

Breakthrough to Freedom

Pauline Guthrie

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Trauma is....

- *not what happens to you, it's what happens inside you as a result of what happened to you.*
- *that scarring that makes you less flexible, more rigid, less feeling and more defended.*


- Gabor Maté

- Generational, situational, developmental trauma

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We all need the 5 A_s

- Attention
- Affection
- Affirmation
- Acknowledgement
- Allowing ...




David Richo: *When the Past is Present* 2009

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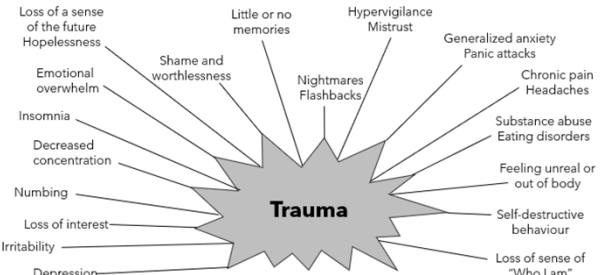
The wounds of our heart

- Fear-based trauma
- Physical trauma
- Emotional trauma
 - Abandonment, rejection
 - Betrayal
 - Verbal abuse
- Neglect trauma
- Loss trauma
- Generational trauma
- Secondary trauma



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Effects of Trauma



Trauma

"Trauma survivors have symptoms instead of memories" [Harvey, 1990]

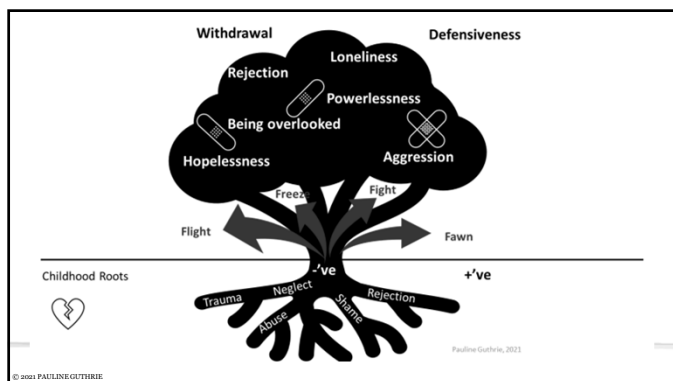
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5 sinful ways we respond...

- We deny our heart
- We harden our heart
- We protect our heart
- We medicate our heart
- We disguise our heart



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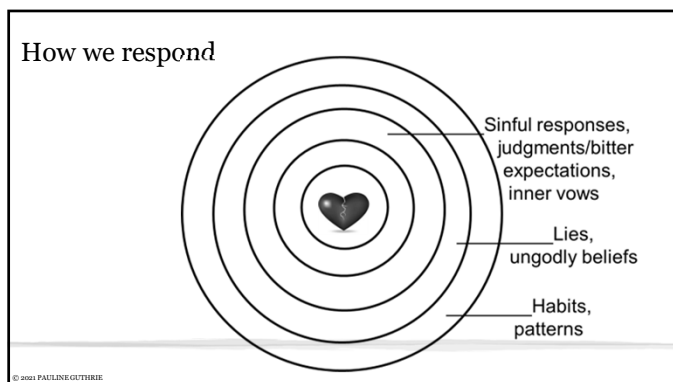


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Sinful responses of our hearts...

- Foundational Lie
- Bitter root judgment (at a spiritual level)
- Bitter root expectancy (at a physiological level)
- Inner vow

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Bitter Root Expectancy

- A bitter expectancy is a negative perception about the way we will be treated and/or the way that life will go.
- We become like the very thing we judge OR we draw people to us in this way because we defiled them with our expectancy.

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Foundational Lies

We believe shame's lies...

- I am unworthy
- I am unlovable
- I am a failure
- I am stupid
- I am an object to be used
- I am a disappointment


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Inner Vows

- Inner vows are determinations or promises to ourselves that do not really protect us
- They imprison us
- These are more powerful than bitter root judgements
- Inner vows made during formative years are often forgotten and have more power due to their unconscious and hidden nature
- Examples of inner vows –
 - I will meet my own needs
 - I will never be vulnerable
 - I won't need anything

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How can / do our hearts receive healing?

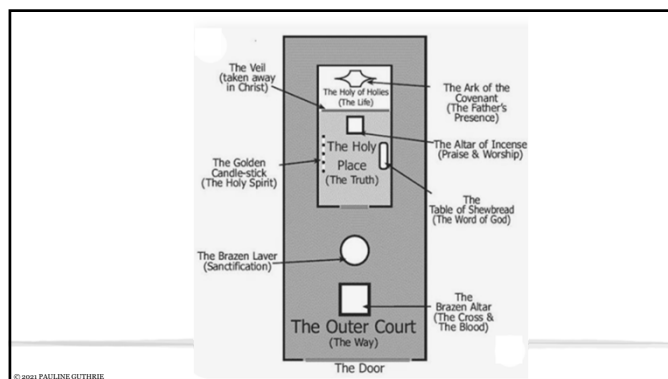


We need to –

- be willing to hit the re-start button
- plug into the anointing of the Holy Spirit
- hear God, hear His voice, and do what He says

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The Outer Court

- Brazen Altar
- Laver




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The Holy Place


- The Lampstand
- Table of Showbread
- Altar of Incense



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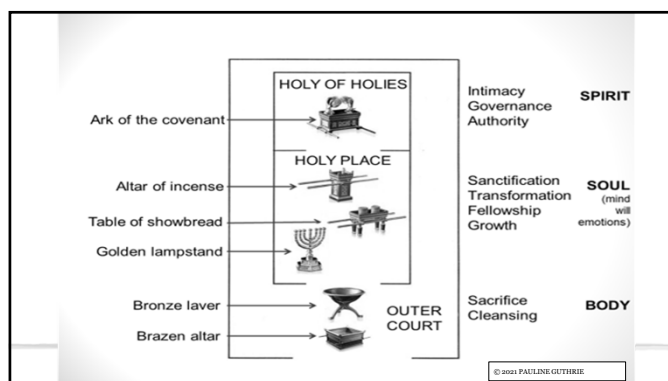
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The Holy of Holies

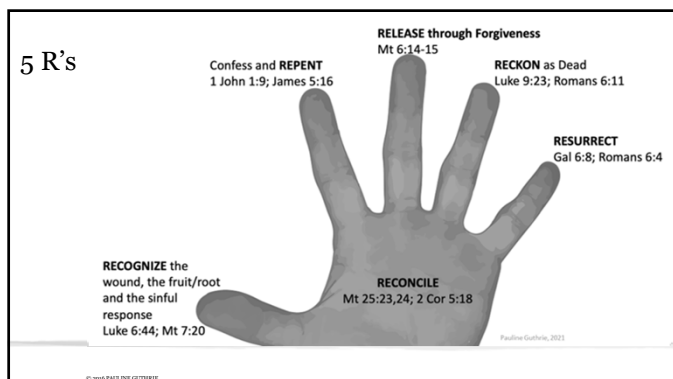


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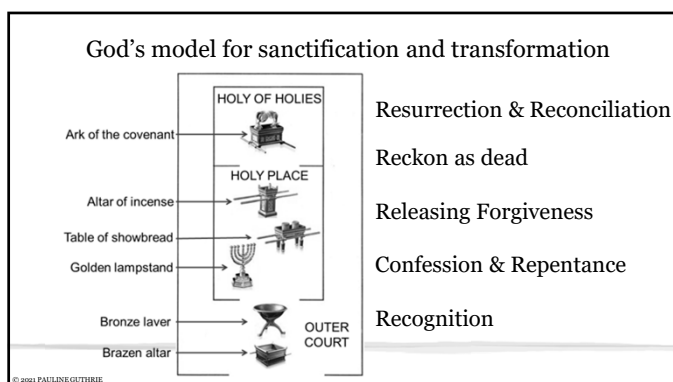
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A change of heart

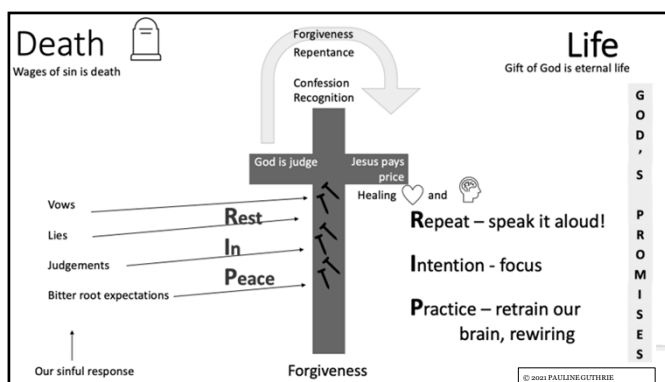
- We **REPENT** of a **JUDGEMENT**
- We **RENOUNCE** a **VOW**
- We **COME OUT OF AGREEMENT WITH** a **LIE**
- We **ASK GOD TO FORGIVE US** for these responses

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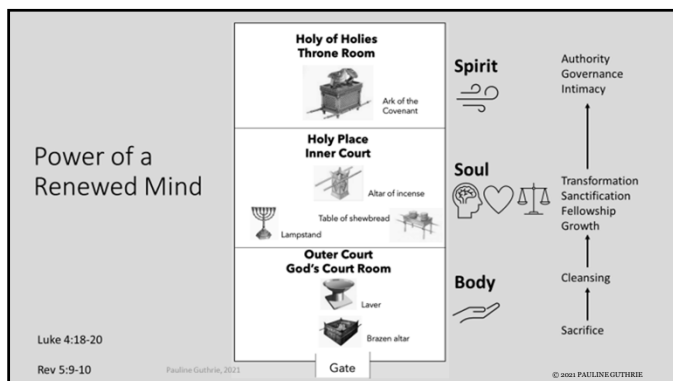
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