

**7.15.18**

## **DOS Seminar "Healing from Abuse"**

### **OVERVIEW - Mother Shamarah**

- TITUS 2:4-5 teach the young women to love their husbands and children

Many of us do not know how to do these things, especially dealing with a cycle of abuse

\*Abuse: cruel or inhumane treatment, to use wrongly/improperly, speak insultingly etc

### **CIVIL & MORAL LAWS**

Civil: dealing with relationships between people, settling disputes, proper behavior etc

Moral: based on the character of TMH..do's and don'ts

In order for you to move forward to heal, you need to recognize toxic behaviors in yourself and others . People associate correction with abuse, when it is actually love.

- JAMES 5:16 confess your faults to one another to be healed

### **TOXIC PERSONALITY TRAITS**

1. Pathological liars
2. Extremely egotistical
3. Don't take responsibility for their actions
4. Remorselessly vindictive when challenged or feeling slighted
5. Moral values are absent in their lives and they have no empathy for others

80% of women use silence to express pain. You know she's truly hurt when she choose to ignore you. Some women do the opposite when they are deeply hurt and talk a lot (often on social media).

Some psychological abusers will use their tears to try to look like the victim. Narcissistic sociopaths love to play people against each other. They are without conscience, and will never apologies. They are very illogical and live by a set of double standards. They never admit guilt, always deny, shift blame, cover up with more lies etc.. They are vindictive and will not stop in their efforts to make you pay, their intense hatred is everlasting. Covert narcissist seem to be quiet, calm, shy, loving, humble etc when they are really deceptive, cunning, manipulative, dangerous, troublemakers who act behind the scenes.

## TYPES OF ABUSE

**Emotional/Psychological:** designed to hurt the person mentally, often by threats, shaming, humiliation etc

- EPH, 4:31-33 let all bitterness, wrath, clamour, evil speaking, malice etc be put away from you. Be kind, tenderhearted, forgiving etc.

**Financial:** when one person restricts access to money from another. This may include cutting off access to bank accounts, controlling where someone is allowed to work and preventing access to financial info..

- ECC. 7:1 wisdom and money is a defense
- PROV. 31:15 she considers a field and buys it..

It is not abuse if your Lord puts you on a budget or if you cannot afford what someone else can.

**Physical:** any physical action or threat designed to harm another person, including slapping, punching, kicking etc

- PROV. 6:12-13 he winks with his eyes, speaks with his feet, teaches with his fingers

Sisters should not be trying to provoke your Lord just because you know he cannot hit you.

**Sexual:** often against women and children. Any unwanted sexual act forced upon the victim. Lude or lascivious acts. Any unwanted touching, forced intercourse etc..

- 2 SAM. 13:13 the story of Tamar being violated
- COL 3:5-6 mortify your members..fornication, concupiscence, uncleanness etc
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Mothers must teach their children appropriate sexual behavior

**Verbal:** psychological. Using words and body language. Putting someone down, name calling etc.

- SIRACH 28:7-18 the stroke of the tongue breaks bones..

**Elder:** typically an elders child abusing the elder. This can consist of financial, emotional or physical abuse.

- LEV. 19:32 honor the hoary head
- SIRACH 3:12-3 help thy father in his age, have patience, despise him not when thou art in full strength

**Spiritual:** attacking another's belief system, forced participation in a cult..The misuse of position of power, leadership or influence..

For example, how Christian pastors exploit their congregations to meet their own needs by illegitimate means.

- 1 COR. 1:10 all speak the same thing, no divisions
- ROM. 13:1 be subject to the higher powers ordained by God. Obey the laws of the land.

We have people leave IUIC and they are not forced to stay. If they do not believe the same things being taught then they are free to leave.

Religious: under the guise of religion. Includes harassment or humiliation resulting in psychological trauma

We are different from the religious systems of this world. They may label us a cult but so be it. We obey the laws of the land but we will not do anything that is contrary to the scriptures.

- ROM. 12:2 do not be conformed to this world but transformed by the renewing of your mind
- DEUT. 7:6 above all people, peculiar, holy..
- ACTS 18:12-13 Paul taught people to repent..contrary to the law
- ESTHER 13:4-5 laws contrary to all nations, differing in the strange manner of laws..

Traits of a Leader in the Church:

- 1 TIM. 3:2-12 a bishop must be blameless, husband of one wife, vigilant, sober, of god behavior, given to hospitality, apt to teach, not given to wine, no striker, not greedy of filthy lucre
- HEB. 3:17 obey them that have rule over you, and submit yourselves; for they watch for your souls

There are many records of abuse in Catholic churches, Mosques, Sikh Temples, Orthodox Jewish communities etc. Here at IUIC we do NOT tolerate or hide any acts of abuse on any level.

- LEV. 5:1 if a soul sin, and a witness sees or knows of it' if he does not utter it, he shall bear his iniquity

**Abuse of Authority:** political corruption..

- ZECH. 11:5 whose possessors slay them and hold themselves not guilty

**Child Abuse + Neglect:**

- LAM. 4:3 even the sea monsters draw out the breasts. Our women have become cruel like ostriches
- JOB 39:13-18 she is hardened against her young ones as if they were not hers..deprived of wisdom
- SIRACH 3:1-13 how to discipline children
- EPH. 6:4 nurture in the admonition of the LORD
- 1 TIM. 5:8 provide for them
- PROV. 22:6 train up a child..

- PROV. 20:11 even a child is known by his doings

### **Signs of Child Abuse + Neglect**

**Physical:** non-accidental injuries as a result of any types of physical harm that is inflicted. Spanking is not considered abuse unless it is excessive. (We have to be mindful in public when it comes to spanking our children, as the other nations are watching us.)

May shrink in the presence of adults, parent blames the child for many problems at home and in school, physical marks of abuse etc

**Neglect:** failure to provide for a child's basic needs such as food/shelter, medical, education etc

### **PHYSICAL ABUSE/DOMESTIC VIOLENCE**

- Has he ever trapped you in a room and not let you out?
- Raised a fist as if he were going to hit you?
- Ever thrown an object that hit you or nearly did?
- Shoved, poked or grabbed you?
- Threatened you?

WARNING: women hitting men is NOT cute, it is ABUSE! Pop culture gives the impression that it is cute or empowering, or even sexy..it is NOT.

If you are in danger, leave! If you're in a domestic violence situation and feel you cannot leave immediately because of children etc, tell friends or family to contact police.

- 1 COR. 7:11 if she depart, let her remain unmarried or be reconciled to her husband, and let him not put her away.

### **Post Traumatic Slave Syndrome**

How were you raised? How is your relationship with your parents?

- EZEK. 16:44 as is the mother so is her daughter
- 2 CHRON. 7:14 we must repent so He can heal us

### **HEALING FROM TRAUMA: RECOVERY TIPS**

- Exercise
- Don't isolate. Connect to others.
- Self regulate your nervous system. Mindful breathing.
- Take care of your health; sleep, diet etc

- Seek counsel or medical health professional
- Mark: 5:33-34 ..the woman was plagued and healed..

### **EMOTIONAL ABUSE - Deborah H.O. Deacon Malachi**

It is NOT every negative encounter or argument you have. Yelling and screaming out of anger is not abuse. They may speak bluntly or without tact but that does not make it abuse.

- SIRACH 19:16 there is one that slips in his speech but not from his heart..
- 1 TIM. 3:4 a man must rule his house

The nature of emotional abuse is steeped in control. Not just a man ruling his house, but wanting to break spirits. A cruel way of tearing someone down, rather than building them up. Emotion is used as a weapon. The use of the emotions change the way you view yourself and others, causing you to blame yourself, make excuses and not see the severity of the situation, you become weary and your spirit is broken, trying but unable to please the offender. Many people endure this type of abuse for years. It slowly wears you down. They often do not realize they're in an emotionally abusive relationship.

- PROV. 18:14 a wounded spirit..
- PROV. 15:13 a merry heart makes a cheerful countenance, but by sorrow of heart the spirit is broken

### **SIGNS**

- Slander.They drop negative seeds about you, changing the way you are perceived by others
- Constant criticism + verbal abuse/bullying (May say you are too sensitive or emotional, nitpick and find fault in everything. Irrational blaming. etc)
- Refusal to accept their part in issues. Blaming you.
- Forcing you to be isolated.
- Gaslighting; portraying you as someone that is disturbed or crazy. Convincing you of another story or reality. (Saying you don't remember correctly etc dismissing you..) Trivializing the situation and making it seem like your reaction is unnecessary. (Will deny their part, make you feel as if it is your fault or you are being dramatic. Making you second guess yourself and feel unstable.)

### **THE CYCLE**

Abuse - belittling, violent behavior, power play etc

Guilt - the abuser seems guilty about what they've done

Excuses - often blaming the victim

"Normal" Behavior - things seem normal and you start to relax, they seem to be getting better

Fantasy and Planning - the abuser starts to plan on abusing you again

Setup - the cycle starts again as they put the plan in motion

Emotional Abuse Test:

<https://www.healthyplace.com/abuse/emotional-psychological-abuse/emotional-abuse-test-am-i-emotionally-abused>

### **HOW TO BREAK THE CYCLE**

- Practice emotional discipline
  - PROV. 10:19 he that refrains his lips is wise
- Abstain from strife
  - SIRACH 28:28 a furious man will kindle strife
- Answer with discretion and not emotion
  - PROV. 15:1
- Don't defend yourself
  - SIRACH 19:6 he that can rule his tongue shall live without strife, and he that hateth babbling shall have less evil
- Surround yourself with supportive people
  - PROV 7:17 iron sharpens iron
- Pray and fast
- Don't be overtaken with worry
  - PHILIP. 4:4 rejoice
  - PHILIP. 4:8 think on things that are true, just, pure, lovely, virtuous, of good report

### **HOW TO MOVE FORWARD**

- 1 PET. 3:1,5,8 wives be in subjection to your own husband, if any don't obey the word, they may be won by the conversation of the wives. The holy women in the old times trusted in God, adorned themselves, being in subjection to their own husbands. Being of one mind, having compassion, being pitiful and courteous.

Reach out and get help, get counsel! If you might even be the aggressor, if you recognize that you exhibit these behaviors, reach out to find out how to stop.

### **SUBSTANCE ABUSE - Mother Paryah**

It is very common for people to use drugs and alcohol to find relief from painful memories. It gives them a temporary relief from the painful memories of traumatic experiences.

\*Substance abuse: excessive use of addictive substances, often drugs and alcohol, even food.

- 1 COR. 3:16 know ye not that ye are the temple of God. You will be destroyed if you defile the temple of God.

- SIRACH 31:16-23 eat as it becometh a man..don't devour and be insatiable. A very little is sufficient. Use this wisdom and sickness will not come to you..
- SIRACH 37:29-31 be not insatiable in any dainty thing nor too greedy upon meat. Excess of meats brings sickness and surfeiting turns to choer and many have perished, but he that takes heed prolongs his life.
- 1 COR. 5:11 don't keep company with...a drunkard

## **SEXUAL ABUSE - Azarayah H.O. Deacon Abbayael**

Sexual abuse: molestation (under the age of 18), exposing to genitalia, rape, inducement of sexual acts, incest by a relative with a minor etc. Rape: unwanted sexual intercourse of various forms, without the victim's consent.

- 1 in 10 children are sexually abused before they are 18
- 30% of children are abused by family members
- 60% are abused by people the family trusts
- 35% of victims are 11 years old or younger
- 40% are abused by older or larger children

Be very mindful and use wisdom when it comes to who you are trusting your children with and who you may be opening up your homes to. Be hospitable, but don't risk your children's safety.

- 1 JOHN 4:1-5 don't believe every spirit, but try them.
- SIRACH 11:29 bring not every man into your house, the deceitful man has many trains
- MATT. 13:24-30 the parable of the wheat and tares..(There are people among us that are tares, here to destroy and conquer..)

### **Sexual Abuse Impacts Everyone**

- 70-80% of sexual abuse survivors report excessive drug and alcohol use
- Among male survivors 50% have suicidal thoughts and more than 20% attempt suicide
- Young girls who are sexually abused are more likely to develop eating disorders as adolescents
- More than 60% of teen pregnancies are preceded by experiences of molestation, rape or attempted rape
- Both males and females who have been sexually abused are more likely to engage in prostitution

### **Minimize the Opportunity**

- More than 80% of the time the child is left alone with an abuser
- Choose group situations.
- Think carefully about the safety of situations in which older youth have access to younger children. Make sure multiple adults are present who can supervise. Older children are going through puberty, becoming curious etc..

- Set an example by personally avoiding isolated, one-on-one situations with children other than your own.
- Understand that abusers often become friendly with potential victims and their families, enjoying family activities, earning trust, and gaining time alone with children.
- Monitors children's internet use. Offenders use the internet to lure children into physical contact.
- Use wisdom when it comes to who you allow to be alone with your children.
- There should be open communication between you and your children, they should feel comfortable expressing to you any feelings they may have about uncomfortable situations or instances of abuse.

### One-On-One Time

- Drop in on them and see how things are going, listen around the corner etc
- Ask adults about planned activities before the child goes with them. They need to be specific.
- Talk to your child after they spend this quality time with that adult.
- Talk to that adult and let them know that you and your child understand sexual abuse and that your child knows the appropriate boundaries.

### How to Teach Your Children About Sex, Boundaries + Bodies

- Teach them it's against the rules for adults to interact sexually with them
- Tell them what parts of their bodies people cannot touch
- Tell them that abusers can be people that are close to them
- Make sure they know not to give out personal info on the internet
- Use everyday moments as opportunities to teach, like while watching movies etc



- COL 3:5 fornication, uncleanness, inordinate affection, evil concupiscence (evil sexual desires)

### **Why Children Are Afraid to Tell**

- The abuser shames the child, convinces them that parents will be angry.
- Manipulates the child, makes them think it's not wrong or is just a game.
- The children often love the abuser and don't want them to get in trouble
- They may be too young to understand anything is wrong

### **Understand How Children Communicate**

- They often tell a trusted adult other than a parent
- May tell portions of what happened
- Can shut down if you respond emotionally or negatively

### **Protocol**

- Insist on screenings
- Youth serving organizations staff should be trained to react to child abuse
- Ensure that they report anything that is suspicious or report any abuse

### **Signs**

- Physical signs that may not be as common; redness, rashes/swelling in genital area, UTIs
- Emotional or behavioral signs that are more common, such as withdrawal, depression, unexplained anger and rebellion
- Sexual behavior and language that is not appropriate
- Be aware that in some children there are no signs at all

### **Evidence of Abuse**

- If you find physical signs, call the police immediately and have the child examined immediately by a professional
- React responsibly. Disclosure of sexual abuse means the child has chosen you as the person they trust enough to tell.

### **Possible Outcomes if you Over React**

- Feeling even more ashamed or guilty
- Shut down
- Change or retract the story
- Appear to be "coached" for future tellings
- Very few reported incidents are false
  
- PROV. 12:15 the way of a fool is right in his own eyes, listening to counsel is wise
- EPH. 4:26 be angry and sin not
- SIRACH 28:1-7 don't avenge yourself, vengeance is of the Lord. Forgive your neighbor.

### **React Responsibly**

- Believe the child and make sure the child knows it
- Thank the child for telling you and praise them for their courage
- Encourage the child to talk, but don't ask leading questions about details. Asking about details can alter the child's memory of events. If you must ask questions to keep the child talking, ask open-ended ones like "What happened next?"
- Seek the help of a professional who is trained to interview the child about sexual abuse
- Seek counsel. The scriptures are your medicine.
  - PSALMS 107:3 He heals the brokenhearted and binds their wounds

### **Components of Healing**

- MATT. 17:20-21 faith..prayer and fasting
- EPH. 4:31 let go of bitterness..
- PHILIP. 3:13 forgetting those things which are behind and reaching forth to those things which are before
- PROV. 11:14 safety in the multitude of counsel
- SIRACH 28:2 forgive your neighbor the hurt they have done to thee

"Today I decided to forgive you. Not because you apologized or because you acknowledged the pain you caused me, but because my soul deserves peace."

### **VERBAL ABUSE - Naamah H.O. Deacon Asaph**

Verbal abuse: belittling you, your accomplishments, appearance etc. The abuser embarrasses and puts them down even in front of others. This type of abuse slowly drains you and your self-worth, alienates your support system.

**Humiliation:** may start with subtle jabs in private and even become full blown arguments in public. When you defend yourself they make it seem like you are guilty.

**Insults:** insulting things about you ranging from your looks, intelligence etc..They may be using opprobrious words with you, even their facial expressions..to belittle.

If a sister is proving a brother, men that are verbally abusive often lead with flattery and insincere praise to lower your guard and reel you in.

- PSALMS 12:2 they speak vanity, flattering lips and a double heart
- PSALMS 5:9 there is no faithfulness in their mouth, their inward part is wicked. Their throat is an open sepulchre. They flatter with their tongue.

### **The Power of the Tongue**

- PROV. 18:21 death and life are in the power of the tongue
- PROV. 14:12 there is a way that seems right to a man but is death

- PROV. 26:18-19 As a mad man who casts firebrands and arrows of death, so is the man that deceives his neighbor and says “Am I not in sport?” (Making a hurtful comment and then turning around saying you’re just joking.)

We are all still healing in our repentance and now we have to understand that we cannot speak to our children, husbands, sisters etc the way we are used to in the world.

- SIRACH 6:7 if thou wouldst get a friend, prove him first (See if that person is abusive while you are proving them and if they are, run!)
- 1 COR. 7:39 the wife is bound by the law as long as her husbands lives

### **Married Women Dealing with Verbal Abuse at Home**

- 1 TIM. 2:9 shamefacedness and sobriety (Don’t disrespect your husband, be shamefaced not argumentative.)
- 1 PET. 3:9 not rendering evil for evil, not railing for railing (If your husband is being verbally abusive in any way, you should not be doing it back.)
- JAMES 1:20 be swift to hear and slow to speak (Just shut up. Don’t argue back.)
- 1 PET. 3:5 the holy women in the old times, trusted in God, adorned themselves and were in subjection to their own husbands.
- ESTHER 14:13-16 Esther hated the king she was married to..she prayed to the Lord.. (Rather than curse him out etc she used wisdom and went to the Lord in prayer about her situation.) She asked the Lord to give her eloquent speech to turn the king’s heart. She told the Lord how she was desolate and He was her only helper.
- ISAIAH. 58:4 ye shall not fast to be heard when you are in strife and arguing etc
- PROV. 21:1 the king’s heart is in the hand of the Lord as rivers of water, he turneth it whithersoever he will.
- ESTHER 15:8 God changed the spirit of the king into mildness
- ECCL. 10:4 if the spirit of the ruler rise up against thee, leave not thy place; for yielding pacifieth great offenses
- DEUT. 32:35 vengeance belongs to the Lord..their foot shall slide in due time
- SIRACH 10:14-17 the Lord casts down the thrones of proud princes and sets up the meek in their stead.
- 1 SAM. 25:25,38 Abigail’s husband Nabal was wicked..eventually the Lord killed him and Abigail became the wife of King David (Abigail knew how to navigate with wisdom.)
- SIRACH 20:5-7 keep silence and be wise, babbling makes you become hateful. Some man holds his tongue knowing his time, but a babbler and fool won’t regard the time. He that uses many words will be abhorred.
- 1 PET. 3:1 be in subjection to your own husbands..if any obey not the word..(If your Lord is not operating in the spirit, you have to be the example and just play your part.)
- PHILIP. 2:15 be blameless and harmless without rebuke..
- 1 THESS. 4:11 study to be quiet, to do your own business..
- PSALMS 141:3 set a watch before my mouth, incline not my heart to evil

## Healing

- MATT. 5:44 love your enemies, bless them that curse you, do good to them that hate you, pray for them that despitefully use and persecute you
- SIRACH 37:12 be continually with a godly man who you know to keep the commandments of the Lord and whose mind is according to yours and will sorrow with thee. (When you go through these type of situations surround yourself with sisters that can give you godly counsel and guide you through it.)
- COL. 4:6 let your speech always be with grace, seasoned with salt, that ye may know how ye ought to answer every man
- SIRACH 21:1 have you sinned? Do so no more, but ask pardon for thy former sins.
- EPH. 4:29 let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. (Rather than speak abusively to your sisters, or your children or husband etc speak good things, teach the scriptures to your children etc..)

## CLOSING

“Dealing with pain or abuse you can either let it destroy you, define you, or strengthen you.”

- NEH. 8:10 the joy of the Lord is your strength
- HEB. 12:11 no chastening for the present seems to be joyous, but grievous..but afterward yields the peaceable fruit of righteousness..Lift up the hands that hang down..