KAIROS PATHWAYS

Trauma-Aware Group Study Resource Kit

A Word From the Author of This Kit

I want to speak to you personally, because what you're holding isn't just a kit designed to connect you to resources: it's a guide to facilitate Christ-based trauma-aware growth groups. This guide will help traumatized people reclaim their lives by restoring their self-awareness, self-esteem, self-government, autonomy, and agency. The Lord inspired me to write this kit to help you prepare to establish and operate groups that will help people overcome the challenges they face as a result of trauma or abuse.

One night God told me a profound fact that years later still rings strongly in my life: "It's My job to save; it's your job to love." These groups are designed and operated to help people love people so that God can save them. I was a very angry and violent man because of what I believed God either caused or allowed to happen to me. I hated God with a passion beyond belief, and God responded to my anger by bringing Mark and Bethina into my life. They just loved me with God's love and because of them, I was able to see God's love for me. He responded to my rage against Him with people who had the strength to love me back to life. You are being asked to help love people back to life and leave their salvation up to them and God. Your responsibility is just to love and show people that God loves them.

I believe that God asked me to start the ball rolling by writing the books I believed He gave me. Each book is based on my life and the ways God healed me. God gave me the words in these books, and I mean every word with all my heart. There were chapters I dreaded writing, but I knew they needed to be said. There were mornings I sat at my desk feeling the weight of what I was about to write, and I had to pray before I could type a single sentence. God was faithful every time. He brought me through the writing of them just as He brought me through the life I lived. I believe the words He gave me, and the groups you'll host, will help people rise above their trauma and find healing they desperately need.

As of the date of this publication, I've written Hope for the Hurting: Finding Beauty from Trauma; Hope for the Hurting: Group Study Guide; and Finding Beauty from Trauma: How God Walks with Us Through Trauma and Abuse. I'm currently working on Breaking the Cycle: Stopping Wounds from Becoming Weapons. I'm convinced there will be more books yet to come and this kit will be needed.

Because the studies in my books move chapter by chapter, some weeks will be emotionally heavier than others — particularly those covering: the physical, emotional, psychological, and sexual abuse; my suicide attempts; and the rage I experienced. There's no failure in spending more time on a chapter if the group needs it. The goal isn't to finish within a certain timeframe; it's to help people find their way through the challenges they're facing.