



BREAKING FREE FROM ABUSE

May 4 & 5, 2024

Psalm 32:1-5 (NLT)

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone.

Job 19:1-3 (TEV)

Why do you keep tormenting me with words? Time after time you insult me and show no shame for the way you abuse me.

Job 30:27 (MSG)

My stomach's in a constant churning, never settles down. Each day confronts me with more suffering. I walk under a black cloud. The sun is gone.

7-STEP PLAN TO BREAK FREE FROM ABUSE:

1

Refuse to keep it a secret any longer.

John 8:32 (NLT)

And you will know the truth, and the truth will set you free.

Psalm 39:1-4 (GNT)

I said, "I will be careful about what I do and will not let my tongue make me sin; I will not say anything while evil people are near." I kept quiet, not saying a word, not even about anything good! But my suffering only grew worse, and 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."

King David's 4 Reactions from Hiding His Pain:

- **He was afraid to talk about the abuse in front of his abusers.**
"While evil people are near."
- **He became aware that silence makes it worse.**
"I kept quiet not saying a word but my suffering only grew worse."
- **He allowed his pain to turn into panic.**
"I was overcome with anxiety."
- **He let his pain cause him to contemplate suicide.**
"How long will I live? How soon will I die?"

2

Identify and name the abuse.

- **Aggravation**

Psalm 102:8 (TPT)

My every enemy mocks and insults me incessantly. They even use my name as a curse to speak over others!

- **Intimidation**

Psalm 109:28 (TPT)

So let them curse me if they want, but I know you will bless me! All their efforts to destroy me will fail, but I will succeed and be glad.

Nehemiah 6:9 (NLT)

They were just trying to intimidate us, imagining that they could discourage us and stop the work. So I continued the work with even greater determination.

- **Denigration**

Psalm 22:7 (TPT)

Mocked by their jeers, despised with their sneers, as all the people poke fun at me, spitting their insults...

- **Humiliation**

Psalm 69:19-20 (TPT)

See how they dishonor me in shame and disgrace? You know, Lord, what I'm going through, and you see it all. I'm heartsick and heartbroken by it all. Their contempt has crushed my soul. I looked for sympathy and compassion but found only empty stares.

- **Manipulation**

Psalm 73:8 (MSG)

They jeer, using words to kill; they bully their way with words.

- **Domination**

Psalm 118:13 (GW)

They pushed hard to make me fall, but the Lord helped me.

- **Defamation**

Psalm 31:13 (NLT)

I have heard the many rumors about me, and I am surrounded by terror. My enemies conspire against me, plotting to take my life.

- **Condemnation**

Psalm 35:16 (MSG)

Like barbarians desecrating a shrine, they destroyed my reputation.

3

Resist the temptation to minimize or rationalize the abuse.

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

Find a safe place away from the abuse.

Hebrews 13:3b (MSG)

Look on victims of abuse as if what happened to them had happened to you.

5

Confront the abuser, but never while you're alone.

Ecclesiastes 4:12 (MSG)

By yourself you're unprotected. With a friend you can face the worst. Can you round up a third? 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. It is shameful even to talk about the things that ungodly people do in secret. But their evil intentions will be exposed when the light shines on them.

6

Start the healing process here at Grace and Celebrate Recovery.

Job 11:13-17 (TEV)

Put your heart right, Job. Reach out to God. Put away evil and wrong from your home. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. Your life will be brighter than sunshine at noon, and life's darkest hours will shine like the dawn.

7

Leave the abuser's consequences in God's hands.

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.

1 Peter 2:22-24 (TPT)

He never sinned and he never spoke deceitfully. When he was verbally abused, he did not return with an insult; when he suffered, he would not threaten retaliation. Jesus faithfully entrusted himself into the hands of God, who judges righteously. He himself carried our sins in his body on the cross so that we would be dead to sin and live for righteousness. Our instant healing flowed from his wounding.

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.