



TRAUMA, TRIGGERS, & TRANSFORMATION

When Pain Programs Your Patterns

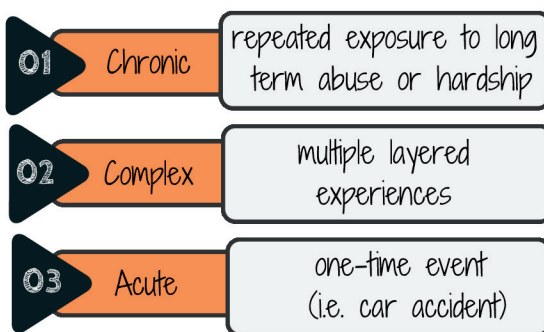
@ dr.conwayedwards

The Book of Haggai,
Ezra 3:10-13, Romans 5:3-5

Trauma is not just what happened to you, it is how it overwhelms your ability to cope.

If you just give God the process, He will give you peace.

3 Types of Trauma



Trauma is...

- feeling overwhelmed
- feeling helpless
- feeling paralyzed
- feeling frightened

Trauma is not what happened, it is what stayed with you.

Source of Trauma

(a deeply disturbing event)

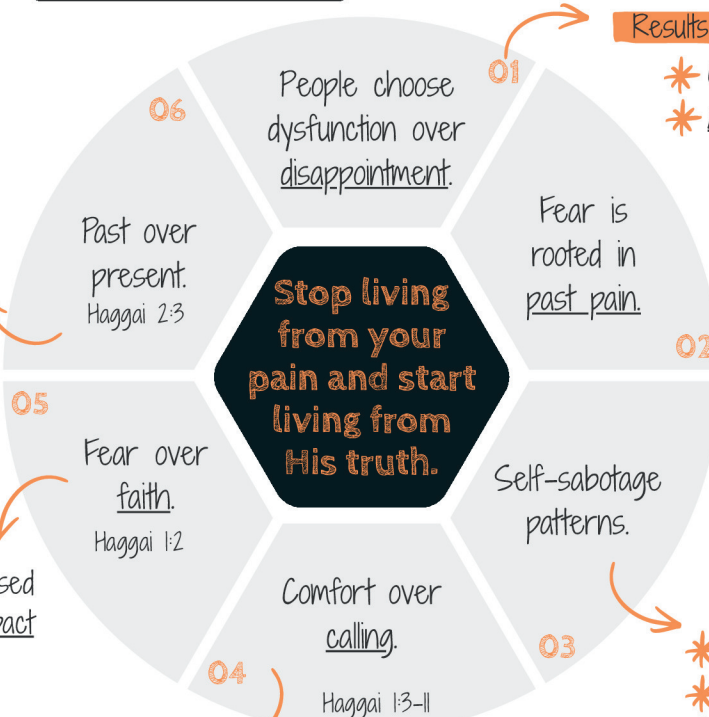
- abuse
- abandonment
- betrayal
- rejection
- death of a loved one
- divorce
- victim of a crime

Results in:

- * Comfortable in dysfunction
- * Afraid of healing

Problem:

- * Comparing current work to past glory.



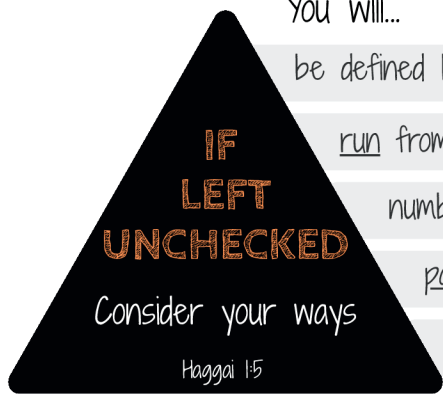
* 16 years = missed generational impact

- * Comfort creates illusion of control.
- * When we stop pursuing God's call we start searching for purpose everywhere.

Don't let your pain become your pattern.

Let God's truth become your temple.

- * Ending good relationships early
- * Choosing toxic patterns
- * Staying stuck in comfortable times
- * Pushing people away before they hurt you



You will...

be defined by your wounds

run from your wounds

numb your wounds

pass the blame for your wounds

perpetuate your wounds

INSTEAD:

Let God heal them so you can use them to help others.

SCAN HERE OR
Text "JESUS"
469-609-1909
to accept Christ



The Three Forces Shaping Formation



Time

Development happens slowly.

James 1:3-4



Processing

How you interpret experiences.

Genesis 50:20



Response Patterns

how you react to tests and opportunities.

Romans 12:21

6 ESSENTIAL TESTS Romans 5:3-5

Integrity

Will you do what is right when it costs you?

Exposes character under pressure.

Obedience

Will you act on what you already know?

Tests responsiveness to truth.

Word

What do you do while waiting for promises to unfold?

Tests patience and faith.

Faith

Will you move forward without full certainty?

Tests trust and courage.

Motivation

Why are you doing what you do?

Exposes hidden drivers and reveals true motives.

Submission & Authority

How do you respond to authority you disagree with?

Exposes pride, control, and trust in God's order.

Why People Stall Spiritually



Misinterpretation

James 1:2-4

Seeing tests as circumstantial rather than formative. Missing the deeper purpose behind challenges.



Avoidance Hebrews 12:11

Routing around tests instead of facing them directly. Choosing comfort over growth.



Rationalization

Proverbs 21:2

Justifying misaligned responses to protect ego. Making excuses rather than learning.



DIGITAL SCREEN & SERMON NOTES

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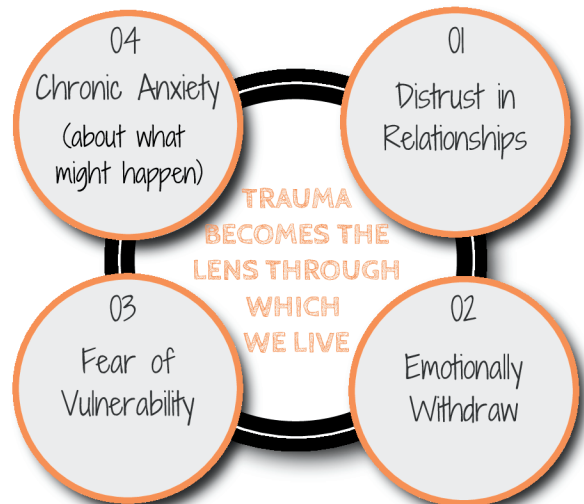
gotquestions@visitonecc.com

ONE
COMMUNITY CHURCH

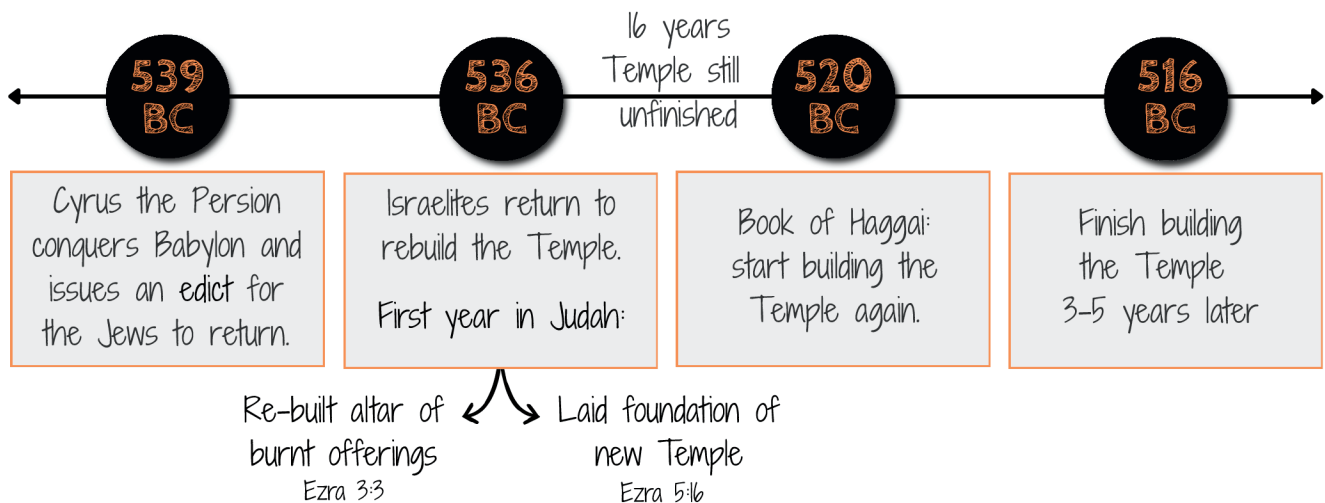
THESIS: Many people live stuck, not because of circumstances, but because of pain programs their paths.

Nostalgia Paralyzes Progress

You despise what is because you're enamored with what was.



CONTEXT: ISRAEL IN HAGGAI



They were living in the land but not fulfilling their purpose.