



Walking in Wisdom

with Jeff & Terra Mattson

Healing Church Hurts & Spiritual Abuse

REFLECTION QUESTIONS

1

The Mattsons defined trauma as “anything out of the ordinary that leaves us feeling powerless or helpless.” What experiences in my life have created this feeling in me, and how have they shaped me?

2

Is there a person of the Trinity I feel most connected to right now? What might that teach me about how I’m relating to God in this season?

3

Where do I notice ambivalence or ambiguity when I think about church, leadership, or community? What might those feelings be inviting me to pay attention to?

REFLECTION QUESTIONS

4

What beliefs about God, myself, or others have formed me over time? How are those beliefs shaping the way I show up today?

5

According to the Mattson's "train" metaphor, beliefs drive our emotions and behaviors. Which belief seems to strongly drive my train, and how does it influence my responses?

6

Where can I practice honesty and clarity in my life? What might a step forward look like?

7

How can I grow as a listener to others? How can I better facilitate environments of safety, empathy, and healing within my relationships?

8

What is one small experience or "rep" that will support my growth this week?