

STRENGTHEN YOUR CORE

PART 3 - LIGHT VS DARKNESS

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Blame

* When trauma scars us during our early development, it has the potential to create blame. Blame causes a sense of entitlement. We feel that we are owed justice or special privileges just because of what we experienced or what we lacked. *1Cor. 10:24 Let no man seek his own, but each his neighbor's good.*

* Blame keeps us from truly repenting. It give us a built-in excuse. When we blame others for our current conditions, we excuse our own behavior and never really progress. *Gen. 3:12 And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat.*

* Blaming others also keeps our past experiences in the forefront of our minds. This keeps us from truly being new creations. How can the old things pass away if we keep using the old things to excuse our current behavior? *2Cor. 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*



Dual Core

- * **Early childhood trauma can allow darkness to interfere with one's core belief. When a person is a Christian that struggles with applying what they read and hear, it is indicative of a corrupt core. *1Th. 5:5 Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.***
- * **Light and dark cannot dwell together. Only one will prevail. In order for light to win, light must be dominant. This dominance comes through reading the Word, hearing the Word, and removing darkness from your life. *John 8:12 Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.***
- * **People, places, and things that are akin to the darkness that plagues us, must be avoided. It's impossible for us to strengthen our core with the light of Christ while simultaneously allowing darkness to surround us. *Eph. 5:8 For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light:***



summary

We have all been through trauma in our early upbringing. Whether it's through divorce, neglect, abuse, or even an overbearing mother or an absentee father, it affected our core development in some way. We do not get to choose how we are raised and what happens to us in our childhood. But, we do get to choose how we handle what we have been through. The Bible tells us that Christ gives us the opportunity to be made new and start over again. This is our chance to operate in a new way and forego what happened to us.

Darkness will always come to challenge us in the areas where we experienced pain, which is why it's so important to keep a daily regiment of light! The light of God's Word can combat the darkness and keep us on the right path to being who God wants us to be. However, when we keep things that promote darkness in our lives, we will struggle with darkness. People that promote darkness will always work against the light. There is no way light and dark can dwell together, so we must make sure that we are not allowing the very things that hinder us to remain in our lives. In order to truly overcome traumatic experiences, we must shun the darkness and walk in the light. With much prayer and application of God's Word, we can overcome the effects of trauma and allow the light of Christ to strengthen our core!

1John 1:5 This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.

1John 1:6 If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth:

1John 1:7 But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.