

**INSTRUCTIONS:** Cut along the outside dotted lines to cut out the bookmark. Fold the front and back of the bookmark together by folding along the middle dotted line. If you are taking them to a print shop, print them on 14 point, 2 inch by 7.25 inch cardstock (50mm by 183mm). Use high gloss UV coating on both sides. The blue color is 100% Cyan.

**TRAUMA INFORMED 3/3 GROUP**

← LOOK BACK

- ♥♥ Care (Listening Questions) and Worship
- ✓ Loving Accountability
- 👁️ Vision: Is it possible? | Genesis 50:20

↑ LOOK UP

- 📖 - Tell the story twice.
- Retell the story as a group.
- Act it out with words.
- Act it out without words (pausing to reflect on emotions of the characters).
- Discuss:
  - 👉 What did you like?
  - 🗨️ What did you find **challenging**?
  - 👤 What does it teach about **God**?
  - 👤 What does it teach about **people**?
  - 🔦 If this story is true, how does it change your thinking?

👥 Healing Activity

➔ LOOK FORWARD

- 👁️ Vision Reminder (Gen 50:20)
- 🔦 Who in your life could benefit by hearing this story?
- 👥 Practice telling the story.
- 🙏 Pray/Commission

	Listening Prompt	Bible Story (Tell it)	Healing Activity
1	Physical/heart Wound, 3 Villages	TELL the story Joseph (Gen 37-50)	Draw the 3 villages in your life
2	Listening Skit, prompt in pairs: a time when things in life were good?	Creation (Gen 1-2)	Compose a song about God's love based on the story
3	A time when things went badly for you?	Fall/Promise (Gen 3, Isaiah 53)	Draw a pain/heart wound
4	A time you reached for help?	Bleeding Woman (Mark 5)	Story Visualization
5	A time that you asked for help but it didn't happen.	Jesus in the Garden and Death (Luke 22-23, Mt26-27, Mk15...)	Lament/ Telling your story to God
6	What good has happened in the midst of pain?	Resurrection (John 20, Luke 24:11, 41-47)	Give pain to Jesus (write on paper & burn)
7	How could God use you to help others?	Power of group (Acts 1-2)	Plastic cup(s) tower

**Definition of Trauma**

Trauma is an emotional response to a stressful event or a series of events that cause a variety of negative consequences, including mental and emotional difficulties, and sometimes into physical symptoms.

**Backpack Example**

Trauma is like carrying a backpack with 1 rock that is 50lbs or 100 pebbles that weigh 50lbs. One event or a series of events can both have the same physical, emotional and mental impact.

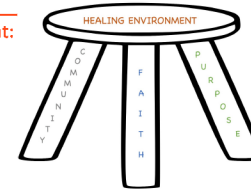
**Healing Environment:**

**3-LEGGED STOOL**

- Community
- Faith
- Purpose

**3/3rds**

- Look back – unconditionally loving community
- Look up – building faith
- Look Forward – redemptive purpose to the pain



**Physical Wound/Heart Wound**

Ask the questions for a physical wound. Then for a heart wound:

- Can you see it?
- What happens if you ignore it?
- When you attempt to take care of it, what is that like? (Painful)
- How long does it take for it to get better?
- After it is healed, can you see the cut?

**3 Villages**

- 1) Anger and Denial
- 2) No Hope
- 3) New Beginnings



**Listening Questions: Hurt**

- 1) What happened?
- 2) How did you feel?
- 3) What was the hardest part? [or best part]

Is it possible we could come to see things the way Joseph did, when he said to those who had hurt him: **"Do not be afraid. You meant to harm me, but God used what has happened for good—not just for me—but so that many other people could be saved."**

- Genesis 50:20