**Jesus said...**

“In this world you will have trouble‖ — John 16:33

“The thief only comes to steal, kill and destroy‖ — John 10:10

(And since the past isn't over yet, it...)

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**Results In**

- **Type A Trauma = The Lack Of** — Love, Affection, Encouragement, Communication, Growth, etc.
- **Type B Trauma = The Presence Of** — Abuse, Trauma, Curses, Occult Influences, Condemnation, Fears, Generational Sins & Spirits, Pride, Rejection, etc.

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**Which Creates**

(According to Isaiah 61:1-3)...

- A Broken Heart
- Strongholds & Bondages
- Victimhood & Defeat

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**All This Filters Through Fleshly Layers Of Self**

Self-protection — Self-centeredness — Self-reliance — Self-promotion

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**The Unrenewed Mind (Romans 12:2) Then Reacts With**

**STINKIN’ THINKIN’** — Using coping mechanisms, rationalizations, arguments, denial, justification & defensiveness that are based on lies—twisted ideas, beliefs, perceptions, attitudes and motives.

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**Producing Futile Attempts To Medicate Inner Pain Through**

- Drugs, Alcohol, Psychosomatic Illnesses, Victim Mentality, Denial, Suspicion, ‘Self-Help’ Programs.
- Perfectionism, Judgmentalism, Religion, Rigidity, Legalism, Domination, Manipulation, Pride, Criticalness.
- Overeating, Sexual Sins, Soul-Ties, Wrong Relationships, Backbiting, Sarcasm, Cutting ‘Humor’.
- Unforgiveness, Pain, Distrust, Hidden Agendas, Doubt, Fear.
- Resentment, Confusion, Fear, Insecurity, Anger, Pain, Distance, Revenge.
- Self-Condemnation, Unworthiness, Pain, Neediness, Fears, Lust, Hopelessness.

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**Which Ultimately Results In Sub-Christian Living**

Surviving instead of Thriving — Functioning instead of Flourishing in life!

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**Which Is Why Jesus Said**

“First clean the inside of the cup and dish and then the outside will be clean also.” Matthew 23:26.