



Sunday August 28, 2022
Healing After Abuse or Trauma
Part 2: Pathway To Healing, Wholeness And Abundant Life

Quick Review

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).

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.

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
- Makes 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 anyone really care for me?

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.

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

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

THERE IS HOPE AFTER ABUSE OR TRAUMA

God heals our soul and restores us.

INITIAL STEPS

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

#1, Recognize You Are Being Abused

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



#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.

TODAY

Healing After Abuse or Trauma Part 2: Pathway To Healing, Wholeness And Abundant Life

While abuse and trauma are painful experiences for someone to go through, we can experience healing and wholeness and live an abundant life in Jesus Christ.

John 10:10

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

Each one's journey to healing and wholeness will differ. Don't compare yourself with others. Take your time. Your goal is to become whole again.

There are some who may experience a supernatural touch of the Lord and in an instant or short time experience complete release, healing of the pain, the memories and wholeness.

For most people journeying to healing and wholeness is a process, that is often painful. There could be struggles with the pain, the emotions, the thoughts and memories of the abuse, the people involved, etc.

There could be struggles with one's own self – your identity, self-worth, purpose, security, etc.

There could be struggles with relating to the world around, with people, with relationships, etc.

There will be grief.

There could be up-down, swinging of emotions and feelings. You may feel great one day and terrible the next day.

At times, it may seem like a day-to-day battle for survival.

Gradually, this will give way to a more stable place of peace, strength and wholeness.

And as we progress through all this, healing will slowly, but surely begin to take place.

And not only can you heal and be whole, but you can thrive and live the abundant life that Jesus Christ gives!



We share these **SEVEN BIBLICAL AND PRACTICAL STEPS** that we can take in the pathway to healing, wholeness and abundant life, after abuse or trauma.

Think of this as a circle, that you would keep repeating these “seven steps”. But each time you come around, you are going up higher, closer to a place of healing and wholeness. Further away from the ashes, and closer to beauty. Further away from shame, and closer to a place of double honor. Further away from confusion, and closer to a place of perfect peace. Each time the circle gets smaller and easier, until you have completely come out of the pain and trauma of the past.

#1, ANCHOR IN GOD

Anchor yourself by faith in God and what He can do for you.

Psalm 131:1-3

1 LORD, my heart is not haughty, Nor my eyes lofty. Neither do I concern myself with great matters, Nor with things too profound for me.

2 Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child is my soul within me.

3 O Israel, hope in the LORD From this time forth and forever.

The Cross has provided for your wholeness.

The punishment that brings us wholeness was upon Him (Isaiah 53:5)

Healing come to us from God.

Remember God is our Healer. He can heal anything and everything. He can heal us of the pain. He can heal our mind, emotions, and memories.

He restores our soul (Psalm 23:3).

Don't lose hope

Psalm 42:5

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

The writer of Hebrews refers to the hope we have because of the immutability of God's promises, and that God cannot lie.



God's Word is truth.

This hope anchors our soul - like the anchor for a ship caught in the middle of a storm. This hope reaches the very presence of God connecting us with Jesus, our great High Priest.

Hebrews 6:19-20

19 This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil,

20 where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

#2, BOLDLY LET GO

Boldly let go, without guilt or shame.

In Nehemiah we have an interesting situation, where, as God's Word was being read out to the people, they began to weep and mourn.

We do not know all the reasons that prompted this reaction.

Perhaps it was sorrow for their wrongdoing.

Perhaps it was sorrow for missing out on all that God had spoken.

Perhaps it was sorrow over their neglecting God and His Word for so long.

At that moment Nehemiah encourages them to enjoy, do things that would cause them to be joyful, and to share this joy with others.

Nehemiah 8:10

Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength.

Let go of the pain and negative emotions from the abuse and enjoy positive emotions as joyful laughter, fun, relaxing, etc. Do things that reinforce joyful fun-filled, peaceful, relaxing, loving, caring, emotions.

Recurring negative thoughts and negative emotions can be self-destructive and cause you to implode. So, **replace the negative with thoughts and emotions that are positive** by following what is shared here in these 7 steps. Every inch you gain is progress that is made toward healing and wholeness.



In the case of a marriage situation, we recognize the sacredness and sanctity of the marriage covenant as designed by God. However, it takes both husband and wife to honor the marriage covenant. If there has been evil, violence and abuse in the marriage, the covenant has been dishonored. Restoration can happen only if both are willing to receive help, and work through necessary changes to honor the marriage covenant. **If either one, husband or wife, seeks not to honor the marriage covenant, the other cannot be held to stay, indefinitely or at the risk of further harm, hurt and danger. In such situations, where the abuser is unwilling to receive help and make changes there may be no option but to annul the marriage covenant. Do not hold yourself responsible for this.**

Sadly, for some victims they feel they want to go back to their abuser for several different reasons, e.g. because they miss the relationship, they feel lonely, they feel they are unable to make decisions on their own, financial needs may compel them, etc. Our word of encouragement would be to boldly let go.

Practical Tips:

Identify your triggers – things that bring back memories.

Create a safety plan. A safety plan is a pre-determined response you will take to triggers, example: if you see your abuser in a public setting, what will you do.

Set boundaries for yourself. Set boundaries to contact, especially on digital / social media.

Be firm in your decision. If you have to let go, be firm in your decision.

Remember Lot's wife.

Remember the people of Israel wanting Egypt.

We must forget what is behind and reach forward for what lies ahead (Philippians 3:13).

Run your race, looking ahead to Jesus (Hebrews 12:1-2).

You cannot run forward, with your head turned back.

#3, COURAGEOUSLY FORGIVE

This is not easy to do, especially when your abuser has intentionally hurt you, and in some cases, repeatedly. You still feel the pain and carry the scars.

Extending forgiveness does not mean that the abuse never happened, or the abuser should not be held responsible. It means that at a personal level, you are releasing the



person from continuing to affect you through the bitterness, anger, resentment, or hatred you hold towards the abuser.

God has poured His love into our hearts (Romans 5:5). This is where our capacity to love and forgive comes from.

Luke 6:31-32

31 And just as you want men to do to you, you also do to them likewise.

36 Therefore be merciful, just as your Father also is merciful.

Ephesians 4:32

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

You go before God in prayer and ask Him to help you forgive and to love. This may take time. You then release forgiveness to the specific individual for all that was done against you. When any act of abuse comes up in your mind, you declare that you have released forgiveness just as God has forgiven you.

This is an intentional effort to guard your heart and to keep your heart free from unforgiveness and negative emotions of hate, bitterness, and anger.

Once you have forgiven you have given up the right to retaliate or take revenge. If a situation arises, and you must report on what did take place, you do so, not out of revenge, but from a place of accountability and responsibility.

#4, DETERMINE TO BUILD

Determine to build your inner person and your life, stronger and better.

It is alright to focus on yourself for a time and season to heal and build again.

Jesus taught us to love our neighbor as ourselves: **'You must love your neighbor in the same way you love yourself.'** (Mark 12:31). One of the keys in learning to love others, is to learn to love yourself (in the right sense. We are of course not referring to being self-centered or narcissistic).

Practical Ideas:



Attend to your needs and well-being instead of being filled with regret and negative thoughts about the past.

Spend time doing things you enjoy - a hobby, a healthy activity, etc.

Exercise. This is a good way to release negative emotions.

Engaging in some form of creative activity, e.g. art, music, writing, poetry, photography, etc. (often referred to as art therapy in this context) where you express yourself to create and integrate, can be a way to release negative emotions.

Spiritual practices:

Meditate in the Word. God's Word is healing to the total person. God's Word renews and transforms our soul.

Pray in tongues. This strengthens and renews your inner person.

Worship. There is fulness of joy in His presence. There is complete healing in His presence.

#5, EMBRACE GOD'S TRUTH

Embrace God's truth about you and your future.

Reject the lies that were spoken to you or about you.

"Gaslighting" is when the abusive person attempts to change the facts of conversations or events in order to discredit the victim's trust in his/her own memory.

"Smear Campaign" is when lies, gossip, and triangulation are used by the abusive person to turn other people, or groups of other people, against a victim.

Psalm 56:5

All day they twist my words; All their thoughts are against me for evil.

Psalm 59:12

For the sin of their mouth and the words of their lips, Let them even be taken in their pride, And for the cursing and lying which they speak.

Psalm 64:3

Who sharpen their tongue like a sword, And bend their bows to shoot their arrows— bitter words,

Speak God's Word and invite the Holy Spirit to bring healing to your problem areas



God's Word is healing to our whole being (Proverbs 4:20-22).

We had mentioned some of the effects of abuse and trauma that may linger long after the experience.

Here is a representative list of some problems and how to speak God's Word over those problems.

- Self-blame, shame. *Declare that you are accepted in the Beloved. That you are loved by God and righteous in His eyes through Jesus Christ.*
- Feelings of self-hate and low self-esteem. *Declare that you are God's purchased possession. Your value and worth was seen on the Cross when God gave His Son Jesus Christ for you.*
- Confusion. *Declare that instead of confusion you will have clarity, peace and joy. God is not the author of confusion. God leads you and His light shines on your ways making it clear and bright.*
- Panic attacks and anxiety. *Declare that God is your peace and He keeps you in perfect peace.*
- Fear of people and relationships *Declare that God has not given you a spirit of fear, but of power, love and a sound mind.*
- Suicidal thoughts. *Declare that life is worth living. Your life is filled with God given purpose. God knows the plans He has for you, plans of prosperity to give you a future and a hope.*
- Flashbacks of sexual/physical violence. *Declare that God heals and restores your soul. God heals your memories and releases your memories from all painful thoughts and imaginations. Your mind is consecrated to God, renewed by His Word, healed and whole.*
- Substance use. *Declare that your body is God's temple. It is God's property. No addiction will control you or have power over you.*
- Disturbed sleep. *Declare that God blesses you with good sleep.*

Speaking God's Word can thwart and silence negative thoughts and emotions and instead build up positive thoughts and emotions within you.

#6, Frame New Pictures

Frame new pictures of yourself, your present, your future.



A great example is that of Joseph. In spite of all the trauma he had been through, we can see how he begins painting a new picture of life through his faith in God.

Genesis 41:51-52

51 Joseph called the name of the firstborn Manasseh: "For God has made me forget all my toil and all my father's house."

52 And the name of the second he called Ephraim: "For God has caused me to be fruitful in the land of my affliction."

#7, GET HELP

Allow people you know and trust to come alongside you to journey with you. We all need a shoulder we can lean on at times.

Galatians 6:2

Bear one another's burdens, and so fulfill the law of Christ.

1 Corinthians 12:26

And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it.

We need each other. Receiving help, drawing from others is not a sign of weakness. It takes courage to ask and receive help.

Work with a counselor or therapist. However, remember that the counselor or therapist cannot do for you, what you need to do yourself with the help of the Holy Spirit. It is for that reason we have placed this as #7. Typically, the counselor will help you with all of the above steps.

REVIEW/CLOSING

#1, Anchor in God - Anchor yourself by faith in God and what He can do for you.

#2, Boldly Let Go - Boldly let go, without guilt or shame.

#3, Courageously Forgive

#4, Determine to Build - Determine to build your inner person and your life, stronger and better.

#5, Embrace God's Truth - Embrace God's truth about you and your future.

#6, Frame New Pictures - Frame new pictures of yourself, your present, your future.



#7, Get Help

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


Sunday August 28, 2022
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Part 2: Pathway To Healing, Wholeness And Abundant Life

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, Recount the life of Joseph from the Old Testament. Imagine the trauma he would have gone through at a very young age. Imagine Joseph walking through the seven steps we have presented. What would it have been like, what would have been his inner struggles as he made his personal journey to a place of emotional healing and wholeness?



- #1, Anchor in God - Anchor yourself by faith in God and what He can do for you.
- #2, Boldly Let Go - Boldly let go, without guilt or shame.
- #3, Courageously Forgive
- #4, Determine to Build - Determine to build your inner person and your life, stronger and better.
- #5, Embrace God's Truth - Embrace God's truth about you and your future.
- #6, Frame New Pictures - Frame new pictures of yourself, your present, your future.
- #7, Get Help

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-2 of this series we discuss seven Biblical and practical steps we can practice as we make our journey to healing, wholeness and to an abundant life.

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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