

# Abuse

## INFORMATION

- Abusers have often grown up in homes where abuse has occurred.
- When you ask God the "Why" question, recognize that in God's giving human beings the power/freedom of choice, there is the great potential for good, but there is also the tragic and horrific possibility for evil.
- Talk out loud with a trusted confidant about your feelings. Be honest about all your feelings. Working through how you will choose to respond to those feelings is important.

## SCRIPTURES

- **Luke 13:10-17** — Jesus heals bent over woman after 18 years.
- **Matthew 11:28-30** — Jesus will give rest to those who are weary.
- **Romans 8** — Life through the Spirit. Nothing can separate us from the love of God.
- **Isaiah 43:1-5** — Do not be afraid, for the Lord your God is with you.
- **Matthew 6:9-15** — The Lord's Prayer
- **Matthew 18:21-35** — Forgiveness.

## PRAYER

*Lord, give me the grace to be honest: honest about my pain, honest about my feelings, honest about my anger and honest about my questions. Will You lead me, God, to trusted friends, pastors and counselors who can help me to do this? God, give me a conscious awareness of your never-absent presence and remind me that I am a beloved child of yours. Help me to remember I am worthy of your love. In the name and by the love of Jesus Christ I pray this. Amen.*

# Abuse

## SUGGESTED READING

- *Keeping the Faith: Guidance for Christian Women Facing Abuse* by Rev. Marie Fortune (HarperCollins, 1995)
- *Violence in Families: What Every Christian Needs to Know* by Rev. Al Miles (Augsburg Books, 2002)
- *Sexual Assault: Will I Ever Feel Okay Again?* by Kay Scott (Bethany House, 1993)
- *How Then Shall We Live* by Wayne Mueller (Bantam Books, 1996)
- *Helping Victims of Sexual Abuse* by Lynn Heitritter & Jeanette Vought (Bethany House, 2006)
- *Disappointment with God* by Phillip Yancey (Zondervan, 1988)

## RESOURCES

- **National Domestic Violence Hotline** — 1-800-799-SAFE, [www.ndvh.org](http://www.ndvh.org)
- **National Resource Center on Domestic Violence** — 1-800-537-2238, [www.nrcdv.org](http://www.nrcdv.org)
- **Faith Trust Institute** — [www.faithtrustinstitute.org](http://www.faithtrustinstitute.org)
- **The RAVE Project** (Religion and Violence e-Learning) — [www.theraveproject.org](http://www.theraveproject.org)