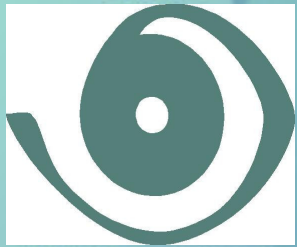


Remember Lot's Wife

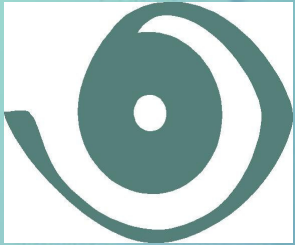
Luke 17 and Genesis 19

Esly Regina S. de Carvalho



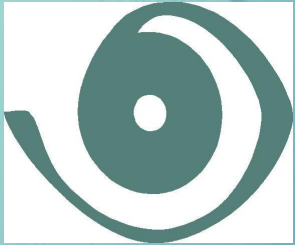
In the beginning...

- We were created for a perfect world.
- We have never recovered from the trauma of having been expelled from the Garden of Eden.
- Evil is not our normal lifestyle.
- Life breaks us all – and some of us become pillars of salt.



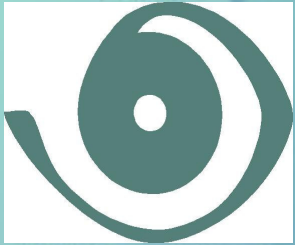
In the beginning...

- God created us with the capacity to choose between good and evil.
- Trauma takes away these possibilities.
- Emotional healing means recovering our capacity to choose.
- Without healing there is no holiness.



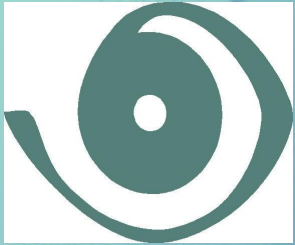
Trauma...

- Obliges us to repeat behavior.
- It becomes impossible to break repetitive and destructive habits.
- We believe lies about ourselves.



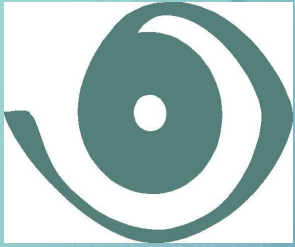
Trauma...

- Fills our minds with intrusive and obsessive thoughts.
- We develop avoidance behaviors.
- Keeps us from learning.
- Opens the door to evil.



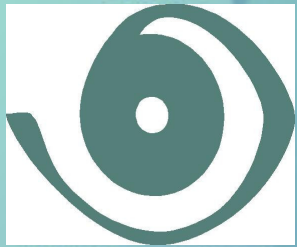
Trauma...

- These thoughts are trapped neurobiologically in our brains.
- These thoughts are isolated from the tools in our brains that permit the reprocessing of our memories.



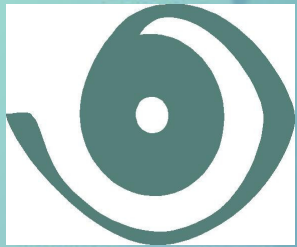
Healing Trauma...

- Means that we recover our ability to choose.
- It creates new connections in our brain that give us new information and transform our hurtful memories into new perceptions.



Healing Trauma...

- Melts the pillars of salt and allows for new and healthy responses.
- The past goes into the past and frees us in the present.



When we are in danger...

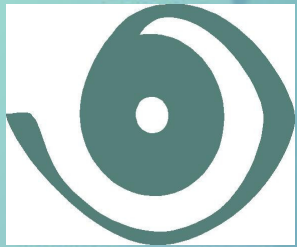
We have three responses:

- Flight
- Fight
- Freeze



Gêneses 19:1-29 e Lucas 17:28-36

- Lot tried to flee...
- Lot fled... but...
- His wife froze...



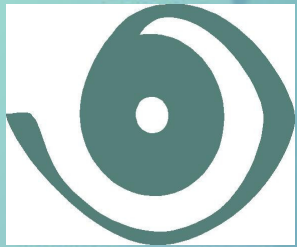
EMDR means...

Eye

Movement

Desensitization and

Reprocessing



Our challenge...

- All of us are pillars of salt until God touches our hearts.
- All of us have to learn how to allow love and healing to melt our pillar parts.
- There is help! Counseling, psychotherapy, EMDR, prayer...
- The choice is ours... To heal or to live forever frozen in our traumas.



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