



CALL TO ACTION

LENT 1: WHAT IS TRAUMA?

- After taking the ACEs assessment (<https://www.traumainformedcare.chcs.org/resource/original-ace-questionnaire/>), take some time to pray and journal over how your score on the assessment impacts your understanding of yourself then and now. Take a moment to acknowledge the victories and/or challenges of where you have been and consider how and where God may be leading you now.
- If you do not feel your ACEs score is consistent with your current experience of trauma, consider taking a stress assessment like the one found here: <https://das.nh.gov/wellness/docs/percieved%20stress%20scale.pdf>. As you move through the assessment and reflect on the results, remember these are merely tools that help us honestly name our current situations. You do not need a high or low score to justify your current relationship to trauma.
- Use the questions on the ACEs assessment or the stress assessment to pray for those in your community experiencing these sources of trauma and/or stress. Listen for the places God is asking you to pay attention to the suffering of others in your community.
- If you feel the need to seek further mental health services at any point in this sermon series, you can contact the pastoral staff for recommendations or go to the National Alliance on Mental Illness website (<https://nami.org/>) for recommendations on how to find a therapist, and support group opportunities to aid you in your journey.



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