

BREAKING FREE FROM ABUSE

Strengthening Your Relationships – Part 4

September 28, 2014

America has three times more shelters for animals than for victims of domestic violence.

Job 19:1-3. (GNT) *“Why do you keep tormenting me with words? ³Time after time you insult me and show no shame for the way you abuse me.”*

HOW TO HELP SOMEONE BREAK FREE

1. Don't keep it a **SECRET**.

John 8:32b (NIV) Jesus said, *“The truth will set you free.”*

Psalm 39:1b-4 (GNT) *“I (David) said, ‘I will not say anything while evil people are near.’²I kept quiet, not saying a word... but my suffering only grew worse,³and I was overcome with anxiety. The more I thought, the more troubled I became; I could not keep from asking: ‘Lord, how long will I live? When will I die? Tell me how soon my life will end.’”*

2. **NAME** the abuse.

Common Characteristics Of Emotional Abuse...

- **AGGRAVATION** **Psalm 102:8 (NLT)** *“My enemies taunt me day after day. They mock and curse me.”*
- **INTIMIDATION** **Psalm 109:20b (TLB)** *“...(They) tell lies about me and threaten me...”*
- **DENIGRATION** **Psalm 22:7a (CEV)** *“Everyone who sees me makes fun and sneers...”*
- **HUMILIATION** **Psalm 69:19a (GW)** *“...I have been insulted, put to shame, and humiliated.”*
- **MANIPULATION** **Psalm 73:8 (MSG)** *“They jeer, using words to kill; they bully their way with words.”*
- **DOMINATION** **Psalm 118:13a (GW)** *“They pushed hard to make me fall.”*

- **DEFAMATION** **Psalm 31:13 (NLT)** *“I have heard the many rumors about me... My enemies conspire against me, plotting to take my life.”*
- **CONDEMNATION** **Psalm 35:16 (NLT)** *“They mock me and call me names; they snarl at me.”*

3. Don't **MINIMIZE IT**... don't **RATIONALIZE** it.

Ephesians 5:6 (NLT) *“Don't be fooled by those who try to excuse these sins, for the anger of God will fall on all who disobey Him.”*

4. Help them to a **SAFE PLACE** if necessary.

Hebrews 13:3b (MSG) *“Look on victims of abuse as if what happened to them happened to you.”*

Galatians 6:2 (NIV) *“Carry each other's burdens, and in this way you will fulfill the law of Christ.”*

5. Don't **CONFRONT** an abuser by yourself.

Ecclesiastes 4:12 (MSG) *“By yourself you're unprotected. With a friend you can face the worst. Can you get a third person? A three-stranded rope isn't easily snapped.”*

Ephesians 5:11-13 (NLT) *“Take no part in the worthless deeds of evil and darkness; instead, expose them. ¹²It is shameful even to talk about the things that ungodly people do in secret. ¹³But their evil intentions will be exposed when the light shines on them.”*

6. Let God **HEAL** you and let Him **SETTLE** the issue.

1 Peter 3:9 (NJB) *“Never repay one wrong with another, or one abusive word with another; instead, repay with a blessing. That is what you are called to do, so that you inherit a blessing.”*

Isaiah 53:5 (NIV) *“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.”*

1 Peter 2:23 (GW) *“Christ never verbally abused those who verbally abused Him. When He suffered, He didn't make any threats but left everything to the one who judges fairly.”*