

NOTES

Soul Leadership

Message 1 | What's Going On With Me?

Trauma: A response to deeply distressing or disturbing experiences that overwhelm a person's ability to cope.

Exodus 2:11–12, Numbers 11:14–15a, Numbers 20:10–11

What We Need to Know About Trauma:

1. Trauma Happens Because Life is Tough

Exodus 5:22, Isaiah 61:1

2. Triggers Reveal Our Trauma

Trigger: A moment where unprocessed pain gets activated under pressure. _____

3. Trauma Doesn't Have to be the End of Your Story

Romans 12:2b _____

What is God speaking to me today? Who can you invite to church next weekend? _____
