



Complex Trauma

24 November

Key Texts
Genesis 1-4
Luke 10:27
John 17:13
Romans 15:13

Talking through the message during the week helps turn what God is saying into action steps. Get connected with some folks who will listen and dig into the word together.

Reflection Questions

- When you hear the word “trauma” what comes to mind?
- People who have experienced trauma often respond to situations with ***flight, fight or freeze***. Without sharing names, are you aware of people who respond in these ways? What does it look like?

12 needs/drives that God has wired us with and for

1. Pleasure – no pain
 2. Food and water
 3. Sex/procreation
 4. Relationships, attachment, belonging and intimacy
 5. Love, respect, nurture, acceptance, tenderness
 6. Security – provision, protection, consistency, justice
 7. Purpose/significance – vocation, learning, hobbies
 8. Rest, a stress-free, hassle-free existence
 9. Beauty
 10. Awe, WOW!, Worship
 11. Spiritual, God
 12. Contentment, satisfaction, wholeness
- Do you think it is valid to say that when one or more of these is missing we sense a “hole in our heart” or there is a feeling of discontent or dissatisfaction? Why?
 - Each of these **needs/drives** can be filled in a good and a “bad” or inadequate way. Why do people sometimes try to meet these **drives/needs** in inadequate ways?
 - Why is it too narrow a view to reduce the “hole in our heart” to the spiritual?
 - What is “re-parenting”? How do you respond to this idea?
 - What are some of the things that you use or have used to satisfy these **drives/needs**?

Next Steps

Reflect on what it is that brings you joy.

Connect that to **2 Corinthians 10:3-5**. Write it out. Memorize it. Take **every** thought captive. Am I meeting real God given **needs/drives** in his way or my way?