

Trauma Is "Under Your Feet"

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- The amount of healing you receive today will be determined by how much truth you receive today.

As I begin to address the demonic strongholds in many of your minds, some may feel like they are being attacked or want to run away. Hear my heart – you are safe. You are not in harm's way. You have the Greater One living on the inside of you if you have been born again.

Under your feet – *biblically it means to trample over and then rest your feet upon. (see Psalms 91:13; 110:1; Matthew 22:44)*

"I HAVE ACTIVE DOMINION OVER satan's PLANS!"

- Trauma is a psychological response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope.

This can include experiences such as: *violence, abuse, accidents, natural disasters, loss of a loved one, or other life-threatening situations.*

- Trauma can have long-lasting effects on a person's mental and emotional well-being, and may manifest in symptoms such as anxiety, depression, flashbacks, and difficulty forming relationships.
- Trauma can be caused by an event or series of events that are physically or emotionally harmful or life-threatening.

Isaiah 61:1-3 NKJV

[1] "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; [2] To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn, [3] To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment

of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

- So many people think they have trauma when in reality they have just had rough situations that they haven't overcome yet.
- The good news is that the prophetic Word spoken in Isaiah has been engaged and activated.

Luke 4:17-22 NKJV

[17] And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written: [18] "The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; [19] To proclaim the acceptable year of the LORD." [20] Then He closed the book, and gave it back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. [21] And He began to say to them, "Today this Scripture is fulfilled in your hearing." [22] So all bore witness to Him, and marveled at the gracious words which proceeded out of His mouth. And they said, "Is this not Joseph's son?"

- I don't mean that your situations weren't hurtful, painful, or didn't break your heart.
- I've felt all those things too. But to claim trauma as my lot in life, nope.
- Some are throwing the word "trauma" around like it's their nickname.
- Traumatic experiences don't have to define you.

Some will have a hard time receiving this word because many have a false sense of a need being met as they rehearse and roll around in their pain, suffering, mistakes, drama and the like.

- *Under your feet* means we not only overcome challenges but also experience a place of rest and authority once those challenges are conquered.
- What do you want? If you want what God has provided, you can have what God has predestined for you to live in.
- Don't set up camp in the trauma, find yourself hidden in the Lord Jesus.
- There is a demon that traps your soul into an emotional loop, and to stop that loop sends you into a chaotic spiraling.

The message of freedom triggers that demon that is harassing you to reject the truth that Jesus came to heal the broken hearted and set the captives free.

- Demons find comfort in our pain and suffering.

**If you're free, the demon is bound.
If you're bound, the demon is free.**

You can be healed.

You can recover.

You can get over it.

You can move forward without closure.

You can forgive without ever being asked to.

You can start over.

You can trust again.

You can love again.

- God created the soul to be more resilient than the devil allows you to believe.

1. Get the prayer.
2. Get the counseling.
3. Get the therapy.
4. Take the medicine.

5. Take a break.
 6. Take a vacation.
 7. Take a chill pill.
- ... Do it all in Jesus Name!

- Let Jesus crash the pity party.

Psalm 34:18

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

- God does not leave us alone in the trauma, and He wasn't ignoring the situation that caused trauma as if He didn't care.
- The issue isn't that God allows pain, suffering, trauma, sickness, death, etc. God is a Spirit, therefore His current ability to act is limited to those who will allow Him access in their lives. If God isn't welcomed, God isn't able to respond.
- This is why it is important to pray and know people who pray so that God, by His influence in and through others and angels, can respond.
- God responds in this dispensation through people, not on His own authority.

Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

Jeremiah 30:17

But I will restore you to health and heal your wounds,' declares the LORD, 'because you are called an outcast, Zion for whom no one cares.'

2 Corinthians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Revelation 21:4

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

- God promises a future where all trauma, pain, and suffering will be wiped away.
- God's deep compassion, His ability to heal emotional wounds, and His promise of comfort and restoration, belongs to us through Jesus Christ.
- Healing from trauma is a process, and God is faithful to walk with you through it, bringing peace, freedom, and eventual wholeness.

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- In Ephesians 1:22, Paul writes that God placed all things under the feet of Jesus, and as believers, we are in Christ.
- If everything is under His feet, it's also under ours because we are seated with Him in heavenly places according to Eph. 2:6.

This speaks to our authority in Christ—whatever tries to rise against us is already defeated in Him.

- It's not just a position of victory but of active dominion as we exercise the authority He's given us!