

Deliverance and Healing from Trauma

The Foundation

Isaiah 53:5 But He was pierced through for our transgressions, He was **crushed** for our iniquities; The chastening for our well-being fell upon Him, And by His scourging we are healed.

Isaiah 53:10 But the LORD was pleased To **crush** Him, putting Him to **grief**; If He would render Himself as a guilt offering, He will see His offspring, He will prolong His days, And the good pleasure of the LORD will prosper in His hand. 11 As a result of the **anguish** of His soul, He will see it and be satisfied; By His knowledge the Righteous One, My Servant, will justify the many, As He will bear their iniquities.

Crushed = to be broken in pieces, shattered

Grief = to be made sick

Anguish = unbearable weight of the work demanded

Matthew 26:36 Then Jesus *came with them to a place called Gethsemane, and *said to His disciples, "Sit here while I go over there and pray." 37 And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed. 38 Then He said to them, "**My soul is deeply grieved, to the point of death**; remain here and keep watch with Me."

Luke 22:43 Now an angel from heaven appeared to Him, strengthening Him. 44 And being in **agony** He was praying very fervently; and **His sweat became like drops of blood, falling down upon the ground.**

"Because of the blood Jesus shed during the trauma He endured at Gethsemane, that precious blood purchased my redemption, deliverance and healing from trauma. Therefore I declare that I was and am now delivered and healed of all my trauma, in Jesus' name!"

Trauma causes us to build a protective wall around our heart and soul. The phrase "hardness of heart" can refer to this wall. It serves to protect:

- Our conscious mind, through what Paul describes as "strongholds" in 2 Corinthians 10:3-5. These are lies we believe to be true, such as anger, fear, disappointment, and/or offense at God, blaming Him for the painful incident(s) that resulted in trauma.
- Our nonconscious mind, which is where our body is affected by the "fight, flight or freeze" response. When trauma is significant enough, the amygdala remains on high alert long after the traumatic incident is over. Its protective role shifts to creating conditions where the victim cannot resume a normal life because their nonconscious mind believes they are in constant danger. To prevent the person from doing anything it perceives as potentially dangerous, the amygdala sends nerve impulses to various parts of the body to create muscle pain, stomach pain, headaches, light-headedness, etc.

These symptoms feel very real, but are not caused by any physical injury or medical problem. This condition is known as “Mind Body Syndrome,” but is also diagnosed as fibromyalgia and PTSD. Because these symptoms originate in our nonconscious mind, we cannot communicate directly with the amygdala or control its actions.

How to lead someone into an encounter with God

1. Ask them if they would like to experience God’s presence and love for them.
2. If no, spend some time finding out why and addressing their concerns. If still no, move on to the next tool and believe they will encounter Him there.
3. If yes, ask them to close their eyes and hold their hands out, palms up.
4. Say something like, “Holy Spirit, I thank You that you are here with us, and that You love [name] more than they can imagine. I ask You now to reveal Yourself to [name]. Bring the weight of Your presence and the reality of Your love for [her/him], and cause [him/her] to feel You in a very real way.”
5. Give Holy Spirit time to manifest His presence
6. After the experience fades, debrief for a few moments and ask them questions like:
 - a. What did you feel?
 - b. What did that do for you?
 - c. How did this experience change your perspective about God?

Dismantling the Wall

1. Identify the major trauma(s) that I have blamed God for causing
2. Identify the emotions associated with the trauma(s)
3. Go through the steps for emotional healing and heal the wounds in the soul
4. In your mind’s eye visualize the wall and describe what its purpose is
5. Is it worth keeping the wall if it prevents me from receiving the healing and freedom I need so I can live a better life?
6. If the answer is yes (I don’t want the wall to come down), we can revisit it at a later time.
7. If the answer is no, i.e. I want the wall to come down: in your mind’s eye see that Jesus is standing at the wall, ask Him to give you a tool to dismantle and destroy it, then do whatever feels right to tear it down.
8. See if the wall is completely gone. If so, thank Jesus for that.
9. If there are parts or rubble remaining, repeat the above steps
10. If there are still parts or rubble remaining, we will revisit it at a later time.