



Sunday August 14, 2022
Healing After Abuse or Trauma
Part 1: The Pain of Abuse

In this two-part sermon series on Healing after abuse or trauma, we are approaching this from a Biblical/pastoral perspective. We encourage those who have/are experiencing abuse or trauma to reach out for professional help from trained counselors, therapists, and psychologists.

There are people listening who have been through abuse or trauma and perhaps you have never addressed this in your life. We hope that in some way God will use these messages to help you into a place of healing and wholeness.

For those amongst us who have never experienced such things, be grateful to the Lord. Listen carefully. Learn. And may the Lord use each of us to understand and help others may be going through such situations in life.

God desires for us to be whole spirit, soul, and body (1 Thessalonians 5:23). He desires for us to prosper in all things including in our soul (3 John 2).

CHARACTER DYSFUNCTION

We are living in a day and time when there is a disregard for what is considered good, decent kind, and courteous. Generally speaking, there seems to be a rise in hate and violence. And this seems to also be the norm in day-to-day personal relationships, whether in friendships, family relationships, or workplace relationships.

Difficult people, hurtful, toxic people can be found anywhere, in friendships, families, organizations, and even in church. Abusers can also be bosses or co-workers who just make life miserable.

And it is not just men who are abusers. Women can be abusers too.

Character disturbance, character disorder, also referred to personality disorder is a phenomenon of our times and is something psychologists are researching and studying intensively. These are people who exhibit habitual behaviors that avoid responsibility, manipulate, deceive, harm, hurt, abuse and exploit others.



Paul seemed to describe our world:

2 Timothy 3:1-5

1 But know this, that in the last days perilous times will come:

2 For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy,

3 unloving, unforgiving, slanderers, without self-control, brutal, despisers of good,

4 traitors, headstrong, haughty, lovers of pleasure rather than lovers of God,

5 having a form of godliness but denying its power. And from such people turn away!

'BUS LOADS OF PEOPLE UNDER THE BUS'

Today, in our world we have many people who have been abused and hurt by other people. These include people of all ages: children, teens, young people, grown-ups. Abuse happens in all strata of society, across all demographics and cultural backgrounds. Sadly, in our Indian context, there is hardly any form of help for abuse victims and abusers often continue with their abuse unhindered.

Many children go through childhood abuse and/or trauma. Children are verbally abused by parents. Some children are physically abused. There is a fine line between discipline and abuse. When discipline causes harm and hurt, then it is no longer discipline but could actually be abuse. The Bible teaches us parents not to discourage our children or lead them into a place of anger and resentment (Colossians 3:21; Ephesians 6:4). Sadly, some children could be sexually abused within their family environment.

Colossians 3:21 Fathers, do not provoke your children, lest they become discouraged.

Ephesians 6:4 And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Married women or men could find themselves in emotionally destructive marriages.

Wisdom, kindness, blessing, approval and appreciation are hallmarks of the communication that happens within the Proverbs 31 Family:

Proverbs 31:26,28-29

26 She opens her mouth with **wisdom**, And on her tongue is the law of **kindness**.

28 Her children rise up and call her **blessed**; Her husband also, and he **praises** her:

29 "Many daughters have done well, But you excel them all."



DEFINITIONS – GETTING A GRIP

Abuse

Abuse in the context we are addressing is improper or unfair treatment an abuser inflicts on another (the victim), often for personal benefit, resulting in some form of harm to or violation of the victim. Abuse can come in many forms, such as: spiritual, emotional, verbal, physical or social mistreatment.

Abuse could inflict one or more of these to the victim:

- Controls the victim – through manipulation, deception, etc.
- Harms the victim
- Demeans/devalues the victim
- Violates the victim
- Make the victim dependent on the abuser

Abuse

violates identity – who am I really?

violates dignity – what I am worth really?

violates sense of security – does any one really care for me?

Abuse can be inflicted in many ways:

Spiritual abuse control and manipulation, or other harm using Scripture, prayer, spiritual gifts, etc.

Emotional abuse or psychological abuse that hurt the victim emotionally. Psychological abusers damage others – not out of impaired judgement – but because they enjoy the control they gain from abusing people.

Verbal abuse could range from subtle, insidious words that put-down and erode self-esteem, to full-blown barrage of name-calling, screaming, threatening, etc.

Words can be used to edify and build (Ephesians 4:29) or can pierce like a sharp sword, harm and hurt (Proverbs 12:18).

There could be **physical abuse** with violence, sexual abuse, etc.

Clarifying

Do not overstate or misinterpret conflict, disagreement, responsibility, and accountability.



Conflict is not abuse. Healthy conflict leading to meaningful discussion, debate and dialogue is good.

Being given responsibility or being stretched to do better is not abuse. In the workplace, your manager may give you challenging tasks, etc. Do not misinterpret this as abuse.

Being held accountable is not abuse.

Trauma

By trauma we refer to the emotional effect of a catastrophic/painful event like a violent act, an accident, rape, crime, war, natural disaster, etc. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, physical symptoms, etc. Trauma could be **acute** (a single event), **chronic** (repeated events example domestic violence) or **complex** (varied and multiple traumatic events). For some people, a traumatic event can lead to mental health problems such as **post-traumatic stress disorder** (PTSD), depression, anxiety, leading to alcohol and drug use, as well as impacting their inter-personal relationships.

Usually after the traumatic experience there could be a series of reactions that follow:

Shock – not knowing what to think, what to do, how to react.

Sometimes **denial** – this cannot be true

A lot of **questioning and introspection** – why did this happen to me? Did I do something grievously wrong for this to happen?

There could be **grief** – at the loss of the loved one, possessions, etc.

There could be **anger** – toward God, toward others, towards self

There could be a sense of **hopelessness** – this is the end of everything

Symptoms of abuse or trauma

survivors frequently have symptoms of abuse/trauma that lasts a long time after their experience of abuse or trauma. These may include:

Feelings of emptiness

Depression

Mood swings

Isolation

Perfectionism

People-pleasing

Need for control

Physical problems

Substance abuse



Loss of confidence
Confusion
Sleep issues
Lower productivity
Anxiety
Exhaustion or fatigue
Lower self-esteem
Anger
Higher stress levels
No motivation (to go to work or school)
Hopelessness
Suicidal thoughts

REJECTING LIES, EMBRACING TRUTH

It is important to understand that in many abusive relationships, the abuser holds the victim through a web of lies and deception. Or, the victim may trap themselves in a prison of self-imposed ideas that are wrong.

Worse still, the counsel/therapy or help the abuser seeks for may result in **therapy-induced trauma** when the counsel they receive only serves to further imprison the victim, providing them with no way out of their situation. This could happen in Christian counseling when the counselor emphasizes certain Biblical truth with no understanding of its practical application in a given situation.

Let's address a few of these - **lies abuse victims face and lies abusers promote.**

#1, I am like this because of you! You are forcing me to behave this way!

The abuser takes no responsibility for their actions and lays the blame full and squarely on the victim.

Example: a husband indulging in pornography or extra marital affairs may make such a statement, blaming his wife, and not taking responsibility for his wrongdoing.

#2, There is nothing wrong with me! You are the one who needs to get help!

The abuser lays guilt on the victim, pointing to one or two flaws that they highlight, while completely ignoring their own shortcomings and role in the relationship.

Example: The wife could point to the husband's extroverted friendly nature as him being flirtatious and the cause for problems in their marriage.



Psychological abusers always expect the other person to change because the abusers themselves will never change.

#3, God has brought both of you together, and you must stay in this marriage covenant because God hates divorce!

It is true that God hates divorce.

But two believers did not enter a covenant of abuse or ill-treatment.

They entered a covenant of marriage where God has clearly described the responsibilities of the husband and wife and the environment in which marriage must be lived out. To force a person to stay in a marriage where they are being abused, hurt, harmed, and even put in danger, is unjust, unfair, inhuman, and not what God designed the marriage covenant for.

The marriage covenant as designed by God is a holy state where the man and woman LEAVE all other earthly relationships including father and mother, and CLEAVE to each other, in order to become ONE FLESH (Genesis 2:24). This means all earthly relationships become less important than their relationship to each other. They cleave to each other through expressing continued love, respect, understanding, companionship, encouragement and support in an increasing manner. This is a place of unconditional love and respect (Ephesians 5:24-25). This is what the marriage covenant is and what the two people 'signed up' for or entered into before God. However, if one of them (husband or wife) does not conduct themselves in such manner they are beginning to dishonor the marriage covenant. When such a relationship turns into an environment of abuse, trauma, violence, evil, harm and danger, it no longer represents what God designed or intended for the marriage covenant. It is not right to force either the husband or the wife to remain in such an environment at the mercy of their abuser. They need to find a place of safety until further course of action can be determined.

In Malachi 2:14-16 God states He hates divorce. But there are two other actions God speaks against. He warns against dealing treacherously (2:14,15) – literally doing evil undercover or under hiding. And He also warns against doing violence and covering it up (2:16). So the understanding of 'no divorce' should be held together with 'no evil' and 'no violence' in that marriage relationship.

#4, I am entitled to do this because I deserve this. God owes this to me!

The abuser feels entitled to doing wrong. The abuser excuses their wrongdoing and views what they do as something even God owes them.



THERE IS HOPE AFTER ABUSE OR TRAUMA

The Lord Jesus died on the Cross to bring us peace, shalom, wholeness.

Isaiah 53:5

But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

God through His Spirit has declared to do these for us:

Isaiah 61:1-3,7

1 "The Spirit of the Lord GOD is upon Me, Because the LORD has anointed Me To preach good tidings to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound;

2 To proclaim the acceptable year of the LORD, And the day of vengeance of our God; To comfort all who mourn,

3 To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the LORD, that He may be glorified."

7 Instead of your shame you shall have double honor, And instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; Everlasting joy shall be theirs.

Luke 4:18

...to heal the brokenhearted...to set at liberty those who are oppressed.

Here are some other promises assuring us of healing and wholeness to the pain we have experienced.

Psalms 23:3

He restores my soul;

Psalms 30:11

You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness,

God who will make all things new in the heavens and the earth, can surely make all things new in each of our lives.



Revelation 21:5

Then He who sat on the throne said, "Behold, I make all things new."

INITIAL STEPS

If you are currently finding yourself in a situation where you are being abused then consider these two things:

#1, Recognize You Are Being Abused

The biggest challenge is for someone to know that they are being abused and to recognize that. Often their relationship with the abuser, social pressure or other concerns keeps them from facing up to the fact that they are in an abusive relationship situation and need to reach out for help.

Facing up to things rather than avoiding them is almost always the first step to some kind of healing.

There is a saying: **We repeat, what we do not repair.** So if you are not going to get the help you need, the cycle of the abuser abusing you as a victim, will continue to repeat.

God desires you be kept whole (1 Thessalonians 5:23) and that you prosper in all things including your soul (3 John 2).

#2, Move Yourself to A Place of Safety

The next step is to move to a place of safety, if at all possible, so that you can get the help you need.

Typically, we would respond to abuse/violence in one of these modes:

Flight (run from people)

Fight (retaliate toward people)

Fond (please people)

Whatever the response is do not stay in a place where you are going to be repeatedly abused, hurt or violated.

Now once again we remind you that conflict, disagreement, or responsibility is not abuse. So we are not referring to such situations. Only if you are in a place where you



are being abused and hurt, then it does mean that for your own safety find a place that you can move to.

In doing all this, keep looking to the Lord who is your ultimate place of safety.

Psalm 32:7

You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. Selah

In Part 2 of this sermon series, we will consider a pathway to healing and wholeness after abuse or trauma.

LIVE STREAM AUDIENCE

Thank you for joining us online.

Post service call to action - Like, Share and Subscribe, if in Bangalore come to any one of our Sunday services.

SALVATION CALL (BY YOUR FREE CHOICE AND FREE WILL)

If you ask, does God love me? We can tell you what the Bible says: John 3:16, Romans 5:8

If you ask, how can I have my sins forgiven? We can tell you what the Bible says: Acts 10:43; 1 John 2:2,12

If you ask, what is the way to God? We can tell you what the Bible says: John 14:6

If you ask, how can I become a child of God? We can tell you what the Bible says: John 1:12

If you ask, where can I find salvation? We can tell you what the Bible says: Acts 4:12

If you ask, what must I do to experience salvation? We can tell you what the Bible says: Acts 16:30-31

As an act of your own free choice, we invite you to make this decision to follow Jesus.

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



LIFE GROUP STUDY GUIDE

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This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *Isaiah 53:5; Isaiah 61:1-3,7*

INVESTIGATE God's Word Together

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

Q1, How prevalent is abuse in your immediate social world? Do you know of people who are hurting? Without disclosing details (names, location) share your awareness of abuse in the circle of friendships that you have.

Q2, What do we learn in Isaiah 53:5 and Isaiah 61:1-3,7 in relation to emotional healing and wholeness?



Q3, How can you help/assist someone who is in a abusive situation? If they are believers or otherwise open to spiritual ministry, what would you share from God's Word to encourage them in their journey of recovery and healing?

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.*

Close by thanking God together.



USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

SERMON OUTLINE

We are living in a day and time when there is a disregard for what is considered good, decent kind, and courteous. Generally speaking, there seems to be a rise in hate and violence. And this seems to also be the norm in day-to-day personal relationships, whether in friendships, family relationships, or workplace relationships. Difficult people, hurtful, toxic people can be found anywhere, in friendships, families, organizations, and even in church. Abusers can also be bosses or co-workers who just make life miserable. And it is not just men who are abusers. Women can be abusers too. Many have been abused and hurt by other people. These include people of all ages: children, teens, young people, grown-ups. Abuse happens in all strata of society, across all demographics and cultural backgrounds. Many children go through childhood abuse and/or trauma. Married women or men could find themselves in emotionally destructive marriages.

In Part-1 of this series we address the lies abuse victims face and lies abusers promote. We then present the Scriptures that assure us that there is hope, healing and wholeness for the abuse and trauma we may have faced.



KEYWORDS :

abuse, trauma, healing after abuse, healing after trauma, physical abuse, emotional abuse, spiritual abuse, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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