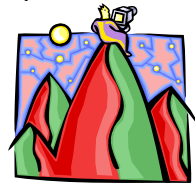




Delivered From Violence – Part 1



“The Lord is my rock, and my fortress, and my deliverer; in Him will I take refuge, my shield and the strength of my salvation, my high tower and my refuge, my savior; You save me from violence.” (2 Samuel 22:2-3)



No woman should ever have to tolerate abuse at the hands of any man. Abuse is a small word but it has an awful lot of meaning.

Webster dictionary says:

- To violate, to defile (to violate the chastity of)
- To deceive
- To treat harshly – physically and verbally
- To use insulting or bad language about
- To victimize through violence
- To harm emotionally

Most women in the United States were raised in Christian homes or at some time as adults have gone to church, or were at some time exposed to the gospel of Jesus Christ.

For that reason, when a woman who has some background or values as a Christian woman experiences violence in her home or family, it will not only be a physical and emotional crisis, but also a spiritual one.

She will have many questions about what God’s will is for her, what does Scripture say about her situation and how to deal with it. God never intended for a woman to be abused. Your church may not know or understand your experience as a battered or abused woman. You may feel abandoned by your church, your family and maybe even by God.

Some of you here this morning have known and lived with the fear of violence. You have lived with the anxiety of never knowing when your abuser’s violence may erupt again.

You have feared for your life or the lives of your children.



When the person who has hurt you, whose violence you fear, is someone very close to you – a person you have loved and shared your life with – it makes the hurt much deeper. The worst hurt is often to the mind and emotions even more than the body. You may be asking yourself, “Why is this happening to me? Maybe all those things he says about me are true. I probably don’t deserve any better than I get. He’s probably right.”

(Con't)

The Bible's answer to that is: *"Do you not know you are God's temple and that God's Spirit permanently dwells (lives) in you? If anyone does hurt to (or defiles) God's temple, God will destroy him. For God's temple is holy, and that temple you are."* (1 Corinthians 3:16-17)



You are valued in God's eyes; your whole self is regarded as a temple, a sacred place. God does not want you defiled by violence or to be harmed. God's Spirit living in you makes you holy. You deserve to live without fear and without abuse. You may even have thoughts like: "I'm not a very good Christian. I have done some bad things in my life. Maybe this is God's way of punishing me."

The use of violence in relationships without marriage is also contrary to God's laws. Sexual intimacy outside of marriage is not God's will, but violence is against His laws.

The Bible says a woman must submit to her husband. Does this mean that she must submit to his abuse? Let's take a look at the Bible passage (Ephesians 5:22,23) that says, *"Wives submit yourselves to your own husbands, as unto the Lord. For the husband is the head of the wife, as Christ is the Head of the Body (the church); and he is the Savior of the Body."*



Then vs. 25-28 go on to say, *"Husbands love your wives as Christ loved the church and gave Himself (died) for her. So that He may sanctify her, having cleansed her by the washing of the Word of God, that He might present her (the church) to Himself in glorious splendor, without spot or wrinkle, or any such thing, but that she might be holy and without blemish!"* (Jesus does not abuse His church). *"So husbands should love their wives, as their own bodies. He that loves his wife loves himself."*

That's quite a different picture than just "wives submit to your husbands" which is so often quoted to women without going on to finish the passage. Verse 28 contains a real key to the problem. Because, if a man abuses his wife, it is because he doesn't love or even like himself deep down inside. It's his problem!

This misunderstanding of submission to a husband usually carries over into the sexual realm, too. Sometimes forcing unwanted sexual acts on his wife because he says the Bible says she has to as her wifely duty. We have just proved from the Word of God that he is wrong and it is just as much rape when a husband forces his wife into unwanted sex as it is if it were a stranger.

One of the most selfish sexual demands a husband can make is to force a woman to have sex after he has just beaten her, because he says he loves her and wants to make up after a fight. This is just another form of battering and abuse.



An intimate husband/wife relationship is a gift from God that is celebrated in Scripture. At all times, in all life situations there is to be respect and regard for each other's well being. It is never to be a 90/10 relationship where he gets his way 90% of the time and you get yours 10% of the time (or less). That's when 90% plus 10% do not equal 100%. And God wants your life and your relationships to be 100%.



Delivered From Violence – Part 1

1. In 2 Samuel 22:2,3, who is your deliverer and Savior from violence?

2. For a Christian woman violence is not only a physical and emotional crisis, but also

a _____

3. What is her greatest concern? _____

4. Is it God's will for a woman to be abused? _____

5. If you were abused, who would usually be the one who abuses you?

6. In physical battering what two things may be hurt more than the body?

7. Even though the victim feels she may deserve abuse, what does God's Word say?

(1 Corinthians 3:16) _____

8. When does a wife not have to submit to her husband? (Ephesians 5:22,23)

9. How should a man love his wife? (Ephesians 5:28)

(The answer to this question will be your memory verse)

MEMORY VERSE: _____

Delivered From Violence – Part 1

1. In 2 Samuel 22:2,3, who is your deliverer and Savior from violence?

The Lord.

2. For a Christian woman violence is not only a physical and emotional crisis, but also a spiritual one.

3. What is her greatest concern? What God's will is for her.

4. Is it God's will for a woman to be abused? No.

5. If you were abused, who would usually be the one who abuses you?

Someone very close that I loved.

6. In physical battering what two things may be hurt more than the body?

The mind.

The emotions.

7. Even though the victim feels she may deserve abuse, what does God's Word say?

(1 Corinthians 3:16) She is God's temple.

8. When does a wife not have to submit to her husband? (Ephesians 5:22,23)

When he does not treat her as Christ does His Body (the church).

9. How should a man love his wife? (Ephesians 5:28)

MEMORY VERSE: "So husbands should love their wives as their own bodies. He that loves his wife loves himself."