

You Don't Have to Be Trapped by Trauma

Have you struggled with trauma, or do you have a loved one who did? Healing from trauma can be deep and complex. Treatment can include medication and counseling. However, understanding the role of faith in the healing process can be lifechanging.

Almost everybody can relate to trauma issues. Seventy percent of the population has a documented traumatic event in their life: Either their own life has been threatened, or they witnessed a tragedy. There is also trauma that is not necessarily tied to one event—such as growing up in an abusive household, having an abusive marriage or growing up in poverty or wartime. Or it could be the tragedy of losing a loved one and experiencing the deep pangs of grieving. These things affect us physically, emotionally, mentally and spiritually, and that's why Dr. Tim Murphy wrote "The Christ Cure," which guides people out of darkness and onto a path of restoration. Inspired by the apostle Paul, "The Christ Cure" helps those affected by PTSD, trauma and tragedy.

Traumatic brain injuries can change the architecture of the brain—how well cells function. Those changes can contribute to depression and anxiety. Living a life of depression and anxiety can also change the brain. The chemicals in your brain can cause a loop where you keep reliving trauma.

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The amygdala is the fight/flight center of the brain. You can

compare the amygdala to a smoke detector, which is loud and alarming. A smoke detector doesn't know the difference between a house on fire or Grandma blowing out 80 birthday candles. The amygdala can trigger a fight or run mode, which can result in a downward spiral of awful thoughts of guilt and shame.

Experiencing trauma can affect family, friends and employment. People may either reinforce your trauma or run away from you.

People who have prolonged traumatic effects and do better are those who regularly practice religion, are involved in a community and are aware of their own vulnerabilities. The symptoms of PTSD can be panic attacks, anxiety, depression, broken relationships and flashback memories. Many times, people with trauma will push others away and isolate.

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Unfortunately, people can get stuck in trauma, but there is hope. God heals, He sent Jesus to set us free to redeem us and give us hope. "The Christ Cure" is a handbook for the broken and those who love them. Hope is always on the horizon.

You can be victorious over trauma. The trauma can become a source of becoming bigger, faster, smarter. If you look at the apostle Paul, who had multiple traumas, you'll see that he was able to turn his trauma into a source of hope. He would see trauma as a means to understand more about himself, his relationship with Jesus and why Jesus did what He did, why the Holy Spirit is there and how all that feeds together to give him hope. With all Paul experienced, he was not overcome by PTSD. He should have gotten an eating disorder, been overcome with anxiety or depression, aged beyond his years, suffered chronic and acute illnesses, friendless, become involved in vice—but he wasn't. Paul was victorious because he felt tremendous hope. He'd witnessed the risen Christ and fully

believed.

We can do that too! You can experience resilience, resistance, recovery and renewal. Every day you should build resilience, choose self-discipline and have a goal. Resistance will help you to press on, endure, persist and have courage. Recovery begins with hope and also includes dealing with guilt versus shame and forgiveness versus condemnation. The final component is renewal—being transformed by the renewing of your mind.

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Marilyn Hickey founded Marilyn Hickey Ministries more than 45 years ago with God's vision to cover the earth with the Word. Marilyn co-hosts a daily television program, "Today with Marilyn & Sarah," reaching a potential viewing audience of over 2 billion households worldwide. Marilyn communicates deep biblical truths in a way that is understandable and practical for everyday life.

Sarah Bowling is on a mission to connect everyone with the heart of God while loving those who are overlooked, excluded and ignored. Led by Holy Spirit and anchored in the Word, Sarah seeks to inspire all to know the unconditional and transformational love of God in our daily lives. A Bible teacher, author, international speaker and global humanitarian, Sarah also co-hosts a daily television program, "Today with Marilyn & Sarah."

Isabell Bowling's passion is to help people have a transformative experience with the power of God. She brings a fresh anointing of the presence and fire of God wherever she goes. Her faith and ministry was shaped by observation and prayer, watching the Lord work in and through her grandmother, Marilyn Hickey, and her mom, Sarah Bowling. After graduating from Oral Roberts University in 2023, Isabell joined the Marilyn & Sarah Ministries team, where she stepped into a

powerful teaching ministry with her family.