis (G859) af-es-is 4

Deliverance in the Greek: freedom; (figuratively) pardon:—deliverance, forgiveness, liberty, remission.

## aichmálōtos (G259) aheekh-mal-o-tos 5

Captives in the Greek: properly, a prisoner of war, i.e. (genitive case) a captive:—captive.

## iaomai (G2390) ee-ah'-om-ahee 6

Heal in the Greek: heal, make whole.

## syntribō (G4937) soon-tree'-bo 7

Brokenhearted in the Greek: to crush completely, i.e. to shatter (literally or figuratively):—break (in pieces), broken to shivers (+ -hearted), bruise.

## Psalm 69:19-21 (HCSB)

19 You know the insults I endure— my shame and disgrace. You are aware of all my adversaries.

20 Insults have 1 broken my 2 heart, and I am in despair. I waited for sympathy, but there was none; for comforters, but found no one.

21 Instead, they gave me gall for my food, and for my thirst they gave me vinegar to drink.

## Isaiah 61:1-2 NKJV"

The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to 3 heal the 1 brokenhearted,

2 To proclaim liberty to the captives, And the opening of the prison to those who are bound;

## Psalm 147:3

He heals the 1 brokenhearted And 3 binds up their wounds.

## Psalm 34:18

The Lord is near to those who have a 1 broken heart, And saves such as have a contrite spirit.

## Luke 4:18 NKJV

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to 6 heal the 7 brokenhearted, to preach 4 deliverance to the 5 captives, and recovering of sight to the blind, to set at liberty them that are bruised,

# Match the Hebrew/Greek Word with the scripture to get the richest meaning!

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# BROKENNESS IN MINISTRY

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## THE TRUTH.

- Jesus has a special place for those who have been mistreated and broken. Psalm 34:18
- Throughout the Bible, we see measures taken to help the weak and not harm them. Pro. 19:17, 14:31

## Signs of **BROKENNESS**

When praying with someone, these signs MAY indicate that you're dealing with brokenness. While a demon may be attached to the trauma, the demon is not the issue. Get the brokenness healed and deliverance follows.

- The person suddenly feels like a child or like they are in the middle of the trauma.
- Vivid memory of a traumatic incident
- Difficulty concentrating or focusing
- Sudden shift in mood
- Blinking with change in mood or facial expression
- Surprise in surroundings
- Person feels like they're in a dream or watching your life from outside
- Confusion or memory gaps
- Feeling disconnected from your body
- Suddenly confused or not sure where they are
- Panic and crying
- Body Memories
- Hearing voices or chatter like lots of ages talking at one time

**It will require patience, love, and connection with Holy Spirit to minister to the broken without hurting them further.**



# Trauma Examples

**Child**

**Adult**



## Trauma Examples

**Trauma before the age of 7 can cause a more severe type of dissociation.**



# Trauma Examples

## Child

- Loss of Parent(s)
- Abuse - Violence
- Accidents
- Rejection
- Lack of Security - Moving
- Bullying

## Adult

- Divorce
- Loss of Job
- Abuse - Violence
- Accidents
- Rejection
- Betrayal



# *Hannah*

Her Hope after Trauma

# Hannah

## **Samuel 1:6-18**

**6** *And her rival also provoked her severely, to make her miserable, because the Lord had closed her womb. 7 So it was, year by year, when she went up to the house of the Lord, that she provoked her; therefore she wept and did not eat.*

# Hannah

## **Samuel 1:8**

*8 Then Elkanah her husband said to her, "Hannah, why do you weep? Why do you not eat? And why is your heart grieved? Am I not better to you than ten sons?"*

# *Hannah's Pain*

- *Eli thought she was drunk*
- *Refused to eat or be comforted*
- *Wept profusely*
- *Sorrowful spirit*      *Can you cast out discomfort? Sorrow?*  
*Can you cast you tears?*
- *Bitterness*
- *Tormented Repeatedly & Bullied*
- *Disappointment from Barrenness*

# STRONGHOLDS THAT COULD HAVE BEEN PRESENT

- *Rejection*
- *Mockery*
- *Depression*
- *Loneliness*
- *Grief & Sorrow*
- *Death*
- *Infertility/  
Infirmity*

# Hannah's Healing



## Seek the Lord

*1 Samuel 1:10*

*10 And she was in bitterness of soul, and prayed to the Lord and wept in anguish.*

# Hannah's Healing



## Speak Truth

*1 Samuel 1:11*

*Then she made a vow and said, "O Lord of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the Lord all the days of his life, and no razor shall come upon his head."*

# Hannah's Healing



## Faith - She Believed

*1 Samuel 1:17-18*

*17 Then Eli answered and said, "Go in peace, and the God of Israel grant your petition which you have asked of Him." 18 And she said, "Let your maidservant find favor in your sight." So the woman went her way and **ate, and her face was no longer sad.***

# Hannah's Healing



4

*She received & remembered  
the Lord. (Thanks)*

*1 Samuel 1:20*

*So it came to pass in the process of time that Hannah conceived and bore a son, and called his name Samuel, saying, "Because I have asked for him from the Lord."*

# Hannah's Pain

- ~~Eli thought she was drunk~~ **Vindicated**
- ~~Refused to eat or be comforted~~ **Ate & Comforted**
- ~~Wept profusely~~ **Stopped Crying**
- ~~Sorrowful spirit~~ **Sorrow turned to Joy**
- ~~Bitterness~~ **Her son became a prophet.**
- ~~Tormented Repeatedly & Bullied~~ **Smiled at her enemies**
- ~~Disappointment/Barrenness~~ **4 Sons, 2 Daughters**

*What can God do  
with our Pain?*

# 2nd Hand Trauma

*How might Hannah's husband or even Eli have experienced 2nd Hand Trauma from Hannah's trauma?*

Question

# DAVID - PSALM 55:4-7

## *Can you relate?*

*My heart is severely pained within me, And the terrors of death have fallen upon me.*

**5** *Fearfulness and trembling have come upon me, And horror has overwhelmed me. 6 So I said, "Oh, that I had wings like a dove! I would fly away and be at rest. 7 Indeed, I would wander far off, And remain in the wilderness. Selah*

# DAVID - PSALM 55:12-13

*For it was not an enemy that reproached me;  
then I could have borne it: neither was it he that  
hated me that did magnify himself against me;  
then I would have hid myself from him:*

*13 But it was thou, a man mine equal, my guide,  
and mine acquaintance.*

# *2nd Hand Trauma*

*How might David's men or family have experienced 2nd hand trauma from David's trauma?*

*Question*

# 2nd Hand Trauma

*After learning of Joseph's death, Jacob said he would never be comforted. Years later, we find he didn't lie. How did his trauma affect his family? How can the trauma of those we are helping affect us?*

*Question*

”

**SHÂBAR ([H7665](#))** SHAW-BAR'

*Means: Break, Destroy, Break in pieces, break down. Hurt, torn, rend violently, crush, shatter  
quench*

the meaning of HAVE BROKEN in the Hebrew  
from Psalm 69:20, Isaiah 61:1-3

” LĒḄĀḄ (H3824) LAY-BAWB'

*My heart: inner man, mind, will,  
heart, understanding*

the meaning of My Heart in the Hebrew from  
Psalm 69:20

*Jesus*

Psalm 147:3

He heals the brokenhearted And binds up  
their wounds.

Psalm 34:18

The Lord is near to those who have a broken  
heart, And saves such as have a contrite spirit.

THE EXAMPLE OF

*Restus*

## Psalm 69:19-21

(HCSB)



19 You know the insults I endure— my shame and disgrace.  
You are aware of all my adversaries.

20 Insults **have broken my heart**, and I am in despair. I waited  
for sympathy, but there was none; for comforters, but found  
no one.

21 Instead, they gave me gall for my food, and for my thirst  
they gave me vinegar to drink.

Isaiah 61:1-3

NKJV



“The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to **heal** the **brokenhearted**, To proclaim liberty to the captives, And the opening of the prison to those who are bound;

(KJV says bind up instead of heal)

” ḤĀḄAŠ (H2280) KHAW-BASH'

*a primitive root; to wrap firmly (especially a turban, compress, or saddle); figuratively, to stop, to rule:—bind (up), gird about, govern, healer, put, saddle, wrap about.*

the meaning of **Heal or Bind** in the Hebrew  
from Isaiah 63:1-3

Luke 4:18 NKJV

New Testament



“The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to **heal the brokenhearted**, to preach **deliverance** to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

**Heal in Greek:** heal, make whole

**Brokenhearted** in Greek: to crush completely, i.e. to shatter (literally or figuratively):—break (in pieces), broken to shivers (+ -hearted), bruise.

## Luke 4:18 NKJV

Meaning of the words Deliverance & Captives

**Deliverance in the Greek:** ἄφεςις áphesis, af'-es-is; from G859; freedom; (figuratively) pardon:—deliverance, forgiveness, liberty, remission.

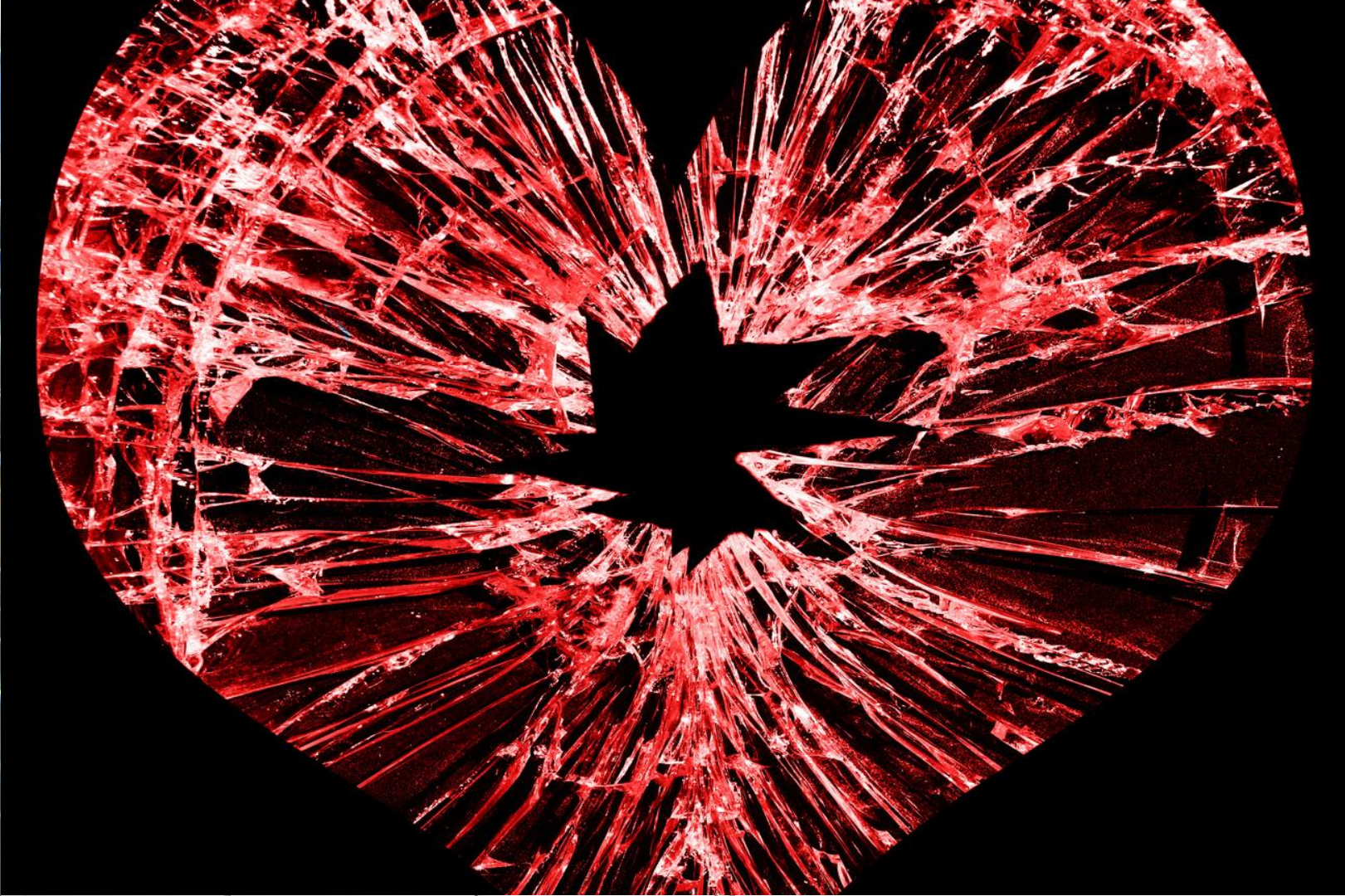
**Captives in the Greek:** αἰχμάλωτος aichmálōtos, aheekh-mal-o-tos'; from αἰχμή aichmé (a spear) and a derivative of the same as G259; properly, a prisoner of war, i.e. (genitive case) a captive:—captive.



*Restus*

EXPERIENCED TRAUMA AND A  
BROKEN HEART

Healed & Still heals  
trauma and the broken  
heart.



**Cracked, Broken &  
Shattered**

The Lord loves the brokenhearted. He is close to them. He knows what it is like to be them. Shouldn't we handle His precious souls in a way we do not cause more harm to the already wounded?

# Ministering to the Broken

Luke 4:18

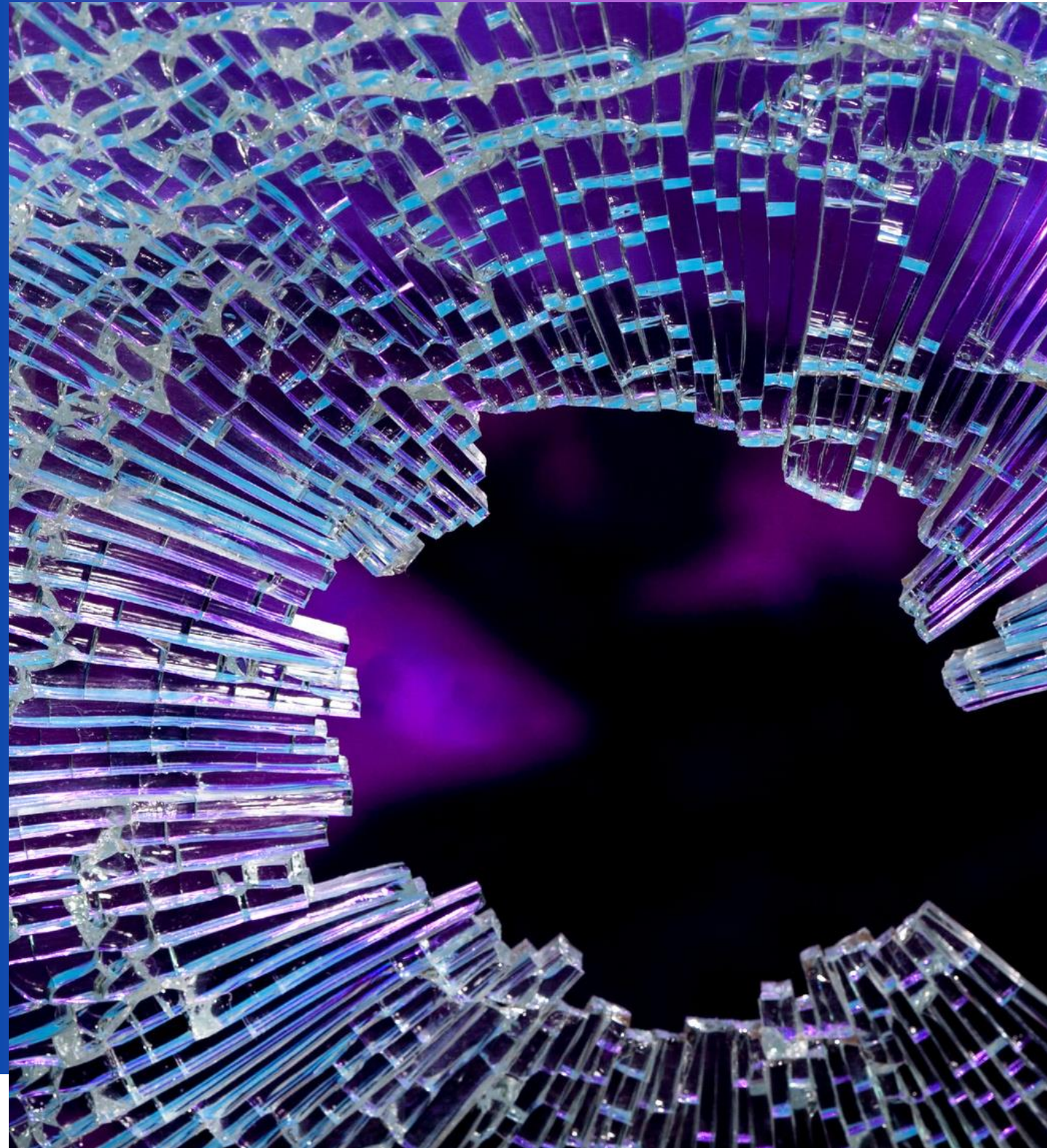
## What Not To Do

- 1 You cannot cast out brokenness. You will hurt people if you try.
- 2 If you work with someone in deliverance and it doesn't "stick" consider getting inner healing first.
- 3 Do not shame people.
- 4 Impatience will not produce results.

# *Signs of Brokenness*

DEFINITION FOR THIS TEACHING

a deeply distressing  
or disturbing  
experience -  
equivalent of a  
broken heart



# Signs of Brokenness

The following does not mean a person has a broken heart  
but indicators to investigate. (Not exhaustive list)

## Mild/Moderate

- Depression
- Anxiety
- Suicidal Thoughts
- Childlike Behaviors
- Panic Issues
- Crying (may not know why)
- Concentration Difficulties
- Vivid Memory of Trauma
- Night Terrors
- Feeling Disconnected
- Sudden Mood Shifts
- Sensory Triggers
- Confusion
- Mind Chatter

# Signs of Brokenness

May include all mild/moderate symptoms, with possible additional issues as follows:

## Severe

- Notable change in facial expressions or blinking
- May not recognize known people
- Body Memories
- Feeling disconnected from the body
- Amnesia-like issues
- Feels like 2 or more distinctly different people
- Multiple inner voices/chatter
- Confusion of not knowing where they are or what they're doing
- Loss of skill during episodes
- Dual Emotions  
(interested in something but also repulsed)

# Signs of Brokenness

May include all mild/moderate symptoms, with possible additional issues as follows:

## Severe

- Dress Differently
- Different Tastes
- Different Personalities to include taste, likes, etc.
- Different Will
- Feels like 2 or more distinctly

# Preparing Yourself To Heal

Luke 4:18

## Things to Consider

- 1 Deal with Self-Hatred. Hating the part of you or age of you who experienced the trauma causes more pain.
- 2 If you have been through deliverance and it doesn't "stick" consider getting inner healing first.
- 3 Confess to the Lord, and admit there is brokenness.
- 4 Trust in Him and use the Word to increase your faith.
- 5 Focus on the Lord, and commit to the process and trust Him.

# Non-Verbal Ways to Express Trauma

Using the right side of the brain to connect.

Music

Drawing

Creating with Hands

Sand Tray





ROAD CLOSED





