



Identity Amnesia

Wittenberg Relics: thorn, manger straw, "Mary's milk,"

Johann Tetzl's jingle: "As soon as the coin in the coffer rings, the soul from purgatory springs."

Judges 2:10-16; 3:7(NIV): After that whole generation had been gathered to their ancestors, another generation grew up who knew neither the Lord nor what he had done for Israel. 11 Then the Israelites did evil in the eyes of the Lord and served the Baals. 12 They forsook the Lord, the God of their ancestors, who had brought them out of Egypt. They followed and worshiped various gods of the peoples around them. They aroused the Lord's anger 13 because they forsook him and served Baal and the Ashtoreths. 14 In his anger against Israel the Lord gave them into the hands of raiders who plundered them. He sold them into the hands of their enemies all around, whom they were no longer able to resist. 15 Whenever Israel went out to fight, the hand of the Lord was against them to defeat them, just as he had sworn to them. They were in great distress. 16 Then the Lord raised up judges, who saved them out of the hands of these raiders... The Israelites did evil in the eyes of the Lord; they forgot the Lord their God..."

When you forget who you are, you repeat what you hate.

Bessel Van Der Kolk: Trauma and the Loss of Self

"The first thing trauma shatters is the self."

"Trauma robs you of the feeling that you are in charge of yourself."

"The greatest sources of our suffering are the lies we tell ourselves about who we are."

"True behavior change is identity change." James Clear

Passover = Israel's Birthday

Tie up the lamb → Dethrone Egypt's "might makes right" (anti-compassion).

Blood on the doorposts → Birth canal into a new life.

"This month shall be your first month" (Ex. 12:2)

God's DNA (Exodus 34:6): "The LORD, the LORD, compassionate and gracious, slow to anger..."

- Compassion (rahūm): womb-love → "God loves you like a mother holding her newborn."
- Grace (ḥannun): lifting favor → "God lifts you up, bending toward you when you can't reach Him."
- Patience ('erekh appayim): long fuse → "God has a long fuse, not a short temper."

This is who God is. This is your true self in Christ.

Compassion → Safety (Polyvagal theory).

Science shows: the nervous system only heals when it feels safe. Womb-love creates safety. God says, "I hold you like a mother with her child."

Grace → Motivation (Deci & Ryan's Self-Determination Theory)

We flourish when we belong before we perform. Favor lifts us up before we've earned it. God's grace says, "You're wanted before you are worthy."

Patience → Resilience (Judson Brewer, habit research)

The brain rewires when you pause instead of react. A "long fuse" creates space to change. God's patience says, "You have time to grow."

3,000 years ago, God revealed His DNA — compassion, grace, patience. Today science confirms: these are exactly what break cycles and set people free

Jonah's path to Freedom from the Fish

Jonah 2:2(NIV): Jonah Receives God's Compassion: "you listened to my cry."

Jonah 2:6(NIV): Jonah Recognized God's Grace: "But you, Lord my God, brought my life up from the pit."

Jonah 2:9, 10(NIV): Jonah is Rescued by God's Patience: "I will say, 'Salvation comes from the Lord.' And the Lord commanded the fish, and it vomited Jonah onto dry land."

Jonah's path Back into Bondage

Jonah 4:1-3(Msg): "Jonah was furious. He lost his temper. He yelled at God, 'God! I knew it—when I was back home, I knew this was going to happen! That's why I ran off to Tarshish! I knew you were sheer grace and mercy, not easily angered, rich in love, and ready at the drop of a hat to turn your plans of punishment into a program of forgiveness! So, God, if you won't kill them, kill me! I'm better off dead!'"

When you forget who you are, you repeat what you hate.

Leader: "The LORD, the LORD..."

People: "Compassionate, gracious, slow to anger."

Leader: "This is who He is."

People: "This is who we are in Christ."

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.