



Delivered From Violence – Part 2



Domestic violence is a crime – a felony. The abuser is subject to arrest and jail time if convicted. It was not always a punishable crime, but because violence has reached such epidemic proportions and such brutal assaults as never before in history, laws had to be passed to try and stop the battering of women and children.

“The man of great wrath shall suffer the penalty for their anger; and if you try to spare him from the consequences, he will feel free to do it again.” (Proverbs 19:19AMP)

Some women don't realize they are being abused – they think that abuse is only when you get hit or physically tortured. But some of the worst abuse can happen without even being touched:



1. Psychological (mental) abuse happens when the batterer tries to frighten his victim by intimidating her with threats to hurt her or kill her or the children if she doesn't do what he says. Or he threatens to harm her relatives or friends, or the family pet. He may threaten to stalk or harass her if she tries to leave, or he may threaten to kill himself and she would be to blame.
2. Emotional abuse undermines the batterer's victim by verbally attacking her sense of self-worth by constant criticism of what she does and how she does it; belittling her in front of people by telling her how stupid she is; calling her names that stay in her mind and hurt; giving her the silent treatment; telling the children how bad mommy is; making exciting promises and deliberately breaking them at the last minute; not allowing her to cry; etc., etc., whatever his cruelty can think of to do.
3. Economic abuse which includes making a woman have to come to the abuser for any money, never telling her how much money they have, having complete control over both parties income including AFDC checks; keeping the victim from having access to any money by not letting her get a job, or drive the car, or go to school to learn a job skill, -- or if she does work, harassing her at work, demanding her paycheck.

One woman was forced to walk to the grocery store and back within one hour and bring the cash register receipt to prove how much she spent, and it had to be signed by the store manager. That is psychological, emotional and economic abuse all summed up in the one word that describes an abuser = CONTROL!!!

(Cont'd)

Truth is the only thing that will set a woman free from CONTROL. Jesus is the TRUTH. He said it Himself, "*I AM the way, the truth, and the life.*" (John 14:6) When a woman makes Jesus the Lord of her life, she will no longer allow herself to be controlled by cruelty and humiliation out of fear, because "*The Lord is the Spirit (of life) and where the Spirit of the Lord is, there is liberty – emancipation from bondage (control), and freedom.*" (2 Corinthians 3:17) "*If the Son (of God) sets you free, then you are really free.*" (John 8:36)

There is one other form of abuse that is non-violent but mentally and emotionally devastating to the victim's quality of life, and that is Legal Abuse. Legal abuse can include a vicious custody battle or an expensive court case because the abuser refuses to pay support or to return her assets. So abuse does not always end when a woman leaves, it can continue in another form, but the Bible has her answer for that, too.

"Ask and it shall be given to you; seek and you shall find; knock and it shall be opened unto you, for everyone that asks receives, and everyone that seeks finds what they are seeking, and to everyone that knocks (on a door that only God can open), it shall be opened to them."

(Matthew 7:7,8)

"So let the peace of God, rule (control) in your heart, deciding and settling all the questions that arise in your mind – in that peaceful state to which as members of Christ's body you were also called to live. And be thankful, and appreciative, always giving praise to God."



(Colossians 3:15AMP)

"Be content with what you have because Jesus said: I will never leave you or forsake you! So you can boldly say, 'The Lord is my helper, I will not be afraid or terrified, and I will not fear what a man shall do to me.'"

(Hebrews 13:5a, 6)

"Seek first the Kingdom of God, and His righteousness and all these things shall be added unto you." (Matthew 6:33)



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1. If a victim tries to protect her abuser from punishment what will he do?
(Proverbs 19:19) _____

2. Does abuse just mean you get hit or physically hurt? _____

3. What are the four non-violent forms of abuse?
 - a) _____
 - b) _____
 - c) _____
 - d) _____
4. In all forms of abuse, what is the one word that describes an abuser? _____
5. What is the only thing that will set a woman free from control? _____
6. Who did Jesus say He is? (John 14:6) _____
7. Who can make me really free? (John 8:36) _____
8. How can I find help when I need an answer? (Matthew 7:7) _____

9. What should I let rule (control) my heart? (Colossians 3:15) _____
10. What promise did Jesus give so I won't be afraid? (Hebrews 13:5a,6)

11. If I seek the Kingdom of God and His righteousness, what will happen? (Matthew 6:33)
(The answer to this question will be your memory verse)

MEMORY VERSE _____

Delivered From Violence – Part 2

1. If a victim tries to protect her abuser from punishment what will he do?
(Proverbs 19:19) Feel free to do it again.
2. Does abuse just mean you get hit or physically hurt? No. Some of the worst abuse can happen without even being touched.
3. What are the four non-violent forms of abuse?
 - 1) Psychological abuse
 - 2) Emotional abuse
 - 3) Economic abuse
 - 4) Legal abuse
4. In all forms of abuse, what is the one word that describes an abuser? Control.
5. What is the only thing that will set a woman free from control? Truth.
6. Who did Jesus say He is? (John 14:6) He said, “I AM the Way, the truth, and the life.”
7. Who can make me really free? (John 8:36) Jesus, the Son of God.
8. How can I find help when I need an answer? (Matthew 7:7) “Ask and it shall be given unto you, seek and you shall find; knock and it shall be opened unto you.”
9. What should I let rule (control) my heart? (Colossians 3:15) The peace of God.
10. What promise did Jesus give so I won’t be afraid? (Hebrews 13:5a,6)
“I will never leave you or forsake you”
11. If I seek the Kingdom of God and His righteousness, what will happen? (Matthew 6:33)
MEMORY VERSE: “Seek first the Kingdom of God and His righteousness and all these things shall be added unto you.”