

# TRAUMA & DOORPOINTS

BY JOHN ALDRIDGE SEPTEMBER 29, 2012



SON RISE CHURCH & MINISTRIES  
411 CREEKWOOD LANE  
LEWISVILLE, TX 75067

1-972-315-0907

WWW.MYSONRISECHURCH.COM

*T*rauma & Doorpoints is one of the most important Son Rise teachings. Please listen to the actual teaching. These notes incorporate the majority of earlier notes edited by Kristina from John's 2010-2011 teachings on Trauma and include his 9/29/2012 teaching. John begins this year's teaching with 2 Corinthians 11 & 12. Verses 9 & 10 in chapter 12 of 2 Corinthians, describes a first response mindset to trials and tribulations for those of us who desire to overcome and recover ourselves from traumatic and unloving events.

Teaching on the principality of fear, and teaching on the topic of trauma & doorpoints should be done closely together. Since we recently finished the teaching on the principality of fear, and how to overcome it, it's time again for this teaching.

In ministry, we find people who are traumatized and know it. We find people who are traumatized and don't have a clue, some more than others. It's not that trauma carries particularly unique or different spiritual issues [bitterness, accusation, rejection, envy & jealousy, anti-Christ unloving spirits, fear & occultism. These are

a list of issues (spirits) which comprise the seven principalities about which we teach]. The difference between people who have been more deeply traumatized vs. those who have not, is that the spirits are more fortified, "dug in" or entrenched in those who have been traumatized.

Is it a problem for Jesus? No.  
Is it a problem for the Holy Spirit? No.  
But it can be a problem for the people who have experienced trauma, and for the people who minister to them.

We've taught around trauma from different areas of scripture in the past (Psalm 23 & Psalm 91). Today We're going to start with 2 Corinthians 11, and 2 Corinthians 12, and we're going to see a 'nugget' in here.

Part of the challenge in (recovering from) having been traumatized is going to be:

1. To grow in discernment
2. To be able to identify and recognize what came into your heart when the trauma took place.
3. There's a nugget here in this scripture that needs to happen as quickly as possible during or after the traumatic event takes place\*
4. It can only be done for Christians (being

born again is a prerequisite, because it can't be done without a kingdom perspective).

Paul was having problems in the church with the Corinthians. People were coming in to give them false doctrines, false gifts, and the Corinthians were taking heed to these people.

Though not always the case, we want you to see that there is a time when you explain yourself. There are also times when you are accused, judged and criticized, and you do not explain yourself. That is more the norm, that you don't defend yourself, and that you say nothing. Paul said something, in this in this case, because his motive was to help them. He was bringing correction. You can have huge ministries with a lot of money coming in, with letters of recommendation & credentials. It can still be dead works, although looking good in appearance, it can still not be not God. Know them by their fruit.

If you are not getting the truth that makes you free, yet you believe it's truth, and you try to walk in it, you're being put into bondage.

Paul suffered trauma. He was whipped,

stripped, beaten, shipwrecked, robbed. He had to deal with false brethren. He was stoned, suffered sleepless nights, hunger, thirst, cold, nakedness, multiple perils, weariness, painfulness, all the while carrying the burden of all the churches. He was even pursued by a garrison & had to make his escape by being let down a wall in a basket.

***“And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ’s sake: for when I am weak, then am I strong” 2 Cor 12:9-10***

That’s a revelation that we’re going to have to wrap our heads around.

**\*\_Here’s the “nugget”:**

- You’ve got to count it all joy.
- You’ve got to glory in your tribulation
- You’ve got to be grateful in all things
- You’ve got to thank God in your weaknesses
- In all adversity you have to thank God & praise God.

*When it’s at all possible, this is the first thing that needs to happen the very minute trauma takes place in someone’s life, actually in any adversity.*

Jesus suffered everything a human can suffer for us already. He did it first, and took on our infirmities. Now we are looking at Paul whose testimony was that he took pleasure

in his infirmities, reproaches, necessities, persecutions and distresses. Notice it does not say diseases, because Paul didn’t have any diseases. There is a difference between trials and tribulations and that type of the sufferings of Christ vs. the curse of the law (including disease).

If you’ve been traumatized, you want to make a note of (each trauma), and then take a look at what might have come into your life. You want to identify which spiritual issues (spirits) might have become resident in your heart.

**T***rauma: a catastrophic event that happens to you - or you view it happening to someone else - which is violent, shocking, and usually sudden.*

**D***oorpoint: an unloving and/or traumatic event that opens the door for the enemy to get into your heart. It’s what is known in deliverance circles as the ‘event.’ It’s an opportunity (opening) for the enemy to bring in spirits like fear, anger, self pity, self hatred [and/or any spirit or armor of the seven principalities mentioned earlier].*

Keep in mind that there can be doorpoints during conception, during gestation, and then once you are born, as well as throughout life.

- Forced conception (rape)
- Fear of pregnancy
- Illegitimacy

- Child is unwanted
- Parents want a different gender
- Fighting while child is in the womb
- Birth trauma (C-section, cord around neck)
- Illness in mother, father or child,
- Early separations (war, business travel)
- Moving (leaving behind family or friends)
- Divorce
- Death
- Loss of spouse, friends, parents, children
- Financial losses, poverty & fear of poverty
- Sickness and disease for long periods
- Accidents (car, plane or other wrecks)
- Being adopted or lied to about adoption
- Rejection due to physical or emotional differences
- Trauma caused by parents, siblings, peers, schoolteachers, bosses, pastors, doctors, governmental or legal systems & others
- Wounding in churches & the church system
- Parents or church leaders that speak fear of God, fear of hell, punishment the devil...etc.
- Rejection by girlfriends or boyfriends
- Conflicts
- Natural disasters (hurricanes, tidal waves, tornadoes, earthquakes)
- Wars
- Muggings
- Kidnapping

- Physical, emotional, verbal, sexual, satanic ritual & other types of abuse or repetitive abuse or violence
- Incest, molestation
- Medical or spiritual abuse
- Being unmarried and/or childless
- Having miscarriages or not being able to conceive or have children
- Being in a dysfunctional family and/or marriage
- Coarse jesting, bullying, victimization
- Scapegoating - being the one who takes the heat/punishment for others
- Witnessing violence in the home, juvenile/foster homes, prison, military service & boarding schools
- The keeping and revealing of family secrets
- Being afraid and anxious on a daily basis in a home or other environment
- Unfulfilled expectations & broken dreams

You can be traumatized by events which happen to you personally. You can also be traumatized by seeing events like these happen to siblings, spouses, children, friends or to someone else. Some can even be traumatized by viewing news or media.

Some wounds from trauma are immediately visible. Things like broken bones, bleeding, cuts, bruises, dismemberment, sexual wounding, coma, or even death can be seen on the outside. But not all wounds from trauma are visible, nor are all wounds seen immediately. The internal wounds, not just to the body, but to the soul and spirit (heart) of a

person, must be identified, and healing must be appropriated.

A trauma is going to affect you: spirit, soul, and body. Later on this can also affect your relationships and your finances adversely. For so many of us, when these things were going on, we were very young. And even if we were older, we did not have the whole the gospel of Christ preached to our whole person - spirit, soul, body - where we could really get our hearts healed. We tried to deal with it, but we really did not have any way to deal with what happened to us.

Part of the reason that trauma can make for such fortified spiritual roots is because of the intensity or the viciousness of the trauma or the repetitiveness of the trauma. Don't try to measure whether yours was as bad as someone else's. Try to determine whether or not you have had trauma that hasn't yet been dealt with.

Fear is usually the immediate response to trauma, and then anger (bitterness). The enemy has used this event as a doorpoint to occupy a place in the heart of the believer.

You were made in God's image, and in God's likeness. God is love. You were made to be loved. And if you are not loved, and don't receive love over a period of time, it's going to make you fearful, and it's going to make you angry.

Many other spirits can - and ultimately will

- try to influence and control the believer. This can go on for a lifetime, unless and until the gospel is applied to the situation. Since the person has the wounding, and spirits reinforcing the wounding - fear and anger - that person now begins to filter all of life's circumstances through the issues which came into his or her heart during the traumas he or she experienced. This is why the heart has to be healed, and the mind renewed. With a broken heart and an unrenewed mind, all of the information that comes to us is being filtered through brokenness. In ministry circles, the filters are called lies.

Shame, guilt, drivenness, perfectionism, fear, anger, rage, mistrust, control, hyper-vigilance, fight-or-flight, shutdown, isolation: these are lies. The reason they're lies is because they are not a provision from God. They are coming from satan's kingdom. And John 8:44 tells us that murder and lies are the only things that come from satan's kingdom. Many of us will make this type of vow: "I will never let anybody do this to me again." A lot of vows can be made that will need to be broken.

Often a spirit of victimization, linked with self-pity and ungodly grief and sorrow, attaches itself to the wounded believer. The person often becomes hypersensitive to victimization. They become so deceived that they will feel easily offended and rejected and victimized - "every time the wind blows" or "at the drop of a hat" - even over tiny

insignificant events. The trauma or traumas have been doorpoints for unloving, anti-Christ spirits. The wounded believer not only often becomes obsessed with trying to control and manipulate life circumstances, buying into satan's lie that by doing this he or she can protect his or her self from ever being hurt again, but also by doing this he or she very often succumbs to patriarchal or matriarchal control (witchcraft). [John takes some time here in this teaching to discuss the interaction of these issues. Please also listen to the teachings on the matriarchal/patriarchal profile for more information]

Over time - months or even years - the individual becomes increasingly unable to handle stress. Obsessive-compulsive behaviors may begin immediately or over time. This is one of the ways addictions can come in. Addictions to drugs, alcohol, sex, food, work, computers, shopping, gambling, TV, social media, texting or other things may develop. These promise peace, but are false pathways of coping with the pain from trauma and pain in life. There is no real peace. Other symptoms that the peace is not real are: constantly being tired, stressed, afraid, paranoid and angry. Also trying to make like you don't have an addiction, when everyone around you knows you do. There is a lot of stress in trying to "fake it 'till you make it."

False personalities, like the personality of performance-perfectionism-drivenness, the personality of the party man, the personality of anger-wrath-rage, the personality of

accusation, defense mechanisms and survival techniques, are heavy walls, facades and masks. The believer becomes weary of trying to cover his pain, that's the bottom line. Maintaining these false personalities or just suiting up and showing up becomes monumental, and often impossible. The constant effort to be perfect, seemingly unmoved by adversity, disciplined, organized and motivated, continues to wear away, exhaust, and chemically deplete the person. As the days, the weeks and the months go by, when we have a broken heart and we've got traumatic issues, and when we have lies and defense mechanisms and survival techniques, life gets wearisome.

The traumatized individual often has continual interpersonal conflicts with others, especially those in positions of authority: parents, bosses, police, pastors and spiritual leaders, and often also with family members. That person can't have peace.

Many people have been abused and victimized, but you can also develop a personality of victimization which makes you feel victimized or re-victimized in situations where that is really not happening in the present time. Just like rejection, it is often perceived as someone else's fault. Never ever are we in favor of a situation where someone has truly been victimized, but it will help you to overcome if you would be willing to consider if this spirit of victimization is making you feel like a victim as a way of life, in non traumatic circumstances - making

them feel like trauma - apart from the very traumatic events having taken place in your life. Along with the matriarchal and patriarchal profiles, stubbornness, rebellion and idolatry also set up shop. Idolatry is us idolizing ourselves. When the trauma happened, we stopped trusting anybody but ourselves. This ensures that the believer will be unteachable, unable to submit to godly authority, unable to trust, focus or concentrate, and - either immediately or down the road - he or she will be unable to receive ministry. Sometimes the person comes in and out of ministry, looking for repeated healing, instead of staying the course to be whole, well and free. This doesn't happen to everybody, but some lose track of - and stop dealing with - the spiritual roots they recognized when they first came for ministry help. Strife, offense, division, separation, isolation and loneliness are sure to be a part of the traumatized individual's life. People's worlds become smaller and smaller, and they don't have many relationships or friendships.

The trauma or traumas have been a doorpoint for unloving spirits. The reality is this individual doesn't feel loved.

Then depression, hopelessness, helplessness, addictions and other self-destructive behaviors of all kinds begin to have an active part in the individual's life. Physical diseases usually follow the devastation that trauma has caused to the

spirit and soul and the body. Fear, shame, guilt, condemnation, rejection, abandonment: are all going to be there as life gets more complicated. These, and fear of rejection, fear of abandonment and much more, are like cinder blocks - huge weights tied - around the believer's waist.

The individual has been made to be a 'beast of burden' by the beast himself, satan. Vicious, repetitive cycles of '*fight-or-flight* --> *resistance* --> *exhaustion*' remain until the gospel of Christ, which is the power of God unto salvation, brings deliverance and healing. Many people search far and wide to find help, but they find little or none, or they are made worse.

Tragically, some, but not all, can't be helped here because they are too threatened to let go and let God. They are too eaten up with fear, mistrust, anger, rage, control, obsessions, shame, guilt and self-hatred. Self-deception, self-sabotage, self-ambition, participation with the thief, death, destruction, and sometimes suicide, along with other curses, vows and strongholds, keep some individuals from getting the help they so desperately need. These folks either come for a while (but they do not really become a part of this ministry), or they begin to receive ministry but then become angry, fearful and threatened, and leave, often playing the blame game, because in their brokenness, they can't handle being perceived as having been the problem or as having failed.

It will help you to either make the tree good or the tree bad. In examining a ministry, there is either good fruit coming out of it, or not. And if people are not being healed, delivered or made whole, well and free, then that is rotten fruit and you need to stay away from rotten fruit. But if on the flip side, someone is getting some people healed and delivered and people are becoming whole well and free, then you need to think long and hard about calling them a bad tree. Because if the good fruit is there, that fruit is from God, and it's for you to be able to eat.

However, the vast majority of those who come regularly to this ministry do work through their brokenness, and after struggling for a while, get better and get free. Those people are just not willing to lose any more. After all our years of searching, and then years of ministry experience, We're convinced that a person's degree of success will depend on his or her ability and willingness to examine well the ***A More Excellent Way*** material, doctrine and ministry methods. They must either accept or reject it as being biblically true. If they accept it as truth, they must then be willing to focus, concentrate and commit themselves to their healing here, consistently, not just in-and-out. Trying to mix other doctrinal positions, other healing and deliverance modalities, and continuing to engage in 'spiritual traditions' and 'alternative' or 'scientific' grazing never seem to produce a lot of fruit - not in our lives, nor in what we have observed here over these past several years.

## **P**reparation for receiving ministry:

1. Think about traumas in your life, and what spiritual issues came into your heart, which you also may now be dealing with.
2. You may have made some progress, but realize that you need more ministry or deliverance.
3. Write down and keep track of the things that happen to you over a week's time that did not feel good.
4. Write down if something made you feel angry (bitter), accusing/accused, envious/jealous, rejected, unloved, afraid, or if you've participated in ungodly acquisition or use of power or knowledge. [See the How To Minister To Your Self teaching for help in preparing a list for ministry time]
5. Anger, fear, rejection and accusation almost always happen. Start looking at more than one spiritual issue at once.
6. Come for ministry ready, knowing what issues you are dealing with so that group ministry times becomes personal ministry for you. Come prepared so the benefit of this ministry time for you can be all about you.

### **SCRIPTURES:**

2 CORINTHIANS 11:1-33 2  
CORINTHIANS 12:1-10  
JOHN 8:44  
(PSALM 23 & PSALM 91)

