
RISE & REBUILD

REBUILDING CONNECTION, SAFETY & HOPE

A complete attendee-informed teaching presentation

PURE DESIRE SUMMIT 2026 / GRACE CHURCH WATCH PARTY / OCT 17

What this presentation is — and is not

A comprehensive reconstruction based on documented summit materials, not a verbatim video recap.

Grounded in evidence

The printed October 17 Grace Church handout, visible speaker pages, and attendee notes for Sessions 1–4.

Expanded for learning

Fresh explanations, original diagrams, conversation examples, and practices developed to make the material usable.

Clear about gaps

Nick Stumbo's Session 5 and the Q&A are marked pending until the recordings can be reviewed.

Use it for individual study, small-group discussion, or guided conversation — not diagnosis or therapy.

What you will be able to do

Six practical capabilities to develop, not just six concepts to remember.

● Notice

Name body sensations and possible triggers.

● Regulate

Use small practices before a hard conversation.

● Discern

Separate facts, feelings and assumptions.

● Repair

Offer specific ownership without demanding trust.

● Protect

Use boundaries that preserve dignity and safety.

● Practice

Build new relational patterns over time.

The summit at a glance

Five talks, testimonies, worship, and a panel discussion.

- | | | |
|----|--------------------------|--|
| 01 | Ashley Jameson | Reframe Your Triggers |
| 02 | Dr. Curt Thompson | Rupture and Repair |
| 03 | Heather Kolb | Healing the Nervous System |
| 04 | Michelle Mays | Empowered Vulnerability |
| 05 | Nick Stumbo | Staying Engaged in Our Life's Great Work |

Also on the program: testimony segments and a 1:45 PM Q&A panel.

Five movements of lasting change

An original synthesis connecting the four documented sessions.

01

RECOGNIZE

Notice the trigger and identify what is happening.

02

REGULATE

Create enough stability to think and choose.

03

REPAIR

Own harm and rebuild relational safety.

04

RECONNECT

Risk appropriate honesty with boundaries.

05

REBUILD

Repeat new patterns until they become more familiar.

Repair is not a straight line. People may move back and forth between these practices.

Heart, soul, mind, strength

Recovery is bigger than thinking correctly or behaving differently.

HEART

Emotional awareness, empathy, attachment, compassion.

SOUL

Meaning, prayer, identity, hope, belonging.

MIND

Discernment, reflection, honest interpretation.

STRENGTH

Rest, practical action, the body, healthy habits.

Scripture reflection: Mark 12:30 (the call to love God with all heart, soul, mind and strength).

01

Reframe Your Triggers

Respond with clarity instead of letting stress reactions make every decision.

A trigger is information, not an instruction

Your reaction deserves attention; your next action still deserves discernment.

Sensation

Your heart races. Your stomach tightens. Your shoulders tense or your energy drops.

Interpretation

Your mind tries to explain the feeling: "I am unsafe," "I am unheard," or "I have to fix this now."

Choice

Pause long enough to test the facts, care for yourself, and choose a response aligned with your values.

A body alarm can be real without every interpretation of that alarm being accurate.

What belongs to the trigger — and what belongs to us?

Separate four layers that often feel like a single overwhelming experience.

01 EVENT

What occurred? "The text arrived two hours later than expected."

02 BODY

What happened inside? "I felt a knot in my stomach and heat in my face."

03 STORY

What meaning appeared? "I assumed I was being ignored or rejected."

04 RESPONSE

What action is possible? "I can ask directly without attacking."

The window of tolerance

A useful metaphor for the activation range where reflection and connection are more available.

HIGH ACTIVATION

Urgency · panic · anger · racing thoughts · impulsive reactions

WORKABLE RANGE

Present · responsive · able to reflect, feel, and make choices

LOW ACTIVATION

Numbness · withdrawal · shutdown · reduced energy · disconnection

Human responses fluctuate; the illustration is not a diagnostic scale.

Pause before an important conversation

Five questions adapted from the participant handout.

- | | | |
|----|---------------------|--|
| 01 | NOTICE | What do I feel in my body? |
| 02 | PAUSE | Can I slow the reaction and make room? |
| 03 | GET CURIOUS | What happened? What are the facts? |
| 04 | CARE WELL | What does my body, mind or soul need now? |
| 05 | MOVE FORWARD | What response expresses truth and dignity? |

Stress and the gut–brain connection

A broad, two-way relationship—not a way to diagnose the origin of a symptom.

BRAIN & APPRAISAL

Perception, attention, memory, stress response, and expectations can affect the body.



DIGESTION & BODY

Digestive sensations and physiological states can influence mood, attention, and felt safety.

Not every symptom is trauma-related; persistent physical symptoms deserve appropriate medical evaluation.

Boundaries protect; they do not punish

Protective limits describe how you will act—not how you will control another person.

A protective boundary

"I want to continue this conversation. I'm becoming overwhelmed, so I'll take 20 minutes and return at 7:30."

A coercive demand

"If you don't say what I want right now, you're not allowed to leave or talk to anyone."

Discernment questions: Am I acting from fear or clarity? Am I preserving peace by abandoning myself?

Elijah: care before the next instruction

God attends to an exhausted person with rest and nourishment before the journey continues.

1 • EXHAUSTION

Elijah is distressed and overwhelmed; the story does not ridicule his limits.

2 • CARE

He receives rest, water, food, and another opportunity to rest.

3 • NEXT STEP

After being strengthened, he continues the journey rather than forcing clarity instantly.

Spiritual reflection: attending to basic needs can support discernment; it is not a substitute for care.

A two-minute return to the present

Try this only in a setting where slowing down feels safe.

0:00–0:30

Orient

Look around. Identify three objects and the room you are in.

0:30–1:00

Exhale

Relax your shoulders. Breathe gently without forcing deep breaths.

1:00–1:30

Name

Quietly name one feeling, one body sensation, and one verifiable fact.

1:30–2:00

Choose

Ask: what is one safe, values-aligned next step?

From a sharp reaction to a better conversation

An everyday, non-abusive example of turning a trigger into useful information.

EVENT

A loved one responds abruptly after a long day.

AUTOMATIC STORY

"They are angry at me and nothing I do is enough."

SELF-AWARENESS

"My chest tightened; I'm feeling defensive."

BETTER RESPONSE

"That sounded sharp. Can we restart when we're both ready?"

A different response is possible even when the initial feeling is intense.

Three questions to take with you

Pause, write, discuss with someone safe—or use them privately.

- Which body cue usually tells me that I am moving outside my workable range?
- What story do I quickly tell myself when I feel rejected, dismissed, or afraid?
- What pause or boundary would help me respond with clarity this week?

Small honest observations are more useful than a perfect explanation.

02

Rupture & Repair

What happens when connection breaks—and how repeated repair may build earned security.

Seen · Soothed · Safe · Secure

Four relational experiences emphasized in the attendee notes.



SEEN

Someone notices me and receives my experience with attention.



SOOTHED

Support helps me settle when distressed.



SAFE

Protection, predictability, and honest limits are present.



SECURE

I increasingly trust that connection can survive ordinary strain.

Attachment grows through repeated interactions, not a single dramatic reassurance.

Earned security is an evolving capacity

Earlier experiences matter, but they need not determine every future relationship.

PAST PATTERNS

Unpredictability, absence, or repeated hurt can teach vigilance or withdrawal.

NEW EXPERIENCES

Consistent care, honest limits, and repair provide additional information about relationships.

GROWING CAPACITY

Over time, a person may become better able to remain connected, take appropriate risks, and recover from rupture.

"Earned" refers to changes developed through experience—not a status another person owes us.

Rupture is a break in connection

Not every rupture is abuse, and not every rupture has the same consequences.

● MISATTUNEMENT

Someone misses a need, cue, or emotional bid.

● BROKEN AGREEMENT

An expectation is violated or a commitment is not kept.

● DEFENSIVENESS

A conversation becomes about winning rather than understanding.

● BETRAYAL OR HARM

Trust is damaged by deception, coercion, or a serious violation.

Repair must match the seriousness of the harm; a kind conversation cannot replace real accountability.

A rupture can become a turning point

A pattern of accountable repair may teach that truth and relationship can coexist.



Effective repair does not erase impact or guarantee reconciliation.

Six components of meaningful repair

An applied framework for difficult conversations.

● 1 • NAME

Describe the specific behavior without evasive language.

● 2 • VALIDATE

Recognize the impact without arguing about it.

● 3 • OWN

Accept appropriate responsibility.

● 4 • CORRECT

Offer concrete corrective steps and safeguards.

● 5 • RESPECT

Allow boundaries, time, and independent choices.

● 6 • FOLLOW THROUGH

Demonstrate change consistently.

Intention does not cancel impact

Repair becomes possible when defensiveness stops being the whole conversation.

Deflecting responsibility

"I did not mean it that way. You are too sensitive. I already said I was sorry, so we should move on."

Taking responsibility

"I spoke dismissively. Regardless of my intention, I understand that it hurt. I will slow down and ask before assuming."

A repair statement identifies the action, acknowledges impact, and commits to observable change.

An apology that does actual work

A sample structure—not a script that guarantees forgiveness.

I DID...

"I interrupted you and became sarcastic."

IT AFFECTED...

"That made the conversation feel dismissive."

I WILL...

"I will stop, let you finish, and return calmly if I'm activated."

YOU MAY NEED...

"I understand you may want space and time to see the difference."

Shame narrows attention; curiosity can reopen it

Distinguish useful remorse from global self-condemnation.

SHAME LOOP

"I am terrible, so I should hide."
→ withdrawal, defensiveness,
secrecy, or despair.

RESPONSIBLE REMORSE

"I did something harmful." →
truth, appropriate grief,
ownership, corrective action.

CURIOUS ATTENTION

"What happened in me, and
what must change?" →
reflection without minimizing
harm.

Avoiding shame is not the same as avoiding accountability.

Attention changes the quality of the conversation

Repair often begins with how someone notices the other person—not with the perfect phrase.

PAY ATTENTION

Notice expressions, tone, tension, silence, and the actual words being spoken.

GET CURIOUS

Ask what you may have missed; name your own assumptions instead of treating them as facts.

MAKE ROOM

Listen without requiring agreement or immediate emotional reassurance in return.

“Help me understand what this was like for you” is a beginning, not an ending.

From hiding toward truth and creative repair

Genesis offers a spiritual lens for vulnerability, shame, and the human capacity to make beauty.

The story of hiding

In Genesis 3, shame and fear are followed by concealment and blame—an evocative picture of fractured relationship.

The image of God

Genesis 1:26–27 affirms human dignity. Thompson's notes also connect being made in God's image with creativity and beauty.

Spiritual invitation: bring truth into the light without confusing exposure with safety.

Sometimes the next right step is distance

Healthy repair needs freedom, appropriate accountability, and actual safety.

DO NOT RUSH

Healing and rebuilding trust have different timelines for different people.

DO NOT EQUATE

Forgiveness, renewed contact, and reconciliation are distinct choices.

DO NOT PRESSURE

No one owes closeness to someone who has repeatedly violated boundaries.

DO SEEK HELP

Ongoing abuse, intimidation, threats, or serious coercion require a safety-focused response.

Safety is not earned through better wording; it must be demonstrated in behavior.

Rupture-and-repair practice

Choose a low-stakes situation for practice before attempting deeply painful topics.

- What is one small rupture I could acknowledge without explaining it away?
- What would changed behavior look like if someone observed it over the next month?
- Where do I need to honor someone else's limits—or state my own?

Practice accountability without making another person responsible for your self-worth.

03

Healing the Nervous System

Learned protective responses can become more flexible through attention, care and repeated experience.

Fight • Flight • Freeze • Fawn

Four common descriptions of protective patterns; not personality types or diagnoses.

FIGHT

Confront or control

Anger, arguing, urgency, pressure.

FLIGHT

Get away

Escape, busyness, avoidance, overworking.

FREEZE

Shut down

Numbness, inability to act, feeling stuck.

FAWN

Appease

Over-agreeing, minimizing needs, seeking approval.

Protective responses are context-sensitive; noticing them is a starting point, not a label.

Your body is trying to protect you

Protective responses can become costly when threat detection stays highly activated.

DETECTION

A cue is evaluated as potentially important or threatening.

MOBILIZATION

Attention, breathing, muscle tone, and readiness can change quickly.

RECOVERY

After danger passes, the body ideally has opportunities to settle, restore and reconnect.

The goal is greater flexibility—not abolishing all stress or forcing constant calm.

Stress can show up in more than one area

These patterns may occur with ongoing stress, but they are not proof of any particular cause.

● SLEEP

Difficulty falling asleep or restful recovery.

● ATTENTION

Foggy thinking, looping thoughts, difficulty focusing.

● MOOD

Irritability, anxiety, low motivation, or emotional swings.

● BODY

Fatigue, muscular tension, digestive discomfort, or headaches.

Persistent, severe, or unexplained symptoms deserve appropriate evaluation—not self-diagnosis.

Why an old pattern can feel new again

Past learning may shape present attention and response even before we can explain the connection.

CUE

A sound, tone, conflict, or feeling seems familiar.

PREDICTION

The brain anticipates what may happen based on experience.

REACTION

A protective pattern becomes more likely.

UPDATED LEARNING

New safe experiences provide evidence that other outcomes are possible.

A reaction cannot by itself establish the historical event that caused it.

What is learned can sometimes be relearned

Neuroplasticity: the nervous system's capacity to change with experience and practice.

01

NOTICE

Recognize a familiar pattern.

02

INTERRUPT

Make a small change in the automatic sequence.

03

EXPERIENCE

Practice a safer alternative.

04

REPEAT

Build consistency across ordinary days.

05

ADAPT

Notice new options becoming more accessible.

Growth is possible, but speed and outcomes differ; practice is not a guarantee of symptom resolution.

Stone by stone: why healing takes time

Repeated small experiences may create more durable change than occasional intense effort.

● BEGIN WITH SMALL

Choose a practice simple enough to repeat on a stressful day.

● REPEAT OFTEN

Use it when things are reasonably calm, not only during crisis.

● NOTICE DIFFERENCE

Track whether recovery time, choice, or self-understanding changes.

● ADJUST WITH CARE

Use support when a practice worsens distress or becomes overwhelming.

Progress may look like recovering faster—not never being triggered again.

Breathing tools: a gentle starting point

Two options from the session handout, explained for safe practice.

Physiological sigh

A comfortable inhale, a brief additional sip of air if tolerated, then a slow exhale. Try one or two cycles; do not strain or force breath-holding.

Box breathing

A gentle, even breathing rhythm, sometimes taught as inhale–pause–exhale–pause. Shorten or omit the pauses if uncomfortable.

If a breathing technique causes dizziness, panic or discomfort, stop and return to normal breathing.

Grounding: return attention to the present

A flexible 5-4-3-2-1 exercise that does not require closing your eyes.

5

things you can
see

4

physical
sensations you
can notice

3

sounds you can
hear

2

scents you
notice or
remember

1

taste or neutral
sensation

Modify the senses or stop if focusing inward increases distress.

Movement, rhythm and connection

Recovery strategies work differently for different people; keep the options varied.

MOVE

Walk gently, stretch, shake out tension, or feel your feet firmly on the ground.

REST & RHYTHM

Regular sleep opportunities, meals, daylight, and routine can support well-being.

CONNECT

Spend time with trusted people who respect your boundaries; face-to-face connection may help.

No single tool fixes the nervous system. Choice, accessibility and safety matter.

Three checkpoints in an ordinary day

Use tiny practices repeatedly, instead of waiting until you feel overwhelmed.

MORNING

Check sleep, food, hydration, and your anticipated stressors.

"What support would make today workable?"

MIDDAY

Pause before the next demanding conversation or task.

"Am I reacting, or choosing?"

EVENING

Reflect on what worked; allow rest without performing.

"What is one small sign of growth?"

Sustainable rhythm usually beats impressive intensity.

Improvement rarely looks like a straight line

Setbacks may coexist with real growth.

OLD MEASURE

"Did I feel activated today?"

BETTER MEASURE

"Did I notice earlier, recover sooner, or ask for help?"

OLD MEASURE

"Did I do the whole routine perfectly?"

BETTER MEASURE

"Did I practice one helpful response when it mattered?"

A hard day does not erase what has been practiced on other days.

Ask better questions about change

Hope is practiced through repeatable experiences.

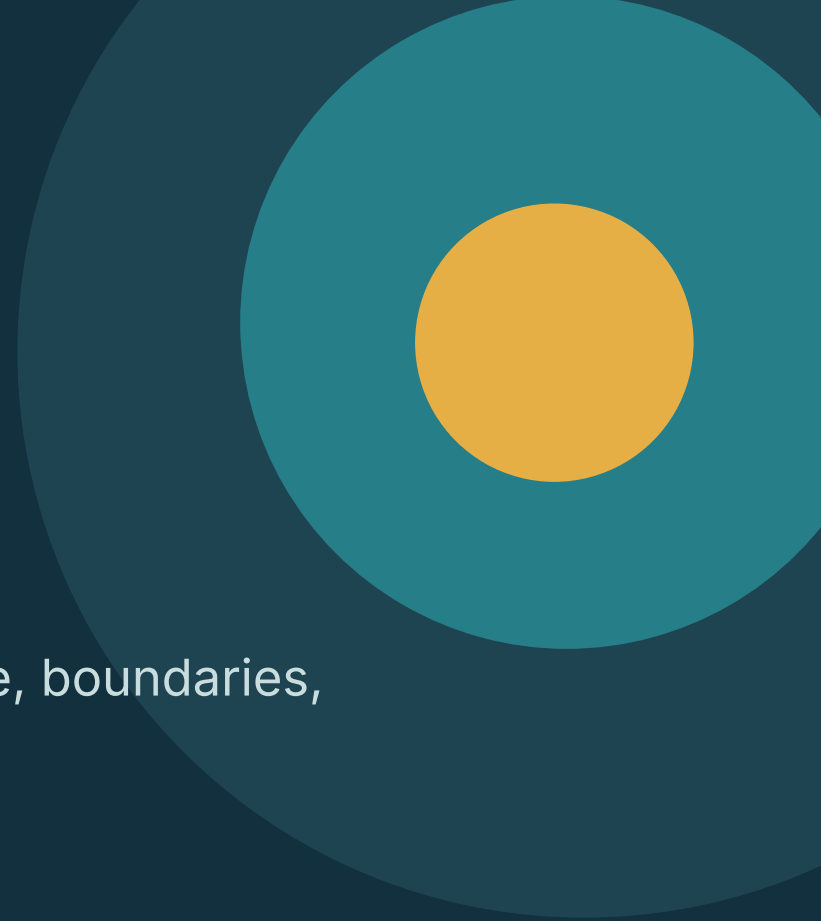
- What protective response shows up most often for me under stress?
- Which one simple practice helps me become more available to think and choose?
- Who helps me feel appropriately safe, and how could I receive support this week?

Choose a practice you can actually repeat, not one that only sounds impressive.

04

Empowered Vulnerability

Be honest and known without surrendering voice, boundaries, identity or judgment.



Vulnerability is not unlimited exposure

The capacity to share truth is different from being pressured to disclose without safety.

Unprotected exposure

"I have to disclose everything right now, even though I do not feel safe or have a choice."

Empowered vulnerability

"I can share something real while using my voice, discerning the setting, and retaining the right to pause."

Healthy vulnerability includes agency. It should never be used to bypass consent or boundaries.

To belong—and to remain yourself

Connection without self-abandonment is part of relational health.

CONNECTION

"Can I be in relationship with another person who knows something real about me?"

SENSE OF SELF

"Can I retain my identity, values, voice and ability to say no?"

BELONGING

"Can I be accepted without buying belonging through silence or compliance?"

A relationship cannot become safer by requiring either person to disappear.

Betrayal complicates the decision to trust

The roles and responsibilities in repair are not interchangeable.

THE PERSON HARMED

May need distance, verification, grief, independent support, and freedom to decide whether to continue.

THE PERSON RESPONSIBLE

Needs honest acknowledgment, changed behavior, proportionate transparency, and respect for consequences.

BOTH PEOPLE

Can benefit from regulation, meaningful boundaries, professional support, and language for present needs.

Mutual respect does not mean equal responsibility for a betrayal.

Three supports for empowered vulnerability

An interpretation of the handwritten framework.

VOICE

Say what is true for you, including your emotions, desires, questions and limits.

PROTECTION

Keep boundaries that reduce risk, preserve dignity and make continued participation voluntary.

DISCERNMENT

Assess how safe, timely and appropriate it is to share—and with whom.

Vulnerability is not only “say more.” Sometimes it is “say no,” “not yet,” or “I need help.”

Assess safety in three places

Ask about yourself, the relationship, and the moment before taking a relational risk.

SELF

Can I stay present? Can I manage not receiving the response I hope for? What support do I need?

RELATIONSHIP

Has this person respected previous limits? Are commitments being kept? Is coercion absent?

MOMENT

Is now appropriate? Is there privacy, time, emotional space, and permission to pause?

If one area is clearly unsafe, delay, limit, or decline the disclosure.

Use a ladder of small honest risks

Build capacity without forcing high-stakes disclosure.

STEP 1**Express a preference**

"I'd rather meet tomorrow."

STEP 2**Name a feeling**

"I am disappointed and need a minute."

STEP 3**State a need**

"I would like you to listen before offering advice."

STEP 4**Ask for repair**

"Can we return to what happened and try again?"

STEP 5**Share something tender**

Only with appropriate safety, consent and support.

Boundaries that make connection more possible

Three examples where care and clarity work together.

TIMING

"I want to hear you, but I cannot have this conversation in the middle of work. Can we talk tonight?"

PACE

"I can answer one question now, but I need time and support before discussing the rest."

RESPECT

"I will participate while we speak respectfully. I will pause if yelling or insults begin."

Boundary-setting can be compassionate without making the other person's response your responsibility.

What empowered vulnerability sounds like

A situation where sharing and self-protection happen together.

"I felt overlooked earlier. I want to tell you about it because our relationship matters to me."

"I can talk for 20 minutes, but I'm not willing to be mocked or rushed. If we cannot speak kindly, I'll come back tomorrow."

Vulnerability tells the truth; boundaries make the risk intentional rather than compulsory.

What is one true thing you could share safely?

The aim is relational honesty with choice, not dramatic disclosure.

- Is there an emotion, hope, or need that I routinely hide—even in safe relationships?
- What boundary would help me communicate honestly without abandoning myself?
- What signs tell me a person can receive vulnerability with care and respect?

Vulnerability is courageous when freely chosen—not when demanded.

05

Practice, Connect, Rebuild

A practical synthesis for households, friendships, mentoring, recovery groups and relationships.

Intensity and intimacy are not synonyms

Strong emotion can create urgency; intimacy grows through truth, respect and steadiness.

INTENSITY CYCLE

Preoccupation → tension → reactive behavior → shame → renewed urgency. The bond can feel consuming without becoming safer.

INTIMACY PATH

Honesty → choice → mutual consideration → repair → dependable connection. Vulnerability coexists with safety and limits.

A calmer, less dramatic relationship can be more intimate than a highly intense one.

From disconnection patterns to repair behaviors

Identify the shift in conduct—not just the shift in emotion.

WITHDRAWAL

→ Appropriate time-outs with a reliable return.

SECRECY

→ Truthful and proportionate transparency.

BLAME

→ Ownership with concrete action.

CONTROL

→ Clear boundaries and freely chosen participation.

SHAME SPIRAL

→ Honest remorse plus supported change.

Accountability without self-erasure

Taking responsibility does not require tolerating contempt or losing your voice.

ACCOUNTABILITY MEANS

Admitting specific harm; telling the truth; welcoming reasonable questions; accepting proportionate consequences; consistent change.

SELF-ERASURE LOOKS LIKE

Agreeing to false claims; accepting humiliation as proof of remorse; surrendering every boundary; making one's worth contingent on reassurance.

THE MIDDLE PATH

"I can own what I did, stay honest about what I did not do, respect your needs, and maintain my dignity."

Five distinctions that protect good judgment

Similar-sounding ideas can carry very different responsibilities.

Forgiveness

≠

Reconciliation

Transparency

≠

Surveillance without limits

Vulnerability

≠

Forced exposure

Empathy

≠

Excusing harm

Self-regulation

≠

Accepting unsafe conduct

What children and families can learn

A general, age-appropriate extension of the summit's themes.

NAME FEELINGS

"I am frustrated" is more useful than acting it out.

TAKE A PAUSE

Adults model stopping, returning and finishing the conversation.

REPAIR

Adults apologize specifically and show what will change.

RESPECT LIMITS

Kindness includes consent, privacy and saying no.

BUILD RITUALS

Consistent care, play, rest and shared meals strengthen connection.

Days 1–4: learn to notice and respond

Choose realistic, repeatable actions—not a perfect-performance challenge.

DAY 1**Notice**

Write down one trigger, one body sensation, and one observable fact.

DAY 2**Pause**

Practice a two-minute orienting pause before a difficult conversation.

DAY 3**Name**

Identify one recurring story you tell yourself under stress.

DAY 4**Boundaries**

State one respectful limit with a clear follow-through.

Days 5–7: move toward trustworthy connection

Small repair practices can be more useful than oversized promises.

DAY 5

Own

Acknowledge one low-stakes mistake without excuses.

DAY 6

Connect

Tell a trusted person one honest feeling or need with appropriate limits.

DAY 7

Review

Reflect: what helped, what remained difficult, and what is the next repeatable step?

Repeat the practices that create more choice and integrity. Adjust what does not help.

A ready-to-use discussion session

Appropriate for a recovery group or church small group; participation remains voluntary.

5 MIN	Welcome + consent	Confidentiality expectations; permission to pass.
10 MIN	Teach a core map	Recognize → Regulate → Repair → Reconnect → Rebuild.
10 MIN	Self-reflection	Separate event, body, interpretation, and choice.
15 MIN	Scenario practice	Practice ownership plus a respectful boundary.
15 MIN	Paired discussion	One small next step each person chooses for themselves.
5 MIN	Close	Hope, prayer if desired, and supportive next steps.

Practice together: the missed commitment

A scenario for teaching repair without invoking personal history.

Two friends agreed to set up an event. One arrived late and did not communicate.

NOTICE

One feels let down; the other becomes defensive.

OWN THE IMPACT

"I arrived late without warning; you carried the extra work."

CHANGE THE PATTERN

"Next time I will update you as soon as plans change."

Biblical themes to study alongside the teaching

Scripture informs Christian reflection; it is not a substitute for psychological assessment.

Mark 12:30

Whole-person love and devotion

1 Kings 19:3–9

Care amid distress

Genesis 1:26–27

Dignity and God's image

Genesis 3:7–13

Shame, hiding, and blame

Proverbs 4:23

Guarding the heart with wisdom

James 1:19

Listening and restraint

Ephesians 4:25–32

Truthfulness and relational conduct

Romans 12:18

Peace as far as it depends on you

Philippians 4:6–7

Prayer and God's peace

What the summit themes do not mean

Clear guardrails keep a useful idea from becoming harmful advice.

"My body reacted, so I know the full truth."

Body signals are important, but they need interpretation alongside evidence and context.

"If I regulate, I should always stay."

Regulation can help you decide to leave, seek help, or set firmer limits.

"Repair means immediate forgiveness."

Repair is a process; forgiveness and reconciliation are distinct.

"Vulnerability means disclosing everything."

Choice, boundaries, timing and safety are essential.

What we will add from the video replays

The deck is substantial now, but it should improve when primary recordings become available.

SESSION 1–4 REPLAYS

Verify language; deepen examples; clarify ambiguous handwritten phrases; add verified speaker-specific takeaways.

SESSION 5 · NICK STUMBO

Build the full chapter on staying engaged in life's great work once the actual teaching is available.

PANEL Q&A

Record the real questions; summarize answers faithfully; label speaker perspectives and any disagreements.

SOURCE AUDIT

Identify direct quotations versus paraphrases; check dates, references and study citations.

Source notes and how to use this resource

Independent educational presentation; no original photographs or private materials are included.

PRIMARY MATERIAL

Grace Church watch party participant handout, October 17, 2026, pages 3–19; attendee notes from Sessions 1–4.

SUPPLEMENTAL HANDOUT

“Connection is the Correction,” attributed to Treina Nash, LMFT; used for general conceptual inspiration only.

BIBLICAL REFERENCES

Mark 12:30; Genesis 1–3; 1 Kings 19:3–9; Proverbs 4:23; James 1:19; Ephesians 4; Romans 12:18; Philippians 4:6–7.

RELATED READING

Bessel van der Kolk, *The Body Keeps the Score* (2014), pp. 102–103 as cited in summit handout; Stanford Lifestyle Medicine resource as cited in handout.

YOU DO NOT HAVE TO REBUILD ALONE.

Notice what is happening. Choose the next faithful step.
Practice truth, care, and safe connection over time.