

Living in Faith – Part 5 Faith to Break Away

“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 19:1-3. (TEV)

HOW TO HELP SOMEONE BREAK FREE

1. Don't keep it a secret

Jesus: “The truth will set you free.” John 8:32

David: “I said, ‘I will not say anything while evil people are near.’ So I kept quiet, not saying a word... 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.’” Psalm 39:1-4 (TEV)

2. Name the abuse

Marks of Emotional Abuse – David's Descriptions

Aggravation “My enemies taunt me day after day. They mock and curse me.” Ps. 102:8

Intimidation “...they tell lies about me and threaten me.” Ps. 109:20

Denigration

“...they make fun of me and ridicule me.” Ps. 22:7

Humiliation “I have been insulted, put to shame, and humiliated.” Ps. 69:19

Manipulation “Using words to kill; they bully their way with words.” Ps. 73:8 (Mes)

Domination “They push hard to make me fall.” Ps. 118:13 (GW)

Defamation “They spread rumors about me, and conspire against me.” Ps. 31:13

Condemnation “They mock me with the worst kind of profanity, and snarl at me.” Ps. 35:16

3. Don't minimize or rationalize it

“Don't be fooled by those who try to excuse these sins, for the anger of God comes upon all those who disobey him.” Eph. 5:6 (NLT)

4. Help them to a safe place if necessary

“Look on victims of abuse as if what happened to them happened to you.” Heb. 13:3b (Mes)

“Carry each other's burdens, and in this way you will fulfill the law of Christ.” Gal. 6:2 (NIV)

5. Begin the healing process

Advice to Job: “Put your heart right. Reach out to God. Put away any 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!” Job 11:13-17 (TEV)