

Theology of the Body



Lent

Trauma, Our Body, & the Hope of Glory

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Ruthie Kim

[Christian Counseling Center](#)

[Christian Psychotherapy](#)

John 19:38-42

Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.

Trauma: “an emotional response to a terrible situation that overwhelms an individual’s ability to cope”

Things We Never Received

Singular Trauma

Complex Trauma

“Disassociation is a psychological term used to describe disconnecting from full engagement with your body and the relationships around you.”

- Jay Stringer, *Unwanted: How Sexual Brokenness Reveals Our Way to Healing*

“Research from new disciplines has revealed that trauma produces actual physiological changes, including recalibration of the brain's alarm system, an increase in stress hormone activity, and alterations in the system that filters relevant information from irrelevant. We know that trauma compromises the brain area that communicates the physical, embodied feeling of being alive.”

- Bessel Van Der Kolk, M.D., *The Body Keeps the Score*

“Racism is a major health threat.”

“We bear all the ruins of the lives we’ve lived and the loves we’ve endured. What a gift to have a savior who does the same.”

- Kate Bowler

Luke 24:36-42

While they were still talking about this, Jesus himself stood among them and said to them, “Peace be with you.” They were startled and frightened, thinking they saw a ghost. He said to them, “Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.”

When he had said this, he showed them his hands and feet. And while they

still did not believe it because of joy and amazement, he asked them, “Do you have anything here to eat?” They gave him a piece of broiled fish, and he took it and ate it in their presence.

“He invites us to enter into the mystery of these wounds, which is the mystery of his merciful love.”

- Pope Francis

Genesis 1:27, 31

So God created mankind in his own image, in the image of God he created them...God saw all that he had made, and it was very good.

Trauma is not your first story, and it's not your last either.

Isaiah 53:5

But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.

Romans 8:11

And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.