

Women of Africa Care Pty Ltd

WOAC On Air –16 May 2024
Episode 96
Inspiration brought to you by WOAC on Air

Topic: Trapped in Trauma and Mistrust

In Episode 89 WOAC addressed "The Trauma of in Living in unforgiveness"

Miriam webster dictionary on forgiveness:
Amnesty,pardon,absolution(release from guilt or an offence)
remission,immunity,parole,acquittal,vindication,exemption,indemnity,
leniency,clemency,impunity, mercy

<u>What is the physical - trauma of unforgiveness?</u>

Bitterness - caused by anger and sorry - leads to hatred, revenge and murder (Jacob's sons Simeon and Levi)

Unforgiveness leads to loss of inheritance due to traumatized outbursts - Genesis 49.5-7 Jacobs blessings over Simeon and Levi were a response to their irresponsible conduct:

They became a divided nation and lost their power of influence.

"Simeon and Levi *are* brothers;
Instruments of [a]cruelty *are in* their dwelling place.
6Let not my soul enter their council;
Let not my honor be united to their assembly;
For in their anger they slew a man,
And in their self-will they [b]hamstrung an ox.
7Cursed *be* their anger, for *it is* fierce;
And their wrath, for it is cruel!
I will divide them in Jacob
And scatter them in Israel.

Trapped in Trauma and Mistrust and the impact it has in terms of forgiveness and moving forward

Proverbs 18.1 - A man who isolates himself seeks his own desire; He rages against all [a]wise judgment.

Proverbs 18.14 The human spirit can endure in sickness, but a crushed spirit who can bear?

One of the key issues of building trust after a trauma can be daunting. But it is necessary to build trust because “trust is the fuel of life” like the author of the book Trust Dr Henry Cloud states Trust sends a signal to our entire being that says, “Move forward.” He says “when we move towards a person, a group (church, business colleagues), a business deal, a family member, or whatever the object of our trust may be, and invest our hearts, time, energy, love or wallets. When we don’t trust, we a get a strong internal message in the opposite direction as in “move away…every day, in a thousand ways, with every personal and business encounter, we decide either to move toward or move away. Moving towards in the absence of trust will mislead you into trails that cause betrayal, victimization, bringing losses, bitterness, trauma, you lose your fuel for life.

“We can become better and better and knowing who is trustworthy and who is not. And we can get better at deciding when and with whom we will put ourselves at risk.” If you gonna put yourselves at risks you gonna have to do your homework and building trust worthy associations, the Five essential ingredients to build trusting associations: (Trust, author Dr Henry Cloud)

Knowing when to give it, when to withhold it, how to earn it, and how to fix it when it gets broken:

The 5 essentials of trust are: Understanding, Motives, Ability, Character, Track Record

Using the example of a spouse: for me to trust my husband I would expect him to have the following qualities:

1. Understanding as in - being empathetic, he knows me, he understands what i need, think, feel, desires and fears and can respond the way Jesus does in terms of washing me with the word, lifting me up in prayer and understanding my make up that I can trust him in most my best and most vulnerable state knowing He has my back in every state I am in.

(Proverbs 24. By wisdom a house is built, and through understanding it is established; 4through knowledge its rooms are filled with rare and beautiful treasures.

2. Motives - My husband’s motives are to do me and the kids good and not harm - he has a selfless heart attitude,he is humble yet a man of authority. He doesn’t allow his leadership to control the family but rather promotes a culture of submitting to one another in love and allowing us to express our vulnerabilities without fear of judgement or condemnation but to correct and build. (Proverbs 16.2 All a person’s ways seem pure to them, but motives are weighed by the Lord.)

3. Ability - he is a good husband therefore I don't feel threatened by his interaction with other women whether it be his ex wife, or church female congregation or work female colleagues. He is a good father to all the kids. He is responsible in his role as a husband and father and so the family feels protected and taken care of under his authority. (Eph 6.4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. Eph 5.25 Husbands, love your wives, just as Christ loved the church and gave himself up for her.)

4. Character - he has good character.(perseverance, self control, kindness, brotherly love, integrity, honesty. He does not lie, cheat, abusive, nassistic, defensive, anger, emotional unstable, control, irresponsible, neediness, nor divisive. (1 Cor 15.33 “Do not be misled: ‘Bad company corrupts good character.'” Titus 2.7 “In everything set them an example by doing what is good. In your teaching show integrity, seriousness.”)

5. Track record - he has a good track record looking at his past marriage / relationships and has good Interactions with communities, families and work place. “I'm sorry or forgive me" is not a track record, trust must be earned says Dr Henry - Track record is consistency in understanding the other people in the home, having selfless motives to treat others the way you want to be treated, having the capacity to be a good husband / father / employee in your place of vocation / pastor or cell group leader. (1 Cor 15.58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.0

If you fall short in areas of being understood, motives towards you are negative, the capacity, character and track record of the person you are to trust does not allow you to trust them then you need to revisit these 5 elements against the people that you work with, do church growth with, family members in order to cultivate trust.

Healing for Trauma, author Yvonne Retief

The trauma trap - "Some people fail to realize that they lived through a trauma- they have subconsciously covered up an experience and may go about their business quite normally for weeks, months, years even, before the impact of that experience hits them."

"Traumatized people sometimes find that when something suddenly reminds them of a specific traumatic experience, they react instinctively, as though they were back in that situation."