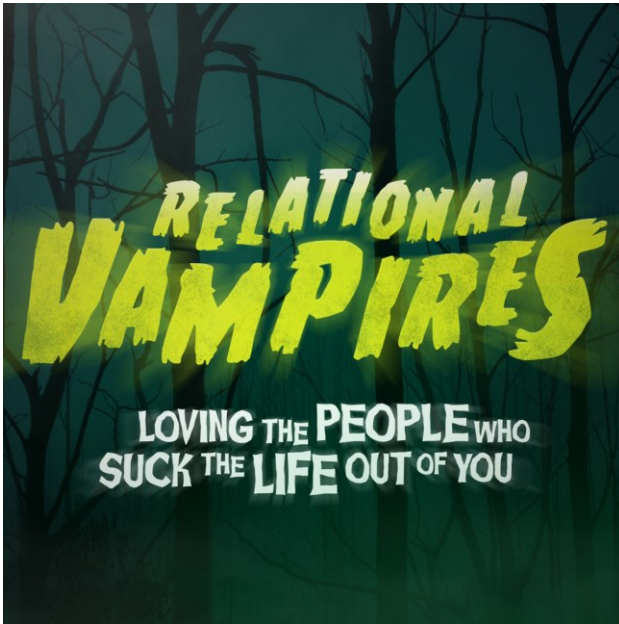


Relational Vampires

Part 8:
Breaking Free from Abuse



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Breaking Free From Abuse

Sobering Facts

- The number one cause of injury to women is domestic violence. It is more common than the next three causes of injury combined.
- A woman is assaulted or beaten every 9 seconds in the United States.
- Around the world, 1 out of 3 women has been beaten, abused, or forced into sex.
- 1 out of 5 teenage girls have already been in a relationship with a boyfriend who threatened violence if they broke up.
- According to a recent 32 country study conducted by the University of New Hampshire, today women commit half of all partner violence.

How to Help Someone Break Free

1. Don't _____

Jesus: "The truth will set you free." (John 8:32)

Recovery Principles:

- "I'm only as sick as my secret."
- "Revealing my feeling is the beginning of healing."

2. Don't _____

"Don't be fooled by those who try to excuse these sins, for the anger of God comes upon all those who disobey Him."
(Ephesians 5:6)

3. Get them to _____

"Look on victims of abuse as if what happened to them happened to you." (Hebrews 13:3)

4. Don't _____

"By yourself you're unprotected. With a friend, you can face the worst. Can you find a third person? Even better! A rope of three strands is not easily broken." (Ecclesiastes 4:12)

5. Begin _____

Advice to Job: "Put your heart right. Reach out to God. Put away any evil and wrong in your home. Then face the world again, firm and courageous. Then all your troubles will fade from memory, like floods that are past, remembered no more. Your life will be brighter than the sunshine at noon, and life's darkest hours will shine like the dawn." (Job 11:13-17)

6. Let God _____

"Never repay one wrong with another, or one abusive word with another. Instead, repay with a blessing. That is what you are called to do, so that you inherit a blessing." (1 Peter 3:9)

"Christ never verbally abused those who verbally abused Him. When He suffered, He didn't make any threats, but left everything to the One who judges fairly." (1 Peter 2:23)