



# Traumatic Facts Of Life

Jesus said...

*"In this world you will have trouble" — John 16:33*  
*"The thief only comes to steal, kill and destroy" — John 10:10*

*(And since the past isn't over yet, it...)*



## Results In

**Type A Trauma** = **The Lack Of** – Love, Affection, Encouragement, Communication, Growth, etc.  
**Type B Trauma** = **The Presence Of** – Abuse, Trauma, Curses, Occult Influences, Condemnation, Fears, Generational Sins & Spirits, Pride, Rejection, etc.

## Which Creates

*(According to Isaiah 61:1-3)...*



## All This Filters Through Fleshly Layers Of Self

*Self-protection – Self-centeredness – Self-reliance – Self-promotion*

## The Unrenewed Mind (Romans 12:2) Then Reacts With

**STINKIN' THINKIN'** – Using coping mechanisms, rationalizations, arguments, denial, justification & defensiveness that are based on lies—twisted ideas, beliefs, perceptions, attitudes and motives.

## Producing Futile Attempts To Medicate Inner Pain Through

*Drugs, Alcohol, Psychosomatic Illnesses, Victim Mentality, Denial, Suspicion, 'Self-Help' Programs.*

*Perfectionism, Judgmentalism, Religion, Rigidity, Legalism, Domination, Manipulation, Pride, Criticalness.*

*Overeating, Sexual Sins, Soul-Ties, Wrong Relationships, Backbiting, Sarcasm, Cutting 'Humor'.*

*Unforgiveness, Pain, Distrust, Hidden Agendas, Doubt, Fear.*

*Resentment, Confusion, Fear, Insecurity, Anger, Pain, Distance, Revenge.*

*Self-Condemnation, Unworthiness, Pain, Neediness, Fears, Lust, Hopelessness, Inferiority.*

## Which Ultimately Results In Sub-Christian Living

**Surviving instead of Thriving — Functioning instead of Flourishing in life!**

**WHICH IS WHY JESUS SAID**

*"First clean the inside of the cup and dish and then the outside will be clean also." Matthew 23:26.*

Strong  
In  
Spirit  
Ministries -  
↓  
Liberating,  
Strengthening  
And  
Transforming  
Disciples"

