

## SOAF Curriculum – Module 3

**Title:** *Trauma & Identity Formation*

**Format:** Faith-Based | Trauma-Informed | Practical Use for Group or Classroom

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### Learning Objectives

At the end of this session, participants will be able to:

- Explore how trauma influences identity and self-worth.
  - Understand the contrast between identity formed in pain and identity rooted in Christ.
  - Begin reframing personal narratives through Scripture and theological truth.
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### Opening Scriptures

- **2 Corinthians 5:17** — “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here.”
  - **Galatians 2:20** — “I have been crucified with Christ, and I no longer live, but Christ lives in me.”
  - **Isaiah 43:1** — “Fear not, for I have redeemed you; I have called you by name; you are mine.”
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### Reflection Prompt

“What messages about your worth have you carried from pain—and how does God’s truth speak to those lies?”

Encourage journaling or silent prayer. Sharing is optional and consent-based.

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### Activity 1: Mirror of Identity

**Instructions:**

- Provide a small hand mirror or reflective surface.
  - Ask participants to write false labels they've internalized (e.g., “Unlovable,” “Invisible”)
  - Read Scriptures (Isaiah 43:1, 2 Corinthians 5:17, Psalm 139:14) aloud.
  - Invite them to replace each false label with a truth from God’s Word
  - Allow time for reflection or journaling.
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### **Testimony Integration (*from Suffering to Fulfillment*)**

**Theme:** Tyler’s journey through shame, rejection, and restored dignity.

#### **Discussion Prompts:**

- “How do we rebuild identity when it’s been shaped by survival?”
  - “What does it mean to believe you are chosen—even when rejected?”
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### **Optional Group Activity: The Name Exchange**

#### **Instructions:**

- Provide a folded sheet or a two-sided card.
  - On the front: write a false identity carried from trauma.
  - On the back: write a truth God declares (e.g., “Beloved,” “Free,” “Child of God”)
  - Invite volunteers to read only the back as a public declaration.
  - Consider closing with communal affirmations: *“You are known. You are called. You are His.”*
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### **Group Discussion Questions**

- What false beliefs about yourself came from past wounds?
  - How does Scripture help us reclaim who we truly are?
  - What step can you take today to walk in your God-given identity?
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### **Closing Prayer**

Facilitator-led or open invitation:

“Father, we lay down every false identity that trauma tried to name us with.

Rebuild our hearts.

Renew our minds.

And remind us of who we are in You.

In the name of Jesus, Amen.”

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### **Materials Provided**

- Small mirrors or reflective tools
- Printable identity worksheets
- “Scripture Truth Cards” (customizable by age or group)
- Name Exchange templates (double-sided or folded)
- Trauma-informed pacing and facilitation notes

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### **Facilitator Integration Note: Tyler’s Story**

Gregg Tyler Milligan’s early life, as detailed in *From Suffering to Fulfillment*, provides a narrative mirror for this session:

| Page Reference                                                                            | Theme                                          |
|-------------------------------------------------------------------------------------------|------------------------------------------------|
|  5–7   | Childhood abuse fosters shame and fear         |
|  26–28 | Survival through masking and hiding            |
|  27–28 | Mother's Day plate as a metaphor for rejection |
|  29    | Feeling unwanted, fearing death by despair     |

Use these moments to ask:

“What did trauma teach me about who I am—and what does God say instead?”

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### **Session Note**

This session invites deep emotional work. Facilitators are encouraged to:

- Offer complete freedom to opt in or out.
- Create space for gentle pauses and prayer.
- Follow up with care, referrals, or private support.

“Healing begins when identity is reclaimed in Christ.”