



Am I Ok?

Sunday, March 2, 2025

TITLE: Recover Your Life (C-PTSD & RTS)

TEXT: Ezekiel 34

WE ARE NOT OK

- Mental Illness = a _____ condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning and often results in a diminished capacity for coping with the ordinary demands of life.

THE TRUTH

TRUTH #16

You do not have to be _____ by your illness or struggle. (See Romans 8:37)

TRUTH #17

You have to be _____ and make the choice to find healing. (See John 5:6)

TRUTH #18

While healing may seem impossible in the moment, all things are _____ with God. (See Mark 9:22-24)

QUICK FACTS | PTSD

- About _____% of adults will experience PTSD in their lifetime
- First diagnosed by Swiss Military physicians in 1678; called " _____ " or "combat exhaustion" thru the early 1900s
- These disorders are caused by over- or under-activation of certain brain structures and a decrease of certain neurotransmitters
- Increased chance of other disorders like anxiety, depression, substance abuse

COMPLEX POST TRAUMATIC STRESS DISORDER

"The main differences between PTSD and CPTSD are the _____ of trauma and the symptoms."

Biblical characters who likely experienced PTSD: _____ & _____

Matthew Stafford: "...mental health problems are no respecter of faith."

RELIGIOUS TRAUMA SYNDROME (RTS)

Dr. Marlene Winell: "The condition experienced by people who are struggling with leaving an authoritarian, dogmatic religion and coping with the damage of indoctrination."

Religious Trauma Institute: "The physical, emotional, or psychological response to religious beliefs, practices, or structures that is experienced by an individual as overwhelming or disruptive and has lasting adverse effects on a person's physical, mental, social, emotional, or spiritual well-being."

Words of Warning: see James 3:1; Matthew 18:6-7 & 23:2-4, 13-15; Ezekiel 34

Words of Hope: see Psalm 10:13-14 & 34:15-18; Deuteronomy 32:35

FINDING HEALING

MIND: For most people, a combination of therapy and medication works best. It will take time to find the right treatment.

BODY: Exercise, a healthy diet, and proper sleep will aid you on your healing journey.

SPIRIT: Meditation, Bible study, participating in a support group, and practicing self-love can bring comfort and healing.

RELATIONSHIPS: Spend time with people who love you, and find ways to serve others.

GOING DEEPER | Study & Discussion Questions

1. Why do we sometimes let our illness or struggle define us? What can we do to live into our true identity as children of God?
2. Do you think intention matters when it comes to healing from mental illness? Why does healing seem impossible sometimes?
3. Describe the traumatic experiences Jacob and Job went through. How did those experiences effect them? What role did their faith play?
4. Why do you think the Bible issues such strong warnings to religious leaders? What are some GREEN flags to look for in a church or faith community?
5. What words of hope and comfort does Scripture have for those who have experienced trauma, even at the hands of religious leaders?

ONE (MORE) CHALLENGE

one small step of discipleship every week

Read one PSALM each day and meditate on it.



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