



A
BETTER
STORY

**THE BIBLE IS A STORY THAT
DELVES DEEPLY INTO THE
HUMAN CONDITION**

CONDITION

Everyone has a
story or a struggle
that will break your
heart.

Brené Brown



And, if we're really
paying attention,
most people have a
story that will bring us
to our knees.

Brené Brown



1. Violation
2. Shame
3. Repression
4. Confession

For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings. But like Adam they transgressed the covenant; there they dealt faithlessly with me.

HOSEA 6:6-7, ESV

For I desire steadfast **love** and not sacrifice, the **knowledge** of God rather than burnt offerings. But like Adam they **transgressed** the covenant; there they dealt **faithlessly** with me.

HOSEA 6:6-7, ESV

AT THE CORE OF THE
HUMAN CONDITION IS
RELATIONAL **VIOLATION**

Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings.

GENESIS 3:7

**RELATIONAL VIOLATION
GENERATES THE
PSYCHOLOGICAL
PHENOMENON OF SHAME**

... covered my transgressions as
Adam, by hiding my iniquity in
my bosom ...

JOB 31:33-34

... **covered** my transgressions as
Adam, by **hiding** my iniquity in
my **bosom** ...

JOB 31:33-34

OUR SENSE OF SHAME
GENERATES **REPRESSION**

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 JOHN 1:9

**OUR GUILT CAN ONLY BE
OFFLOADED FROM THE
CONSCIENCE BY MEANS OF
CONFESSION**

**A TRUTH-TELLING
PROCESS MUST OCCUR**

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, MD



People cannot get
better without
knowing what they
know and feeling
with they feel.

Dr. Bessel van der Kolk

**I NEED TO KNOW AT THE
CONSCIOUS LEVEL WHAT
IS HIDDEN IN ME AT THE
SUBCONSCIOUS LEVEL**

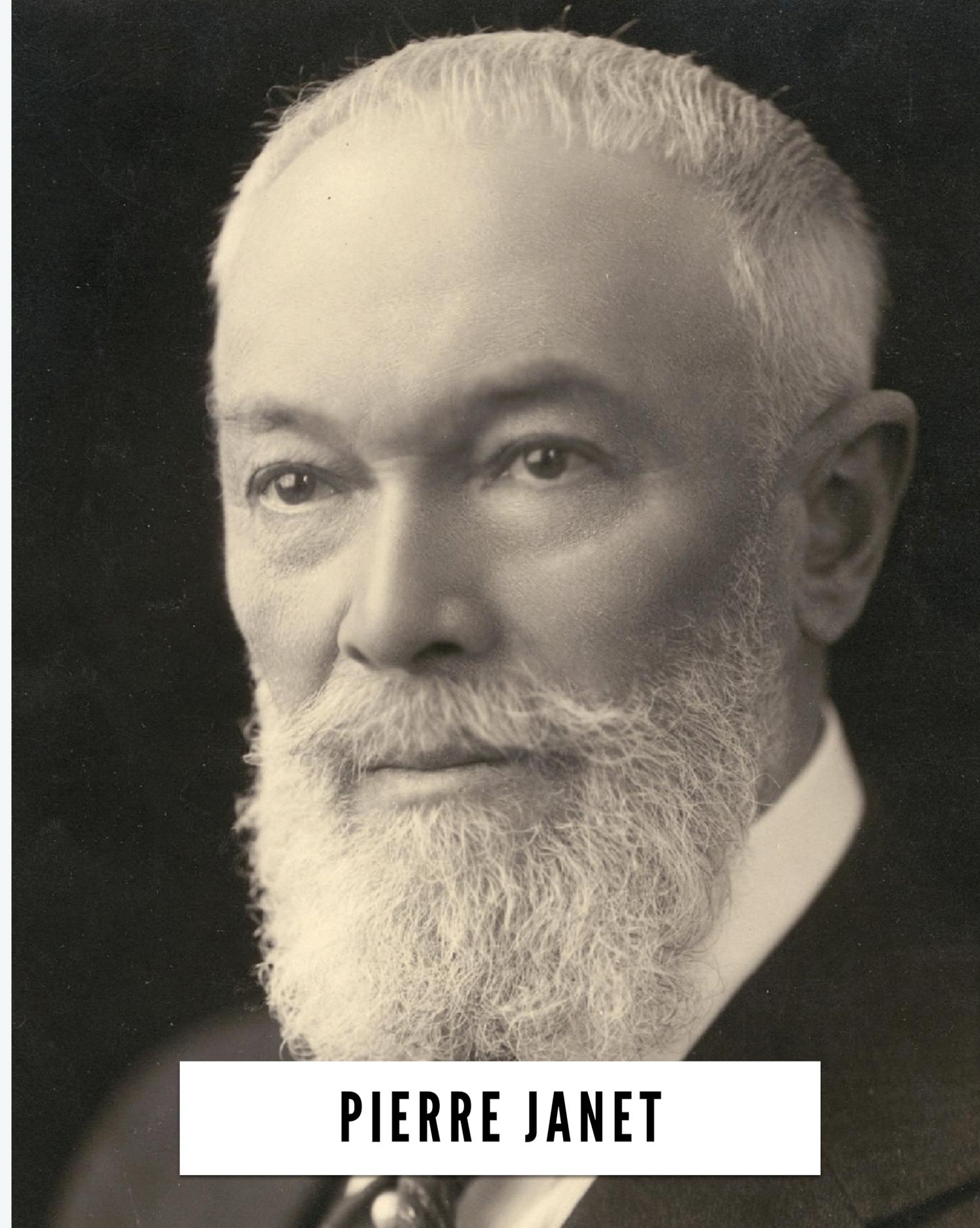


Traumatized people
simultaneously
remember too little
and too much.

Dr. Bessel van der Kolk

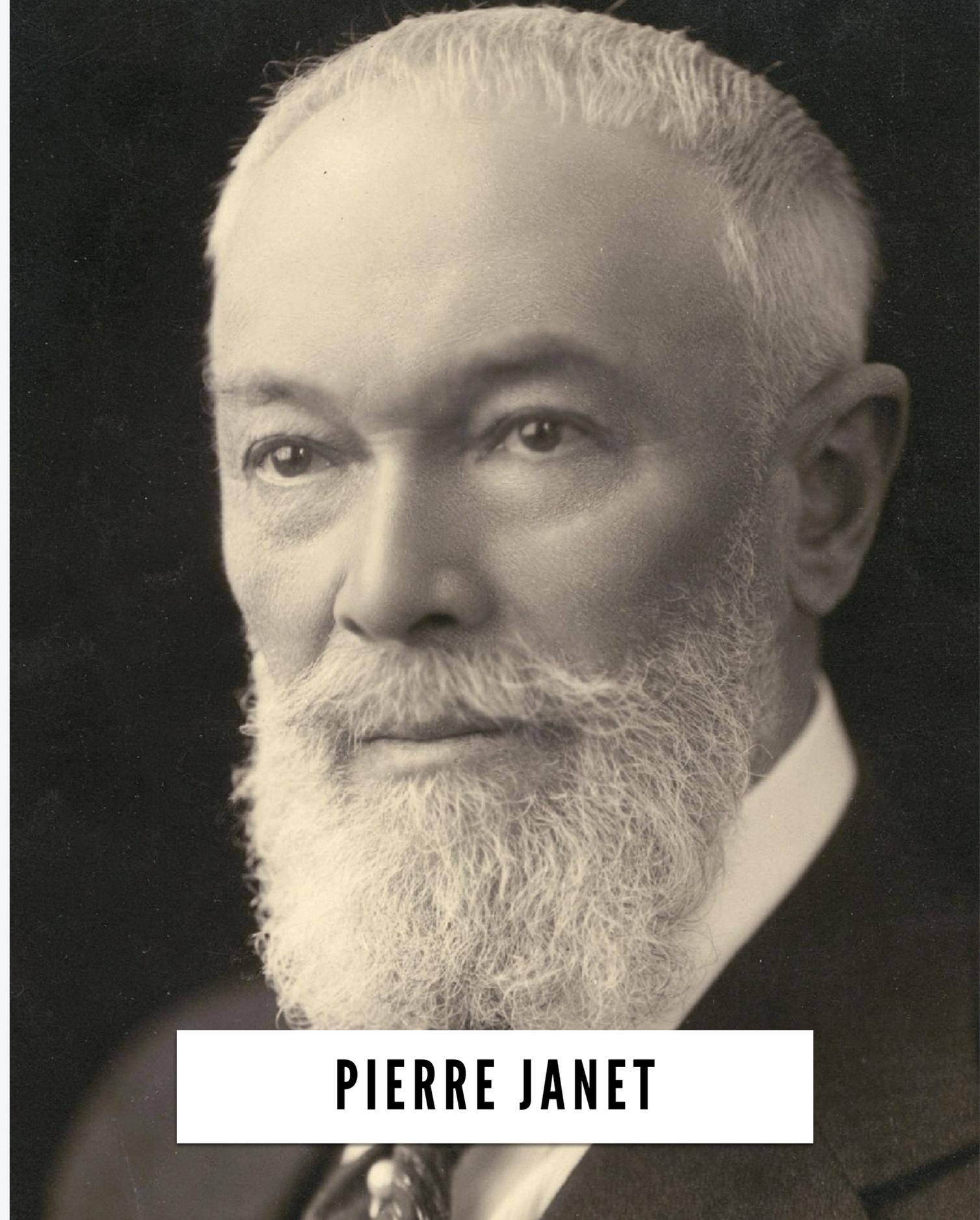
**PAIN DETACHED
FROM STORY**

**PAIN WE DON'T TALK OUT
HONESTLY, WE ACT OUT
DESTRUCTIVELY**



PIERRE JANET

Traumas produce their disintegrating effects in proportion to their intensity, duration, and repetition.

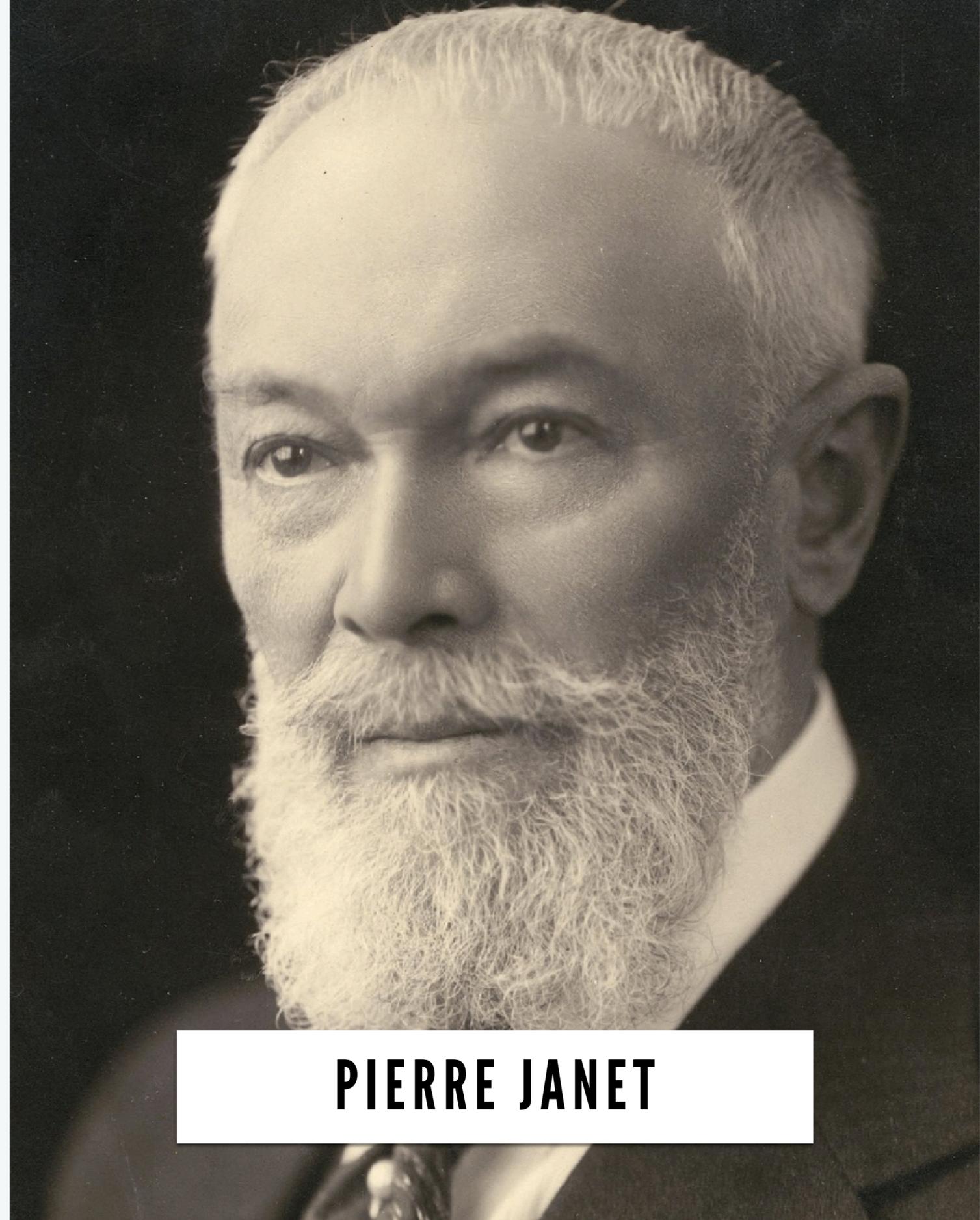


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Narrative memory

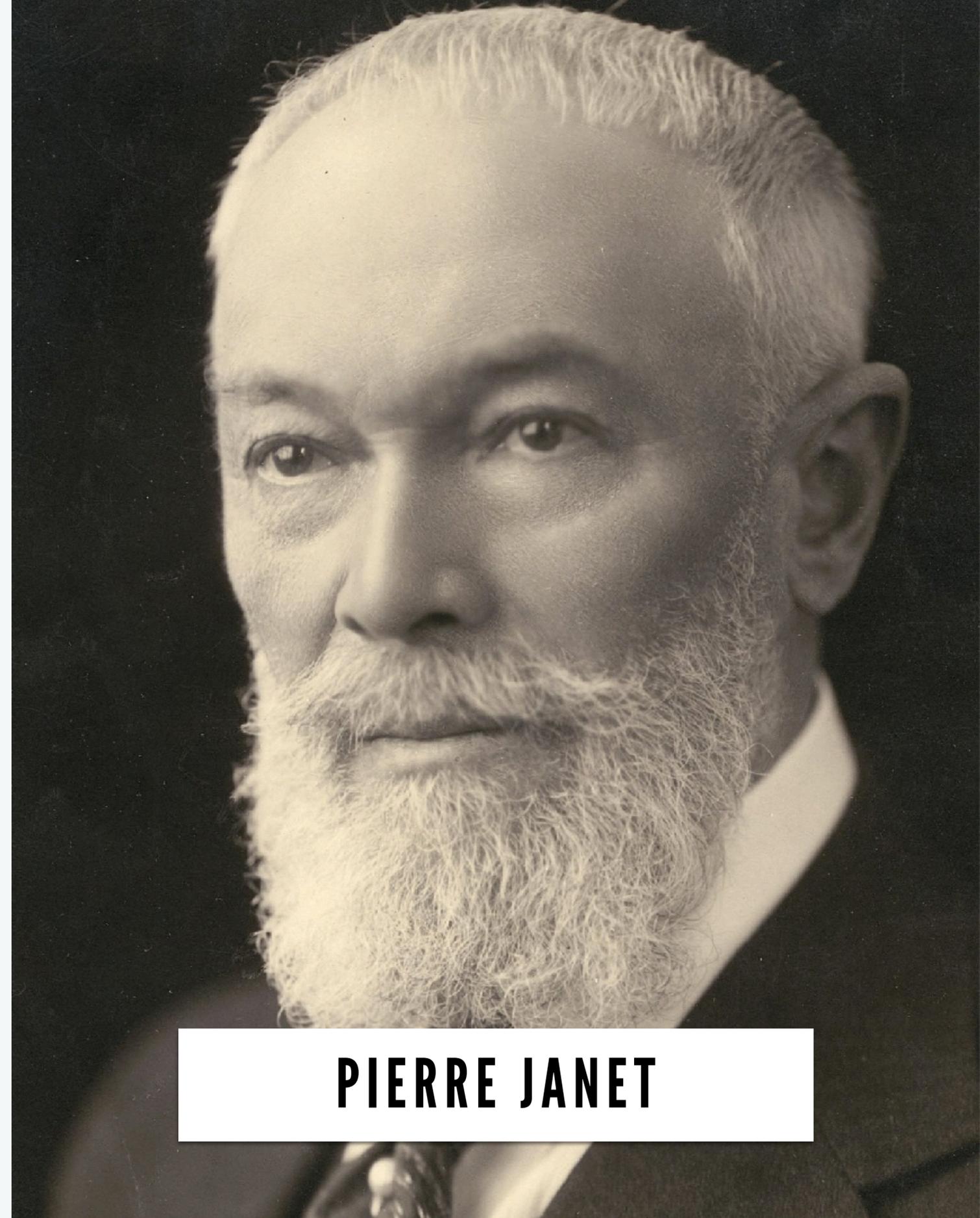
vs.

Traumatic memory



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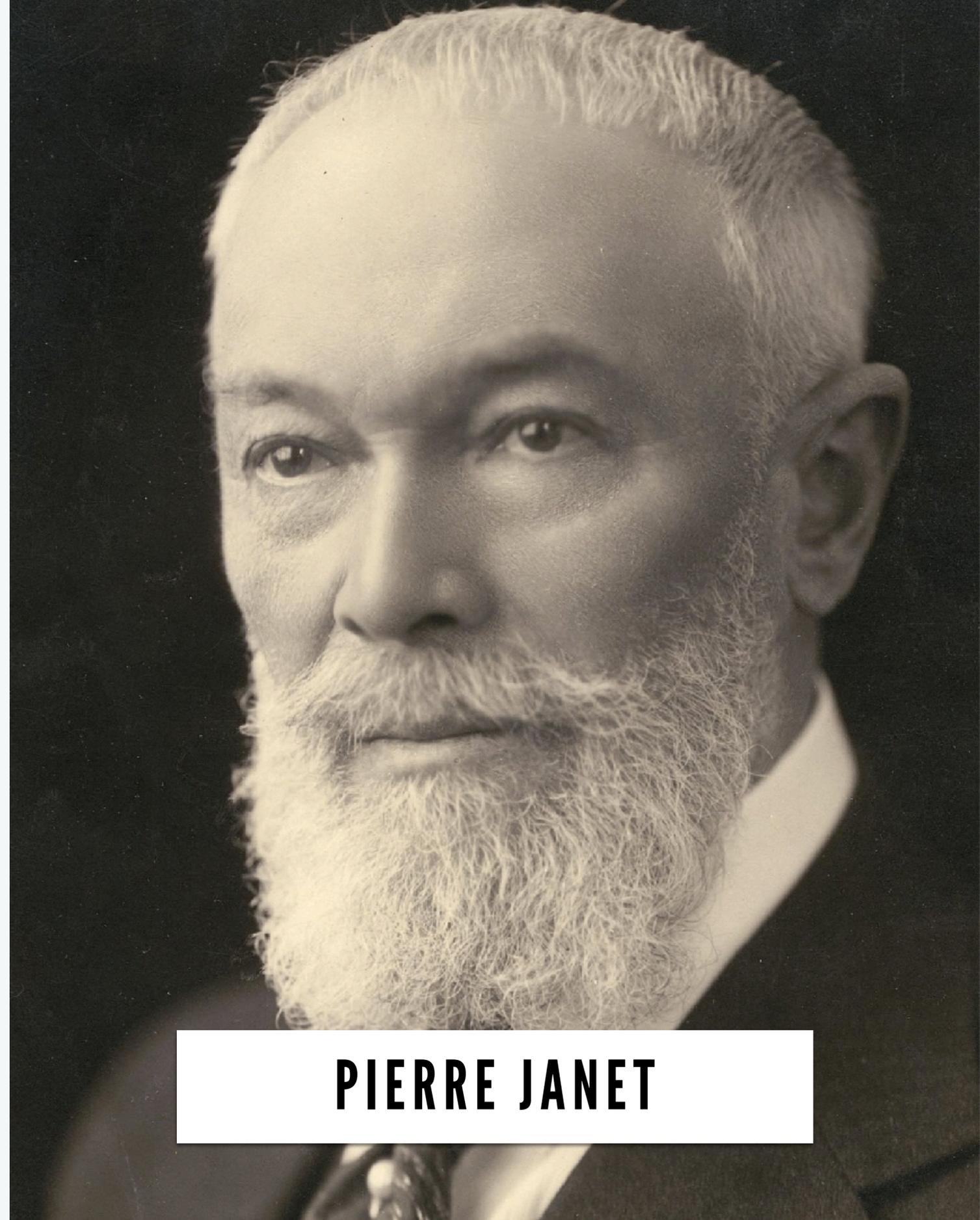
Association
vs.
Dissociation



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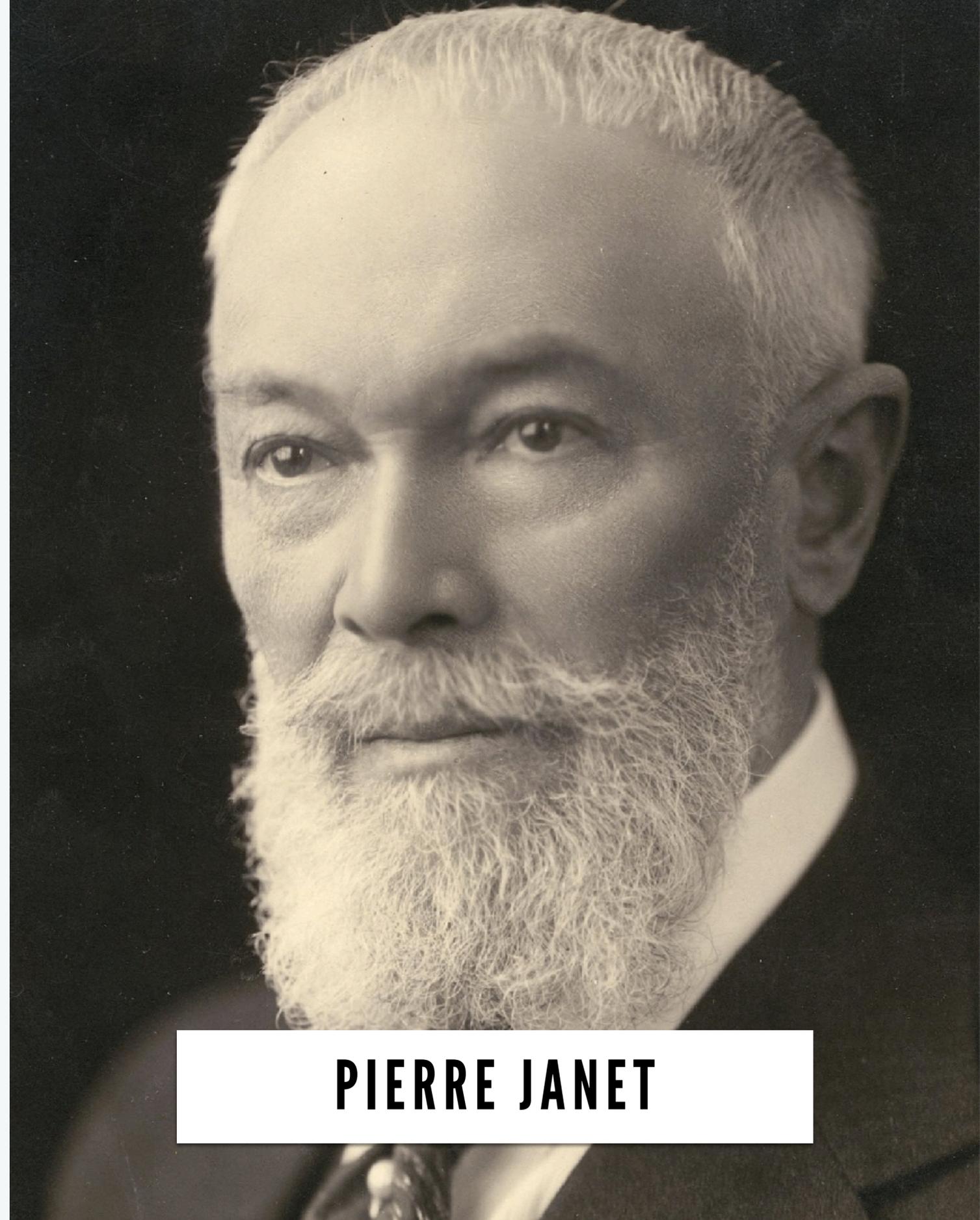
**TRAUMA OVERRIDES
OUR SENSE OF MEANING
AND COHERENCE**

Unable to integrate their traumatic memories, they seem to lose their capacity to assimilate new experiences.



PIERRE JANET

It is...as if their personality has definitely stopped at a certain point and cannot enlarge anymore by the addition or assimilation of new elements.



PIERRE JANET

**PERSONAL AND RELATIONAL
DEVELOPMENT IS ARRESTED
AT THE LEVEL OF OUR PAIN**

**RELATIONAL VIOLATION
CAUSES ME TO LOSE TRACK
OF WHO I AM IN RELATION
TO OTHERS**

**I BECOME DISORIENTED
ON THE LANDSCAPE OF
SOCIAL RELATIONS**

...**covered** my transgressions as
Adam, by **hiding** my iniquity in
my **bosom**...

JOB 31:33-34



Ordinary memory is
essentially social;
it's a story we tell
for a purpose.

Dr. Bessel van der Kolk



But there is nothing
social about
traumatic memory.

Dr. Bessel van der Kolk

A close-up portrait of Dr. Bessel van der Kolk, a man with short, graying hair, wearing glasses and a dark suit jacket. He is looking slightly to the right of the camera with a neutral expression.

If the problem with PTSD is *dissociation*, the goal of treatment would be *association*:

Dr. Bessel van der Kolk



integrating the cut
off elements of the
trauma into an
ongoing narrative
of life, so that the
brain can recognize
that, *that was then,*
and this is now.

Dr. Bessel van der Kolk

**A PERSON HAS TO BE ABLE TO
MAKE SENSE OF THEIR LIFE IN
THE FORM OF A COHESIVE,
MEANINGFUL STORY**

THE BIBLE TELLS THAT STORY

ADAM

VS

CHRIST

... through one man, sin entered
the world...

ROMANS 5:12

Adam . . . is a type of Him who
was to come.

ROMANS 5:14

Therefore, as through one man's
offense judgment came to all men,
resulting in condemnation,

ROMANS 5:18

even so through one Man's righteous
act the free gift came to all men,
resulting in justification of life.

ROMANS 5:18

ADAM IS THE STORY OF. . .

- relational violation (sin)
- shame
- repression

JESUS IS THE STORY OF. . .

- confession (truth-telling)
- restored innocence
- relational integrity

**IN CHRIST WE ARE
INVITED INTO A NEW
AND BETTER STORY**

Do you not know that as many of us as were baptized into Christ Jesus were baptized into His death?

ROMANS 6:3

Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

ROMANS 6:4

**BAPTISM IS THE
INITIATION RITUAL INTO
THE STORY OF CHRIST**

Sometimes you
have to start telling
the different kind
of story before a
different future can
unfold.

Barbara Brown Taylor



**WE NEED MORE THAN
JUST A LITTLE HELP**

WE NEED A SAVIOR

WE NEED A BETTER STORY



A
BETTER
STORY