



WILLIAMS CHAPEL CHURCH
Chief Apostle Kimberly Nixon, Pastor



Psalm 42:7 KJV

Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.

Ezekiel 18:20 AMPC

The soul that sins, it [is the one that] shall die. The son shall not bear and be punished for the iniquity of the father, neither shall the father bear and be punished for the iniquity of the son; the righteousness of the righteous shall be upon him only, and the wickedness of the wicked shall be upon the wicked only.

2 Corinthians 5:17 KJV

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

Understanding Trapped Trauma in the Family System

Family systems carry stories, wounds, and patterns that are often passed down consciously or unconsciously, from one generation to the next. **Trauma does not remain isolated to one individual; it affects relationships, communication, and identity formation within the family.**

When trauma is unacknowledged or unresolved, it becomes “**trapped**” within the system, often manifesting in:

- Repeating patterns (addiction, abuse, abandonment, silence).
- Unspoken rules (don’t talk, don’t feel, don’t trust).
- Generational shame (covering pain rather than healing it).
- Broken attachments (insecure or disrupted bonds between parents and children).

How Trauma Gets Trapped

1. Silence and Secrecy

Families may deny or hide abuse, violence, or betrayal, forcing future generations to live with “ghosts” that haunt the system.

2. Unhealthy Coping Mechanisms

Trauma survivors may numb themselves with substances, control, workaholism, or religious legalism – teaching their children the same behaviors.

3. Generational Transmission



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The unhealed pain of one generation often becomes the behavioral norm of the next. A child raised in fear often becomes a fearful parent.

4. Distorted Family Roles

Trauma can lock people into rigid roles: the hero, the scapegoat, the lost child, or the caretaker – each masking the wound but never healing it.

Pathways to Healing

1. Acknowledgment & Naming

Families must courageously name the trauma rather than hide it. What is hidden has power; what is exposed to the light can be healed.

2. Generational Work

Tools like genograms (family diagrams) help trace repeating patterns and bring awareness to what is “trapped.”

3. Safe Spaces for Processing

Counseling, pastoral care, and prayer provide safe environments to unpack trauma without judgment.

4. Breaking Silence through Storytelling

Sharing stories of pain and resilience creates connection and lessens shame.

5. Spiritual Deliverance & Renewal

Through prayer, confession, and the power of the Holy Spirit, families can break cycles of bondage and walk into freedom.

Prayer Declaration

“Lord, I bring before You the unspoken and unhealed traumas within my family system. I ask for Your light to shine on what has been hidden, for Your truth to break cycles of secrecy, and for Your Spirit to release us into healing and wholeness. What was trapped in pain, release into peace; what was bound in shame, release into grace. Let my family walk in the new legacy of Christ, in Jesus ’name. Amen.”

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