

Reset for Renewal: Trauma & Spirituality

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you are not alone

United Church
of Christ

Disabilities
Ministries

Accessible to All
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www.uccdm.org



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Mental Health Network

WISE (Welcoming,
Inclusive, Supportive,
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What do we mean by spirituality?



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Spirituality is “an inner sense of living relationship to a higher power (God, nature, spirit, universe, the creator, or whatever your word is for the ultimate loving, guiding life-force).”

-Lisa Miller, *The Spiritual Child*



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Statement of Faith

We believe in you, O God, Eternal Spirit, God of our Savior Jesus Christ and our God, and to your deeds we testify: You call the worlds into being, create persons in your own image, and set before each one the ways of life and death. You seek in holy love to save all people from aimlessness and sin.



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You judge people and nations by your righteous will declared through prophets and apostles.

In Jesus Christ, the man of Nazareth, our crucified and risen Savior, you have come to us and shared our common lot, conquering sin and death and reconciling the world to yourself.



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You bestow upon us your Holy Spirit, creating and renewing the church of Jesus Christ, binding in covenant faithful people of all ages, tongues, and races.



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You call us into your church to accept the cost and joy of discipleship, to be your servants in the service of others, to proclaim the gospel to all the world and resist the powers of evil, to share in Christ's baptism and eat at his table, to join him in his passion and victory.



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You promise to all who trust you forgiveness of sins and fullness of grace, courage in the struggle for justice and peace, your presence in trial and rejoicing, and eternal life in your realm which has no end.

Blessing and honor, glory and power be unto you.

Amen.



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How does the UCC
Statement of Faith connect
to your spirituality?



What do we mean by trauma?



Trauma:
extreme stress
powerlessness
disruption



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Impact of trauma:
memory problems
intrusive images
feeling fearful, unsafe,
sadness, grief, helpless,
numbness



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Impact of trauma:
withdrawing/isolating, becoming
confrontational/aggressive,
change eating habits,
increase/decrease in sexual
activity



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How can spirituality minister to trauma?



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Bible Study on Ezekiel

based on *Ezekiel* by Nancy Bowen



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Ezekiel 37:1-6

The hand of the LORD came upon me, and he brought me out by the spirit of the LORD and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, “Mortal, can these bones live?”



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Ezekiel 37:1-6

I answered, “O Lord GOD, you know.” Then he said to me, “Prophecy to these bones, and say to them: O dry bones, hear the word of the LORD. Thus says the Lord GOD to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the LORD.”



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Ezekiel passage:
“Somehow, in all of what is
happening, God is involved.”
-Nancy Bowen



Ezekiel passage:

“Ezekiel’s experience may give them hope that though they are driven to their knees, they too will survive to tell the tale.”

-Nancy Bowen



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Where does it hurt?



What happened to you?



Where is God showing up?



Breaking the silence

Telling & rewriting the stories

Healing from trauma



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We can create spiritual
communities that strengthen
connections to God and show love
for one another.

That we may all be one.



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Field of Love:

A relational, sacred space holding God's presence. Through love from the many people and relationships in the field of love, youth recognize and experience the transcendent. The field of love is a starting point for a child's spirituality.

—Lisa Miller, *The Spiritual Child*



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Exercise: Cross Field of Love



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