



# FROM BROKENNESS TO WHOLENESS

A basic training for children's leaders  
working with children wounded by trauma



## PARTICIPANT NOTES

Part of the 1for50 family  
of training resources

Revised April 2021





What if every child in every community had someone to reach, disciple and empower them to become an influential Kingdom Champion? This is the dream of the 1for50 Movement. And we believe it is possible, because this is God's dream, not ours.

This six-hour 1for50 training is designed to equip children's ministry workers and leaders with basic skills and understanding for working with children wounded by trauma. After completion of this training, you will:

- Understand and embrace your role as agents of hope in the lives of children wounded by trauma.
- Learn what trauma is and how it affects a child's whole being
- Be equipped to build trusting relationships with children and understand the stages of grief and healing a hurting child will experience.
- Know the value of listening to children who have been wounded by trauma and be equipped with basic skills in active listening
- Understand the damage trauma can cause to a child's spiritual foundation and how to minister to children to help rebuild these foundations.
- Be prepared to use Bible stories to share foundational truths with children who have been wounded by trauma.
- Learn how to share the gospel story, From Brokenness to Wholeness, with children.
- Be equipped with ideas for connecting the gospel with a child's point of need.

---

## Table of Contents

	PAGE
Embracing our Role as Agents of Hope	3
Understanding Trauma	6
Walking the Journey of Grief and Healing with Children	9
Learning to Listen Well	12
Rebuilding Spiritual Foundations	15
Connecting the Gospel to a Child's Need	20
Additional Resources	25

---

## You will need (In addition to these Participant Notes):

- Bible
- Pens or pencils and extra paper to take notes

# Embracing Our Role as Agents of Hope

## A Story of Hope

What is one thing that stood out to you or encouraged you from Mary's story?

## Overflowing with Hope

### **Romans 15:13** NIV

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Read **Romans 15:13**. What is God's role and our role as agents of hope?



**God fills us with His hope.** We are the channel to share His hope to children who are hurting.

## Starting from the Right Place

We must not rely only on our own resources as agents of hope, because they are never sufficient.

What are examples of broken cisterns we draw from to minister to children who are hurting?

### **Jeremiah 2:13** NIV

My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.

When we draw from these broken cisterns to minister to hurting children, we may feel:

## God is our Spring of Living Water

What do the following Scripture passages tell us about the sources of hope God provides?

### **Romans 15:4** NLT

Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled.

### **Psalms 119:49** NLT

Remember your promise to me; it is my only hope.

### **Jeremiah 14:22** NIV

Do any of the worthless idols of the nations bring rain? Do the skies themselves send down showers? No, it is you, Lord our God. Therefore our hope is in you, for you are the one who does all this.

### **Lamentations 3:21-23** NIV

Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

### **Psalms 33:18-22** NLT

But the Lord watches over those who fear him, those who rely on his unfailing love. He rescues them from death and keeps them alive in times of famine. We put our hope in the Lord. He is our help and our shield. In him our hearts rejoice, for we trust in his holy name. Let your unfailing love surround us, Lord, for our hope is in you alone.

### **Ephesians 1:18** NLT

I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

### **1 Peter 1:3** NIV

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead ....

What are some specific ways we can connect with God in order for Him to fill us with His hope?

When God fills our hearts with hope, how will we respond when we encounter children who have been wounded by trauma?

God is the source of **living water** for each one of us as we seek to minister to hurting children. We may feel inadequate to the task, but God can use us as we allow **His hope to overflow** in our lives.



## Action Steps

1. What is one new thing you learned about being an agent of hope and how will it change what you do?
2. What broken cisterns are you tempted to draw from when ministering to hurting children?
3. What will you do, instead, to be filled with God's living water?

# Understanding Trauma

## God's Big Story

What stands out to you about God's Big Story in the context of brokenness and wholeness?

**Psalm 147:3 NLT**

He heals the brokenhearted and  
bandages their wounds.

## Trauma and Its Causes

Trauma is an unexpected, out-of-the-ordinary experience which causes distress and a sense of being out of control.<sup>1</sup>

The traumatic events children experience fit into two categories:

1. **Calamities**<sup>2</sup>: Trauma that was not caused or intended by humans. Examples:
2. **Evil Deeds**: Trauma that was deliberately caused by humans. Examples:

## Losses from Trauma

Whenever trauma occurs—whether from a calamity or evil deed—a loss is experienced.

What types of losses might a child experience due to traumatic events?

Physical Losses	Social-Emotional Losses	Mental Losses	Spiritual Losses

<sup>1</sup> Greener, S. (2006). The effects of failure to meet children's needs. In G. Miles and J-J. Wright (Eds.), *Celebrating Children: Equipping People Working with Children and Young People Living in Difficult Circumstances Around the World* (127-135). Paternoster.

<sup>2</sup> Adapted from Velazco, G.A. (2001). Petra College Lectures.

Because trauma affects a child's whole being, our response to their trauma needs to be holistic.

Do children recover more easily from trauma caused by calamities or evil deeds?  
Why?

## Trauma and Spiritual Growth

How might a child's losses impact their understanding of God?

The degree to which a child trusts adults influences his or her ability to trust a Heavenly Father.

## Indicators of Trauma in Children

### BEHAVIORAL INDICATORS: WHAT THEY DO

Bullying and aggression: attacking things or people
Declining grades: poorer and poorer performance in school
Family and peer conflicts: fighting or arguing with family and friends
Misbehaving: getting into trouble with the law/juvenile crime
Poor concentration or attention
Poor peer relations: not getting along with children of the same age
Regression: reverting to younger behavior (baby talk, clinging, bed-wetting)
Running away
Social withdrawal: they don't want to mix with friends or family
Being overly friendly or seeking physical contact with adults they do not know well
Stealing
Substance abuse and self-harm: glue sniffing, alcohol, drugs
Tantrums: violent outbursts of anger, kicking, or shouting

### EMOTIONAL INDICATORS: WHAT THEY FEEL

Anger: making more enemies than friends
Anxiety: being tense and worried all the time
Insecurity: clinging to adults, refusing to be left alone
Depression: feeling very sad, hopeless, or tired for extended duration
Fear: of adults (or specific adults)
Guilt
Low self-esteem or lack of self-confidence
Obsessions: "fixating" on specific things, repeating actions
Often thinking about suicide

**PHYSICAL INDICATORS: WHAT THEIR BODIES SHOW**

Bruises: purple or blue marks, swellings, rashes on the body
Cannot eat properly or overeats
Bed-wetting or soiling themselves
Headaches or stomach aches
Pain, itching, bad body odor
Problems walking or sitting
Sleep disturbance: cannot sleep or sleeps too much, nightmares

Many times, the **change** in a child's normal behavior is what indicates a trauma has occurred. The presence of **several indicators** may mean some type of intervention is required.

## The God Who Heals

Which of God's character qualities speaks to the way you're feeling?

**Exodus 15:26 NIV**

If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.

The Hebrew name God uses for Himself in this verse is **Jehovah Rapha**.  
Rapha means to **heal or make whole**.

God does heal. He does bring wholeness from brokenness. And because of that, we can have hope.

## Action Steps

1. Think about a child you know who has experienced trauma and look at the four categories of losses. What were some of the losses they have experienced?
2. Are you currently working with children who show multiple indicators of trauma? Write down their names. What specific things can you pray for them?



# Walking the Journey of Grief and Healing with Children

## Introduction

### Nehemiah 1:1-4 NLT

In late autumn, in the month of Kislev, in the twentieth year of King Artaxerxes' reign, I was at the fortress of Susa. Hanani, one of my brothers, came to visit me with some other men who had just arrived from Judah. I asked them about the Jews who had returned there from captivity and about how things were going in Jerusalem. They said to me, "Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire." When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven.

How did Nehemiah react to the losses he experienced?

**Grief** is the combination of emotions and reactions we experience any time we lose someone or something important to us.

## Stages of Grief<sup>3</sup>

During each stage children will demonstrate different behaviors, which are a **manifestation** of the grief they are experiencing.



### Neighborhood of Denial and Anger

What kinds of behaviors might you see from children at this stage of grief?

### Neighborhood of No Hope

What kinds of behaviors might you see children exhibit at this stage of grief?

<sup>3</sup> Hill, H. et al. (2014). *Healing the wounds of trauma: How the church can help* (North American Edition, p. 33). American Bible Society.

### Neighborhood of New Beginnings.

What kinds of behaviors might you see as children move toward New Beginnings?

The journey of grief and feeling rarely follows a straight line. Children will go **back and forth** between the stages.

The false bridge promises a way around the pain of grieving.

Why do you think this is a false bridge that will not lead to healing?



God made us with the need to grieve our losses. It is a **normal, healthy** response to loss.

## Building Trusting Relationships

One of the most important things a child needs on their healing journey is a relationship with a caring, trusting adult.

Think about the people in your life whom you trust. Why do you trust them?

What are some ways we can build trusting relationships with children?

Trust is developed over time as we **consistently** demonstrate love and respect to children.

## Our Own Journey of Grief and Healing

Where are you on your own journey of grief and healing?

Neighborhood of Denial and Anger  
Neighborhood of No Hope  
Neighborhood of New Beginnings



### 2 Corinthians 1:3-7 NLT

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ. Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer. We are confident that as you share in our sufferings, you will also share in the comfort God gives us.

God will **redeem** our suffering and trauma. When we experience healing, our experience becomes a **powerful testimony** of hope to children who are now on that same journey.

## Action Steps

1. Have you ever tried to build a false bridge to heal from grief? If so, what might you do differently?
2. If you have experienced trauma and loss in the past, how might it help you walk with a child who is on the journey of grief and healing?
3. What are one or two ways you will build a trusting relationship with a child in order to walk with them along their healing journey?

# Learning to Listen Well

## Introduction

Think about a time when someone listened to you. What happened? How did you know they were really listening? How did you feel because of the way they listened?

**Proverbs 18:13 NIV**

To answer before listening—  
that is folly and shame.

**James 1:19 NIV**

My dear brothers and sisters, take note of  
this: Everyone should be quick to listen,  
slow to speak and slow to become angry.

## Active Listening Demonstration

Poor Listening Example: What did you notice?

In active listening, the listener **reflects back the feelings and the facts** the speaker is saying.

Good Listening Example: What did you notice?

Good listeners...

- Use appropriate eye contact.
- Demonstrate welcoming body language.
- Reflect back what the child says and affirm their feelings.
- Do not offer their opinion or judgment about what happened.
- Do not show surprise or shock.
- Listen. They do not offer advice.

Identify the problem in the listening approach:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



What did you learn from your attempt to actively listen or from watching others?

Active listening is a skill that takes practice. It requires us to be fully attentive to a child. We must listen with our ears, eyes and spirit, and pay attention to the child's body language and words.

**Confidentiality:** We must respect children and not share what they say to us. However, when a child discloses something like abuse or ongoing danger, it is wrong to assure the child that we will not share it with others. There may be a legal obligation to report child abuse to the authorities.

## The Ministry of Presence

### Job 2:11-13 NLT

When three of Job's friends heard of the tragedy he had suffered, they got together and traveled from their homes to comfort and console him. Their names were Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. When they saw Job from a distance, they scarcely recognized him. Wailing loudly, they tore their robes and threw dust into the air over their heads to show their grief. Then they sat on the ground with him for seven days and nights. No one said a word to Job, for they saw that his suffering was too great for words.

When children cannot or will not talk about what has happened, we can:

- Invite the child to draw a picture.
- Do another activity with the child.
- Sit and hold their hand, give them a hug.
- Simply be quiet.

## Action Steps

1. What aspects of active listening were easy for you? What aspects were difficult?
2. What is one thing you have learned about listening to children that you will put into practice?



3. How can you practice a “ministry of presence” with children?
  
4. Think of a child in your community or family with whom you can practice listening. Plan a time to practice active listening with them.

# Rebuilding Spiritual Foundations

## Introduction

Trauma can cause long-term losses that erode a child's spiritual foundation. What stood out to you in Jesse's story?

## Three Spiritual Foundations

### Spiritual Foundation #1: Love and Belonging

God created us to be in **relationship**. Trauma can cause children to lose this sense of belonging.

#### Mark 10:13-16 NLT

One day some parents brought their children to Jesus so he could touch and bless them. But the disciples scolded the parents for bothering him. When Jesus saw what was happening, he was angry with his disciples. He said to them, "Let the children come to me. Don't stop them! For the Kingdom of God belongs to those who are like these children. I tell you the truth, anyone who doesn't receive the Kingdom of God like a child will never enter it." Then he took the children in his arms and placed his hands on their heads and blessed them.

How did Jesus assure children that they belonged?

Practical ideas that would demonstrate to children that they belong:

### Spiritual Foundation #2 – Significance

Children need to know they are **valuable**. Trauma can cause children to lose this sense of significance.

How can we help a child who has suffered trauma know they are valued and that they matter?

**Spiritual Foundation #3 – Ability to Trust**

Children who have been significantly wounded by trauma, may have lost their ability to trust God. As we build trusting relationships, we are also helping children learn how to trust again.

**The Importance of God's Word****Psalm 119:89-93 NLT**

Your eternal word, O Lord, stands firm in heaven. Your faithfulness extends to every generation, as enduring as the earth you created. Your regulations remain true to this day, for everything serves your plans. If your instructions hadn't sustained me with joy, I would have died in my misery. I will never forget your commandments, for by them you give me life.

**Psalm 119:114 NLT**

You are my refuge and my shield;  
your word is my source of hope.

What is the importance of God's Word in the heart of a child wounded by trauma?

The **truth** of God's Word can bring **healing and hope** to a child's wounded heart.

1. **Romans 5:8, 1 John 4:9** – God loves us so much He sent Jesus to die for us.
2. **Romans 8:38-39** – Nothing can separate us from God's love.
3. **Isaiah 43:4** – We are precious to God and honored in his sight.
4. **Ephesians 2:10** – We can serve God because He created us to do good things.
5. **Psalm 9:10** – The Lord does not forsake those who seek Him.
6. **Lamentations 3:22-23** – God is faithful.
7. **Psalm 46:1** – God is an ever-present help in trouble.

Circle the scripture that is most meaningful to you.





## Sharing Truths Through Stories

Stories are one of the best ways to communicate the truth of God's Word to children.

### Example 1

**Verse:** Isaiah 43:4

**Truth:** You are precious and valuable to God.

**Story:** Jesus welcomes the little children.

### Example 2

**Verse:** Psalm 33:22

**Truth:** God's love for them is unfailing.

**Story:** What Bible story could you share that would communicate that truth?

### Example 3

**Verse:** Psalm 46:1

**Truth:** God is an ever-present help in trouble.

**Story:** What Bible stories could help you teach this truth?

## Helping Children Reflect on the Story

After sharing the Bible story, we also want to help children reflect on the truth of the story, helping them connect God's Word to the hurt or trauma they have experienced in their own life.

What activities could you do with children to help them reflect on the Bible story?

In groups, choose one of the truths about God we have talked about. Select one Bible story that illustrates the truth about God and then think of two ideas for how you could invite children to reflect on your chosen story.

## Action Steps

1. Think about children you know who have suffered trauma ....

What are 2-3 things you could do to demonstrate God's love for them?

What are 2-3 things that you could do to affirm their significance?



2. What is something new you learned about sharing truth through stories? How will you begin implementing what you have learned?
3. How will you help children reflect on the Bible stories you share with them?

Only the **Holy Spirit** can do the work of rebuilding a child's spiritual foundations. As we walk with hurting children, we must make **praying** for them a **central part of our ministry**.

## More Ideas for Sharing Truth Through Stories

### God is Trustworthy

**Verse:** Hebrews 13:5-6

**Truth:** God will never leave us or forsake us

**Bible Stories:** David flees from King Saul (1 Samuel 24); God frees the Israelites (Exodus 11-15)

**Verse:** Psalm 46:1

**Truth:** God is an ever-present help in trouble

**Bible Stories:** Paul and Silas in prison (Acts 16:16-40); Fiery furnace (Daniel 3)  
Joseph in prison (Genesis 39-41); Daniel in the lion's den (Daniel 6)

**Verse:** Psalm 34:18

**Truth:** God is close to us when we hurt

**Bible Stories:** Hagar and Ishmael (Genesis 21:8-21); Birth of Moses (Exodus 2);  
Job (Job 1,2, 40-42)

**Verse:** Philippians 4:19, Matthew 6:24-27

**Truth:** God will provide for our needs

**Bible Stories:** Elijah fed by ravens (1 Kings 17:2-16); Moses gets water from a rock (Exodus 17:1-7, Numbers 20:1-13); Israelites and the manna (Exodus 16)

**Verse:** Nahum 1:7, Romans 8:28

**Truth:** God is good and working all things for good

**Bible Stories:** Ruth (Ruth 1-4); Joseph (Genesis 37, 39-45)

### God Loves Us

**Verse:** Romans 5:8, 1 John 4:9

**Truth:** God shows His love by sending Jesus

**Bible Stories:** Jesus death and resurrection (Matthew 26-28; Mark 14:12-16:20; Luke 22:7-24:12; John 18-20)

**Verse:** Jeremiah 31:3, Psalm 13:5; 33:18-22

**Truth:** God's love for us is unfailing and everlasting

**Bible Stories:** Jesus touches the leper (Luke 5:12-16); Jesus heals the woman with the bleeding issue (Mark 5:21-34); Prodigal Son parable (Luke 15:11-32)

**Verse:** Romans 8:38-39

**Truth:** Nothing can separate me from God's love

**Bible Stories:** John 10 (Good Shepherd)

### God Gives us our Significance

**Verse:** Psalm 139:14-18

**Truth:** We are fearfully and wonderfully made

**Bible Stories:** Creation (Genesis 1-2)

**Verse:** Romans 15:7

**Truth:** God accepts us

**Bible Stories:** David and Mephibosheth (2 Sam 4:4; 9:1-13); Jesus and the Samaritan Woman (John 4); Jesus and Zacchaeus (Luke 19:1-10)

**Verse:** Isaiah 43:4

**Truth:** We are valuable to God

**Bible Stories:** Parable of the lost sheep, coin (Luke 15:1-10); Jesus and the children (Mark 10:13-16)

**Verse:** Ephesians 2:10

**Truth:** We can serve God because he created us to do good things

**Bible Stories:** Samuel (1 Samuel 3); Daniel (Daniel 1); Naaman's Servant Girl (2 Kings 5:1-15)

## Connecting the Gospel to a Child's Need

### Introduction

What stood out to you in Greyson's story?

#### Colossians 1:6 NLT

This same Good News that came to you is going out all over the world. It is bearing fruit everywhere by changing lives, just as it changed your lives from the day you first heard and understood the truth about God's wonderful grace.

### The Gospel Story, "From Brokenness to Wholeness"

#### From Brokenness to Wholeness:

God created the world and everything in it. His most special part of creation was people—you and me! The first two people God created – Adam and Eve – enjoyed a perfect relationship with Him, a relationship of closeness and trust. They also lived in peace with each other and the world around them. Everything was good and whole and right, just the way God intended it to be. Because He loves us, God wants all people to enjoy a perfect relationship with Him (**Genesis 1:1, 27, 31**).



We can remember this part of the story by saying "wholeness" and doing this hand motion. (*Hand motion: Interlock your fingers from both hands.*)

Unfortunately, the peace and wholeness God intended did not last. Adam and Eve were tempted by Satan and chose to rebel against God and to seek life apart from Him. This rebellion is called sin – choosing to follow our own selfish way rather than following God's perfect way.



Adam and Eve's sin had serious consequences for them and for you and me. Sin brought death and broke our relationship with God, with others and with creation. Every one of us is now born wanting to follow our own way instead of God's. Because of sin, people fight and cheat and hurt one another. Creation also experiences the effects of sin through conflict, sickness and destruction. (**Genesis 3:1-19, Romans 5:12**).

We call this part of the story "brokenness." (*Hand motion: Interlock fingers and then pull hands apart.*)

But God loved us so much that He promised to send Someone to rescue us from our sin and to fix the brokenness in the world.

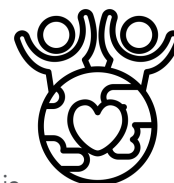


When the time was right, God kept His promise and sent His Son Jesus to our broken world. Jesus was born as a baby, grew up, and lived among us. He taught people about God, He healed those who were sick, He loved people no one else would love. He lived a perfect life.

Because He was perfect, He was able to do for us what no one else could do. Jesus loved us so much that He bled and died on a cross, taking the shame and punishment for our sin and the sin of the world. He then came back to life, defeating sin and death forever and making a way for the world to be made whole again. Because of what Jesus has done, anyone who trusts in Him can have a right relationship with God and new life in Him – a life filled with love and hope and purpose. You and I can have this right relationship with God if we choose to trust in Jesus as our Savior. We can be known as His daughters and sons (**Romans 3:21-25; 1 Corinthians 15:1-9, John 1:12**).

We can remember this part of the story by simply saying “Jesus” and making our arms like a cross. (*Hand motion: Make arms like a cross.*)

God’s story is not over! God has promised that one day He will make all things new again and renew the whole world back to the way He intended it to be in the beginning. All of the brokenness and sin will be gone. He will make right everything that is wrong. This will happen when Jesus comes back; then, those who chose to follow Him will live forever with Jesus in His perfect Kingdom. Until then, we can be a part of His story, enjoying a relationship with Him and sharing His love with others, helping them move from brokenness to wholeness (**Revelation 21:1-7; 2 Corinthians 5:17-21**).



This last part of the story we call “To wholeness again.” (*Hand motion: Start with your arms in the cross position and then interlock your fingers in front of you again.*)

What did you notice about the way I shared the gospel story that may be different from the way you typically share the gospel with children?

As we share the gospel as God’s Big Story, we help children who have suffered trauma understand:

- The depth of Jesus’ love for them.
- That the pain they are experiencing is not what God intended.
- That Jesus came into our brokenness and also experienced trauma.

- That Jesus took all the pain, the guilt, the shame and the sin of the world on Himself.
- That through Jesus they can experience forgiveness, healing and hope.

## What God Offers Through the Gospel

To a child who feels shame, the gospel offers honor.

To a child who feels rejected, the gospel offers acceptance.

To a child who feels helpless, the gospel offers power through the Holy Spirit.

To a child who feels guilty, the gospel offers forgiveness.

To a child who feels betrayed, the gospel offers God's faithfulness.

To a child without a family, the gospel offers adoption as sons and daughters of God.

To a child who is lonely, the gospel offers God's constant presence.

What else does the gospel offer to children?

## Connecting the Gospel to a Child's Need

### Example of Sarah

What losses has Sarah experienced?

What might be Sarah's point of need?

How could we connect the gospel to Sarah's point of need?

### Example of Matthew

What losses has Matthew experienced?

What might be Matthew's point of need?

How could we connect the gospel to Matthew's point of need?

## When is a Child Ready to Receive Jesus?

The process of a child coming to know Jesus belongs to the **child** and to the **Holy Spirit**.

How might we know when a child who has suffered trauma is open to hearing the gospel and ready to receive an invitation to follow Jesus?

- They ask questions about God, sin, Jesus, or gospel truths.
- Their facial expressions and body language might change.
- Their attitude may change.
- They express a remorse for sin or a desire to have Jesus in their life.

Connecting the gospel to a child's point of need is an **amazing privilege** and a **sacred trust**. To steward this trust well, we must apply everything we have learned in our training.

## Identity in Christ

Christian children who have suffered trauma need to know who they are in Jesus.

### Because I am in Christ, I ...

- am valued as a son or daughter of God (Romans 8:15-16; Galatians 3:26; 4:6,7)
- am completely loved and accepted by God (Ephesians 1:3-4; John 1:12; 1 John 4:16-17)
- will never be forsaken (Romans 8:38-39, Hebrews 13:5)
- am not alone - God is with me in my suffering (John 16:33; Romans 8:35-37; 2 Corinthians 1:3-4)
- am a new creation, and God is continuing to do a good thing (2 Corinthians 5:17; Philippians 1:6)

### More Truths About Identity in Jesus:

1. I am God's child (John 1:12).
2. I have been chosen and appointed to bear fruit for Jesus (John 15:16).
3. I am no longer a slave to sin (Romans 6:6).
4. I am alive in Christ (Romans 6:11).
5. I am free from condemnation (Romans 8:1-2).
6. I am adopted into God's family and can call God, "Father" (Romans 8:15).
7. I cannot be separated from the love of God (Romans 8:31-39).

8. I am accepted (Romans 15:7).
9. I have been bought with a price, and I belong to God (1 Corinthians 6:19-20).
10. I am a temple of the Holy Spirit. He lives in me. (1 Corinthians 3:17).
11. I have been declared right with God because of Jesus (2 Corinthians 5:21).
12. I am a new creation (2 Corinthians 5:17).
13. I am a minister of reconciliation for God (2 Corinthians 5:17-21).
14. I am crucified with Christ, and He lives in me (Galatians 2:20).
15. I am blessed in Christ with every spiritual blessing (Ephesians 1:3).
16. I have been chosen by God (Ephesians 1:4).
17. I am seated with Jesus in the heavenly realms (Ephesians 2:6).
18. I am God's workmanship, created to do good works (Ephesians 2:10).
19. I can approach God with freedom and confidence (Ephesians 3:12).
20. I have been rescued and forgiven of all my sin (Colossians 1:13-14).
21. I am complete in Christ (Colossians 2:9-10).
22. I can go directly to God because of Jesus (Hebrews 4:16).
23. I am chosen by God, and I am special to Him (1 Peter 2:9).
24. I am loved by God (1 John 3:1).
25. I am born of God, and the evil one cannot touch me (1 John 5:18).

## Action Steps

1. Write something new you learned about sharing the gospel as a story from brokenness to wholeness.
2. How will what you learned change your approach to sharing the gospel with children who are hurting?
3. Think of a child you know who has been wounded by trauma. What are the deep needs of this child? How could you adapt the gospel to speak to this child's need?
4. What's one thing you will do to teach children in your ministry about their identity in Christ?





## Additional Resources

### Trauma Healing Institute

A global collaboration of ministries dedicated to helping people around the world heal from the pain of trauma. Find resources and training for working with adults, youth and children affected by trauma.

Website: <https://www.traumahealinginstitute.org/>

### For Use with Children

*There is Hope for Me* by Phyllis Kilbourn. A free interactive trauma recovery workbook for children. Available in Arabic, Dutch, English, German, Portuguese, Romanian, Spanish, and Russian. Includes the children's booklet and is accompanied by a Facilitator's Guide with step-by-step instructions for each of the child-focused pages.

Website: <http://crisiscaretraining.org/product/there-is-hope-for-me-free-resource/>

### Books and Workbooks

- *Healing for Hurting Hearts: A Handbook for Counseling Children and Youth in Crisis* by Phyllis Kilbourn (CLC Publications)
- *Healing the Children of War: A Handbook for Ministry to Children who have Suffered Deep Traumas* by Phyllis Kilbourn (MARC)
- *Celebrating Children* workbooks by Viva
  - Risk and Resilience
  - Child Protection
  - Caring for Self and Staff

Website: <http://learn.viva.org/equip/celebrating-children/>

- Compassion International – Training materials to help develop holistic child development and guidelines for child protection.

Website: <http://www.forchildren.com/>

### Training

- Crisis Care Training International – Training modules on working with children in trauma, including street children, orphans and vulnerable children, children in armed conflict, and children with disabilities.

Website: <http://www.crisiscaretraining.org/>

- Petra Institute's "Walking with Wounded Children" – a course designed to equip children's workers in handling emotionally wounded children on a very fundamental level.

Website: <http://www.petra.co.za/courses/walking-with-wounded-children/>

- Online training from Trauma Free World, a community of people dedicated to helping children around the world heal from childhood trauma.

Website: <https://traumafreeworld.org/training/>

- Safeguarding Children from Abuse

Website: <https://414academy.pathwright.com/library/>