

YOUR BODY IS KEEPING THE SCORE

S E R M O N G U I D E

No Limits with Pastor Delman

Your Body Is Keeping The Score

2 Corinthians 7:1

NOTES INTRODUCTION The idea that throughout our lives our bodies have been storing the moments and the memories of trauma and past pain came up for me when I read today's key text. In this verse, Paul admonishes the church at Corinth to cleanse themselves of every defilement of the body and spirit, for in doing so, they would find freedom and empowerment by becoming more like God. The same is true for you and me. When we experience cleansing and healing by the power of the Holy Spirit, we become more like Christ. So in order to begin that journey of healing, we need to ask ourselves a few questions. **KEY POINTS** 1. What trauma is stored in your body? How did that fear, that feeling, or that disappointment get stored in your body? Well, it happens when stress comes at you and it's too much too fast. When we are confronted with stress and too much of it is coming at us too fast, or we get too little relief for too long, we become immobilized, the body shuts down, and those emotions get stored in our nervous system. When that happens, the body says, "I don't think I can make it through this. I don't have enough to handle this problem." Just think of the amount of stress that's been coming at you over the course of your life. Think about the amount of weight you've had to carry over the course of your life. When you do this reflective work, what trauma do you think has been stored in your body? 2. Do you believe that healing your trauma is possible? Today's key verse establishes that healing from stored trauma is possible. It establishes that regardless of what you've experienced, regardless of how hurtful, harmful, and painful it was, you can heal from it. If we could not heal, that would be bad news. But the good news is that healing is possible, and what happened to us does not have to be the end of our story. The mere fact that Paul says, "Let us heal," affirms that God engineered the body in such a way that it can be restored, renewed, rejuvenated, and reconstituted.

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3. Have you been trying to fix yourself?

It is not until you deal with your trauma that you can heal from your trauma, and the only way you can heal is by re-coding what was recorded in your body. Thought-based treatment isn't enough when you are dealing with an experience in your childhood that has been stored in your body. Medication and self-medication often mask the symptoms (i.e. drugs, alcohol, sex, shopping). But, if you want to heal from trauma stored in the body, you need to experience safety again in your body. Safety will help you to retrain your senses. It will help to reprogram your nervous system so that you can reconnect with yourself, with others, and with the world around you.

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QUESTIONS TO CONSIDER

1. What	trauma has	been stored	l in your	body?
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2.	What ways/	tools	have you	sough	t out to	experi	ience l	healii	ng and	restorat	tion?
	How has tha	at wor	ked out f	for you	?						

3. What is one step you can take this week to begin to address and start heali from the trauma you've experienced in your past?	ng