

Redemption: Core Values

Core values are the ideals and concepts we hold dear, our strongest convictions, and the areas of life we care most about. They make up the foundation of the grid, or paradigm, through which we understand the world around us and by which we are guided in how we feel and act.

*Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.
(Romans 5:3-4)*

Trauma Response Values

- 1) *Observe* – the event or threat of harm
- 2) *Interpret* – cognitive dissonance
- 3) *Conclude* – create resolve or leave pending
- 4) *Respond* – feel, act, and choose

The Trauma Paradigm

- 1) *Recurrence* – repeat offenses
- 2) *Triggers* – assumed recurrence
- 3) *Captivity* – enslaved to the offenses and offender(s)

Symptoms

- 1) *Failure to Thrive* – uncontrollable feelings and actions
- 2) *Persistent Sin Issues* – legal ground
- 3) *Coping Strategies* – self protection
- 4) *Striving* – the “good ping pong balls”

Solution

- 1) *Ask God to reveal the origin*
- 2) *Discover the belief that drives the value*
- 3) *Forgive and receive forgiveness*
- 4) *Exchange the belief for God’s truth*
- 5) *Ask God to turn the curse into a blessing*