

Breaking the Silence

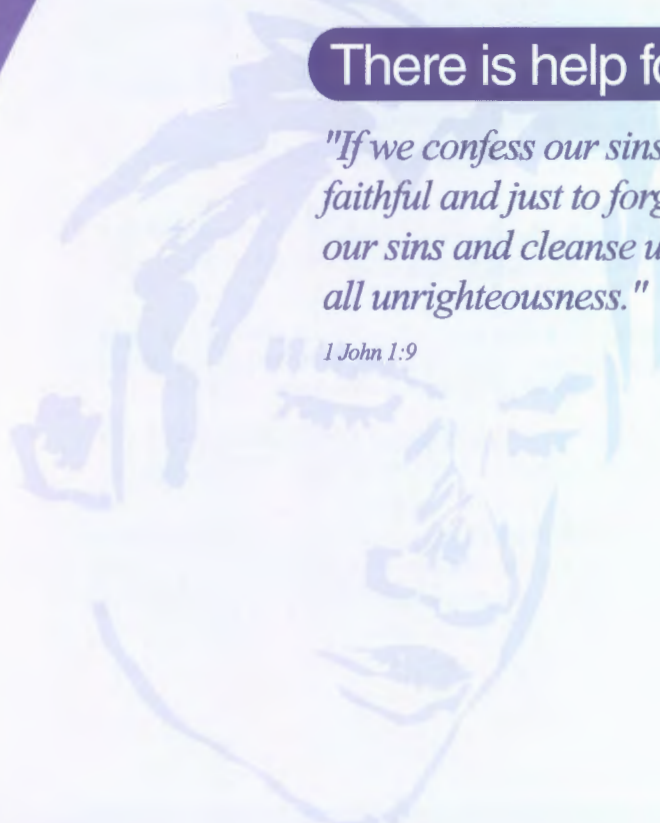
BREAKING the *SILENCE*

Are you abusing
someone?

There is help for you

"If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness."

1 John 1:9



What Is Abuse?

*To abuse someone is to intentionally or unconsciously injure or damage him/her physically, psychologically/emotionally, or sexually with the purpose to intimidate, dominate, control and/or exercise power. Abuse can be isolated or habitual, premeditated or spontaneous. The one who inflicts the abuse is typically called the abuser; the one who is **abused** is typically called the **victim**.*

Types of Abuse:

Physical:

actions which cause humiliation, physical pain or injury, such as kicking, pushing, or punching.

Psychological/Emotional:

actions which cause loss of self-esteem, and/or loss of self-determination, such as name calling, isolation, or criticizing.

Sexual:

actions of a sexual nature that are unwelcome, uncomfortable, or forced; this includes rape.

Child Abuse:

all of the above definitions, as well as neglect. This includes not providing for a child's basic needs such as food and clothing, and abandonment.

Abuse Is Wrong Because...

It destroys the body

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy: for the temple of God is holy, which temple ye are.”

I Corinthians 3:16, 17

It robs children of their innocence

“But whosoever shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea.”

Matthew 18:6

It lowers self-esteem

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it might benefit those who listen.”

Ephesians 4:29 (NIV)

It warps the perception about God

“Behold what manner of love the Father hath bestowed upon us, that we should be called the sons [and daughters] of God.”

I John 3:1

It is not God's plan for families

“...The Lord desires His people to give in their homes a representation of the order and harmony that pervade the heavenly courts.”

—Counsels On Health, p.101

It is not God's plan for our lives

“‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you. Plans to give you hope and a future.’”

Jeremiah 29:11 (NIV)

Do One or More of These Traits Describe YOU?

- Obsessed with gaining control or earning respect
- Unhealthy fear of being dominated
- Came from violent home
- Abuse was a usual occurrence in the home growing up
- Use culture as an excuse for abusive behavior; "This is how we do it here"
- Low self-esteem
- Possessive
- Insecure
- Self-centeredness
- Co-dependent
- Master manipulator
- Exaggerated jealousy
- Blame others for own actions
- Overly suspicious
- Easily angered
- Emotionally immature and unstable
- Fear of being alone, that the victim will leave you
- Do not feel that violent behaviors should have consequences
- Dual personality, can be loving one moment and angry the next
- Must have things your own way; inflexible, intolerant
- Deny that abuse is a problem

Help Is Available to You

Reading this brochure is a wise step towards your recovery. It is extremely important for you to realize that your actions are causing lasting and painful effects on those you've abused. By abusing, you've also created lasting consequences for yourself. Your pastor, church leaders, doctor, family members, friends, or Christian counselors all may help you modify your behaviors. **Abuse is a sin.** You can gain victory over this sin by first having a willingness to be honest with yourself, God, and those whom you've hurt. The following are simple guidelines to help you begin your journey towards healing your relationship with God and those you have hurt.

- **Acknowledge your sin** and ask God for forgiveness (*Psalms 32:5, Psalm 51*).
- **Confess your sin** (*Romans 10:10*).
- **Turn away from your sin** (*Proverbs 28:13*).
- **Ask forgiveness** from those you've abused and as far as possible make restitution (*The Faith I Live By, pg.138, paragraph 5*).
- **Seek consistent** counseling sessions with a Christian licensed therapist (*Proverbs 3:13*).
- **Tell your pastor**, doctor, family member, or friend about your struggles and ask them to keep you in their prayers (*James 5:16*).
- **Ask someone** you feel comfortable with to be your prayer partner, to daily pray with you, hold you accountable for your actions, and to encourage you (*1 Thessalonians 5:11*).

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