

BWD-RELOAD CONFERENCE 2019

TOPIC/ ELECTIVE: ABUSE

1. Introduction.

***. What is abuse?**

2. Exploring different types of abuse

3. Why do people abuse?

4. Damage cause by abuse.

5. Healing the wounds of abuse.

6. Conclusion

1. Introduction

***Abuse can be described as any action that intentionally harms or injures another person. OR**

*** Abuse is using something to bad effect or for bad purpose or treating with cruelty or violence, especially regularly or repeatedly. OR**

Abuse can also be described as “a pattern of behavior used by one person to gain and maintain power and control over another person. One thin to note about this definition is that it is talking about a pattern of behavior, not just one incident.

*** In our life time, we are given many gifts like talents, possessions, opportunities, etc.**

- What we do with what we receive is a reflection of who we are, and

- How worthy we are able to be entrusted with more.

-We can maximize these gifts, we can ignore them or we can abuse them by intentionally harming or injuring another person through them.

2. Exploring different types of abuse and how to differentiate each.

***2.1. Physical abuse - this abuse includes punching, hitting, slapping, and kicking, strangling or physically restraining a partner against their will.**

***2.2. Sexual abuse – this involves rape or other forced sexual acts, or withholding or using sex as a weapon. E.g. an abusive person may use sex as a means to judge his/her partner by criticizing or saying that someone is n't good enough at sex.**

***2.3. Verbal/Emotional abuse – consist of behavior designed to hurt another person emotionally, this includes yelling, threats, shaming, humiliation, name calling, criticism. Etc**

***2.4. Financial abuse – when one person restricts access to money from another. It includes actions like cutting off access to bank accounts, controlling where someone is allowed to work and prevent access to financial information and /or putting a partner on an allowance.**

***2.5. Elder abuse – this type happen between an elder and another person, typically younger e.g. child. It consists of other abuses perpetrated against an elder – including financial, neglect, emotional and physical.**

***2.6. Child abuse – when parent or caregiver, through action or failing to act, causes injury, death, emotional or risk of serious harm to a child. Forms include: neglect, physical, sexual, exploitation and emotional abuse.**

***2.7. Cultural or Identity – it happens when one person use aspects of a victim's particular cultural identity to inflict suffering. E.g. not letting someone to observe dietary or dress customs of their faith, using racial slur.Or isolating someone who does not speak the dominant language.**

3. Why do people abuse?

Many of us have difficulty understanding the motive of people who are involved in abuse, and many of us has difficulty in understanding why people especially adults, who are being abused choose to stay in abusive relationships.

***Some reasons why people abuse others:**

_ some abusers learned to abuse from their parents- their early history consisted of receiving themselves and /or seeing others abused (e.g. one parent abusing the other or their siblings. etc.)

_ as a consequence, abuse is the normal condition of life for these people.

_Such people internalized a particular relationship dynamic, namely, the exemplimentary roles of "abuser" and "victim".

_ they are familiar with and fully understand the terror of being the helpless victim from their own childhood experiences.

_ the opposite of being a victim is not simply opting out of abuse, it is instead, to be abusive.

_ By choosing to be the aggressors and abusers, they may get their first sense of taking control over their own destiny and not being at the mercy of others.

_ that they hurt others in the process may go unregistered or only occur as a dim part of their awareness.

- Physical or mental illness such as depression or PTSD (Post Traumatic Stress Disorder).
- Family crisis or stress, including domestic violence and other marital conflicts or single parenting.

4. What kind of damage does abuse cause?

- Victims of abuse commonly develop emotional psychological problems. E.g. depression
- Severe abuse may cause the victim to be traumatized and develop stress disorder; a victim may also contemplate suicide.
- Poor self-esteem- which can lead to a lack of close and trusting relationships.
- Emotional and difficulties. E.g. sadness, anxiety, anger, low self-esteem
- Problems with drugs or alcohol.
- Disturbing thoughts, emotions and memories that cause confusion.
- Poor physical health. E.g. obesity aches and pains.
- Struggling with parenting or relationships.

These effects may be some of the reasons victims of abuse stay in abusive relationships.

5. Ways to healing the wounds of abuse.

*Recognize how bitterness and desire for revenge only poison your own soul.

-Eph 4:32-32:” Get rid of all bitterness, rage, anger, harsh words and slander, as well as all types of evil behavior. Instead be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

-for a person who has been a victim of abuse, the hurt is real and there are scars- physical and emotional.

- when life doesn't seem fair,

-when justice doesn't happen as it should,

- that's when bitterness consume the victim.

-It is then essential to recognize and deal with bitterness before bitterness overwhelms you.

- otherwise you will not be able to find healing and move on.

- Forgive those who have wronged or hurt you terribly- without any expectation that they will change.

Matt 6:14:” If you forgive those who sin against you, your heavenly father will forgive you.”

-This may be the hardest act in your life as an abused person, but forgiveness is the only way to purify your soul of the toxin of bitterness and vengeful spirit.

- The only way to forgive fully is to understand and accept that Jesus has forgiven your sins even though you did not deserve forgiveness.
- Only when you seek forgiveness for your sins can you be filled with God's spirit, and then be filled with his power.
- It is through his power that you can find strength and grace to forgive.
- And when you forgive, your heart is changed so you can move on.
- Forgiving doesn't mean that the hurt isn't real or that the abuse didn't happen or that you will put yourself in a position where you might be harmed again;
- But it means that you refuse to let the abuser have any control on your life.
- The act of forgiveness occurs between you and God, give your hurt to God and allow his power to heal you from the inside so you can have a fresh start.
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- Keep your focus on Christ and on his promises.

Phil 4:8: "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely and admirable. Think about things that are excellent and worthy of praise."

- As you fill your mind with good and pleasant thoughts, you have less time to dwell on things that hurt you.
- What you put into your mind determines what comes out in your words and actions.

Heb 12:2-4: "Fixing your eyes on Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

- In order to keep your focus on Christ, meditate on his word; always remind yourself that you must not get tired and loose heart.
- Let God's peace rule in your heart.

Phil 4:4-7: "Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

- When are supposed to rejoice? Always -when you remember that God's son went through how much pain and abuse.
- You rejoice when your life is not turning out the way you had hoped because your joy and peace are totally unrelated to your circumstances, rather they are related to you unchanging relationship to your Lord.
- Rely on prayer- pray about your hurt , abuse, frustrations and disappointments and lay them before the Lord who already know about them and

- Do this with thanksgiving-gratitude that He will take care of them.

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- 6. Conclusion

-In times of seeming hurt, you need not be a “Lone Ranger”, making yourself look tough.

Ask help, maybe from your pastor or someone you respect and trust, to come alongside you and give you counsel and comfort from scriptures and the support you need.

- accept help from others because this is God’s model to use others in the body of Christ to urge us to accept help in humility .