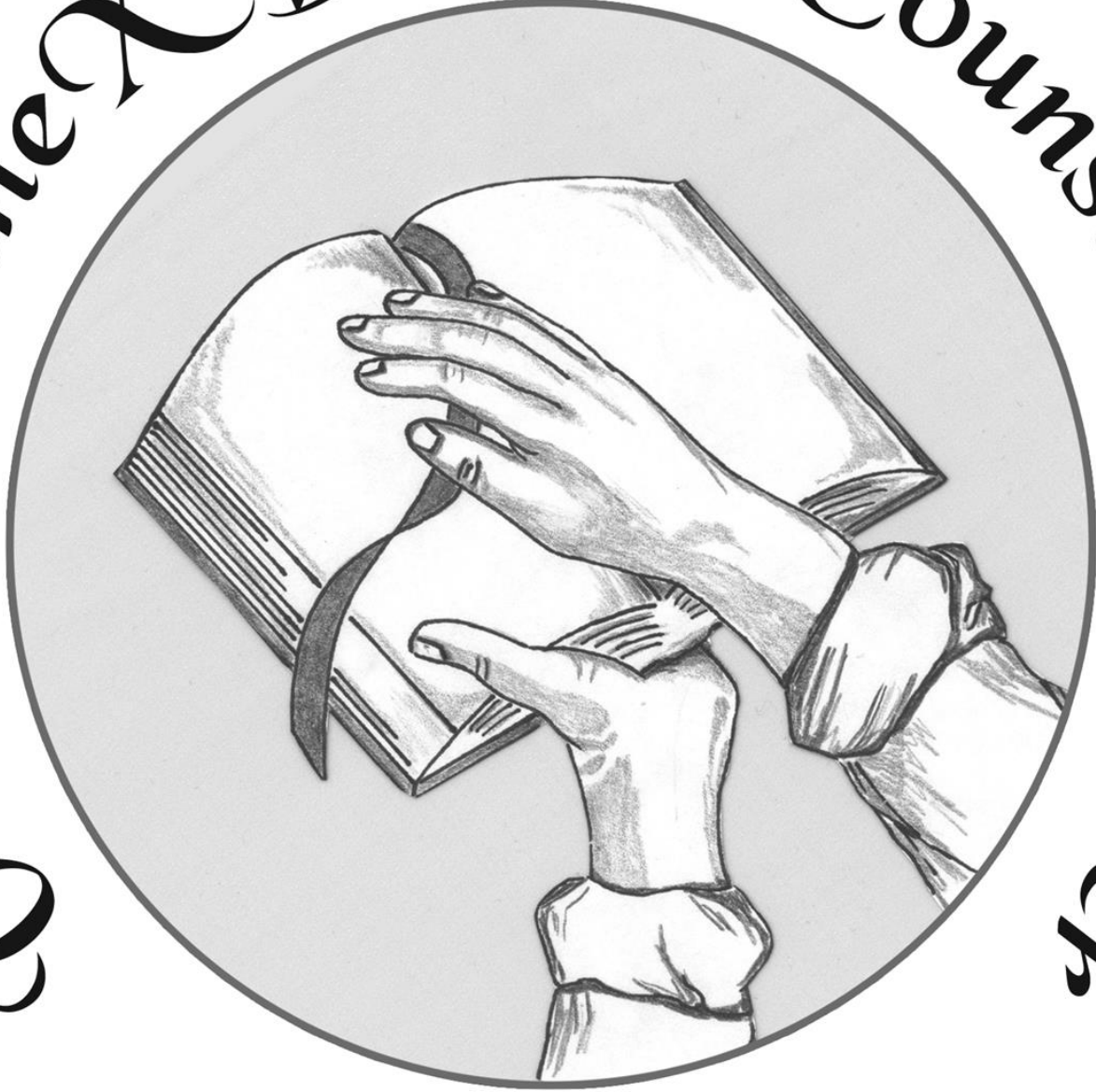


Valley Connect Biblical Counseling Center



Shepherding Children Through Crisis: Self Harm



Self-harm

Deliberate infliction of non life-threatening harm or injury to oneself.

Other terms:

Self-injury

Self-mutilation



Common Manifestations

- Cutting
- Scratching
- Burning
- Pulling out hair



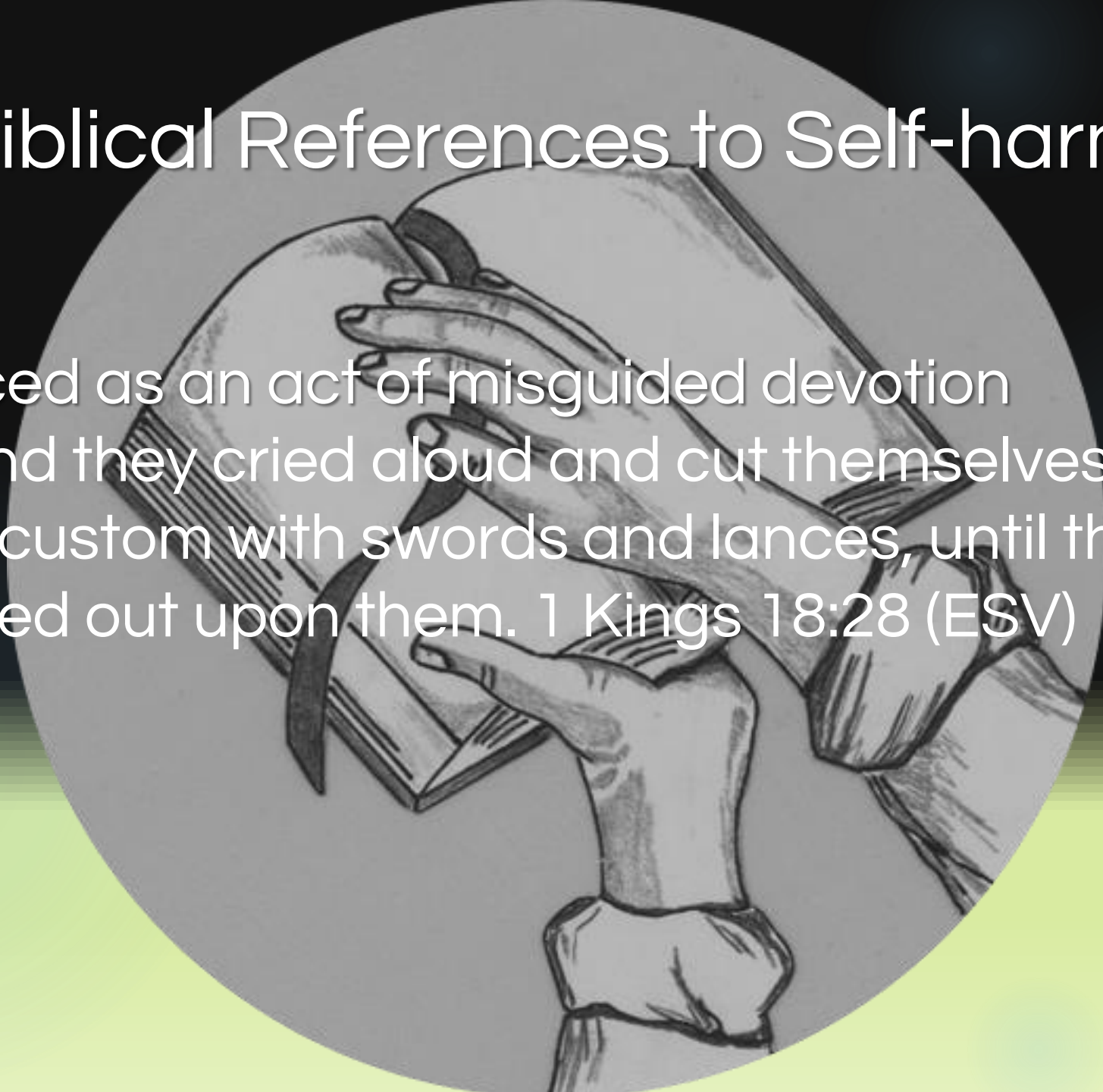
Biblical References to Self-harm

- Practiced as a sign of mourning
 - ¹ "You are the sons of the LORD your God. You shall not cut yourselves or make any baldness on your foreheads for the dead. Deuteronomy 14:1 (ESV)



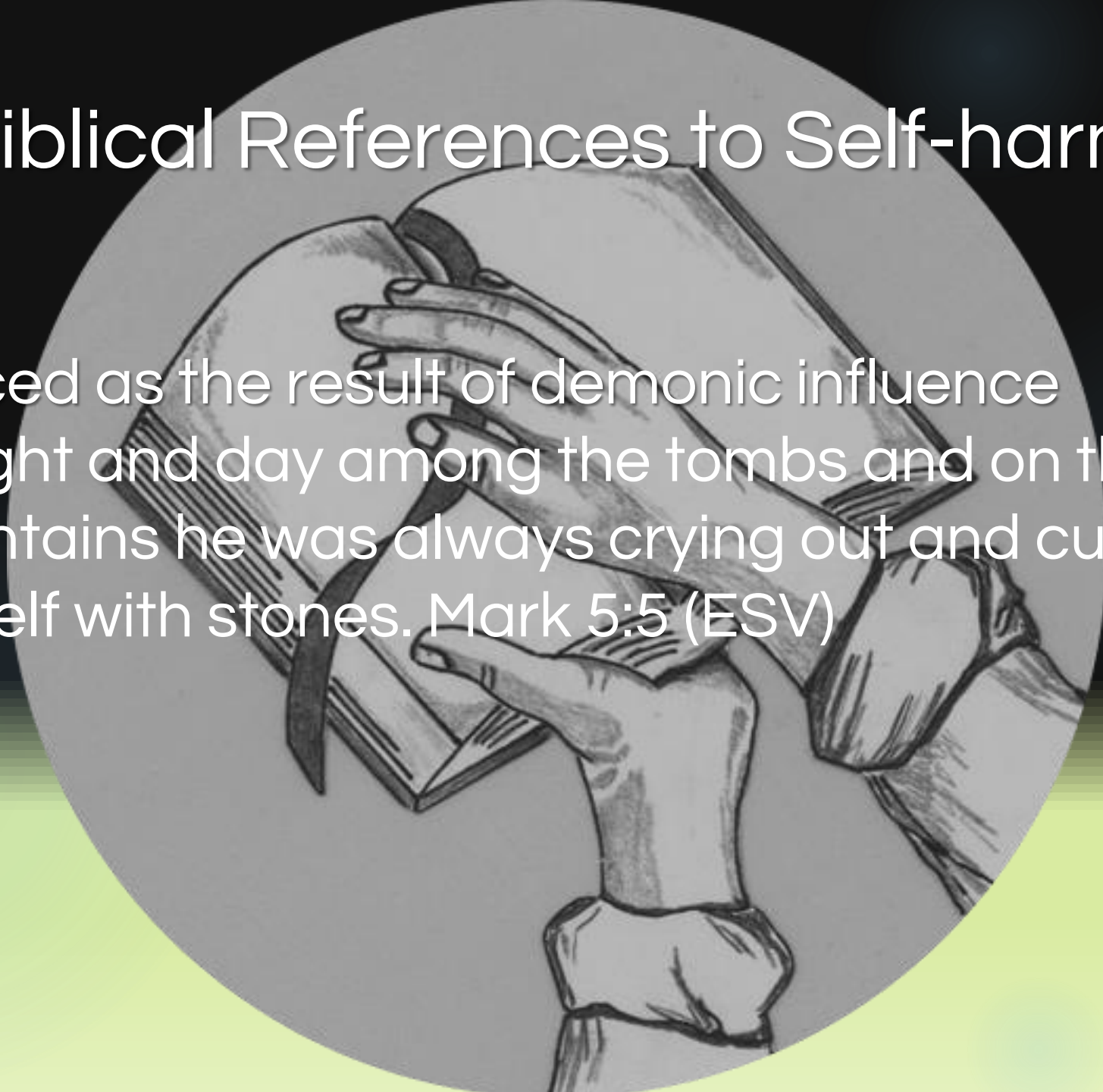
Biblical References to Self-harm

- Practiced as an act of misguided devotion
 - ²⁸ And they cried aloud and cut themselves after their custom with swords and lances, until the blood gushed out upon them. 1 Kings 18:28 (ESV)



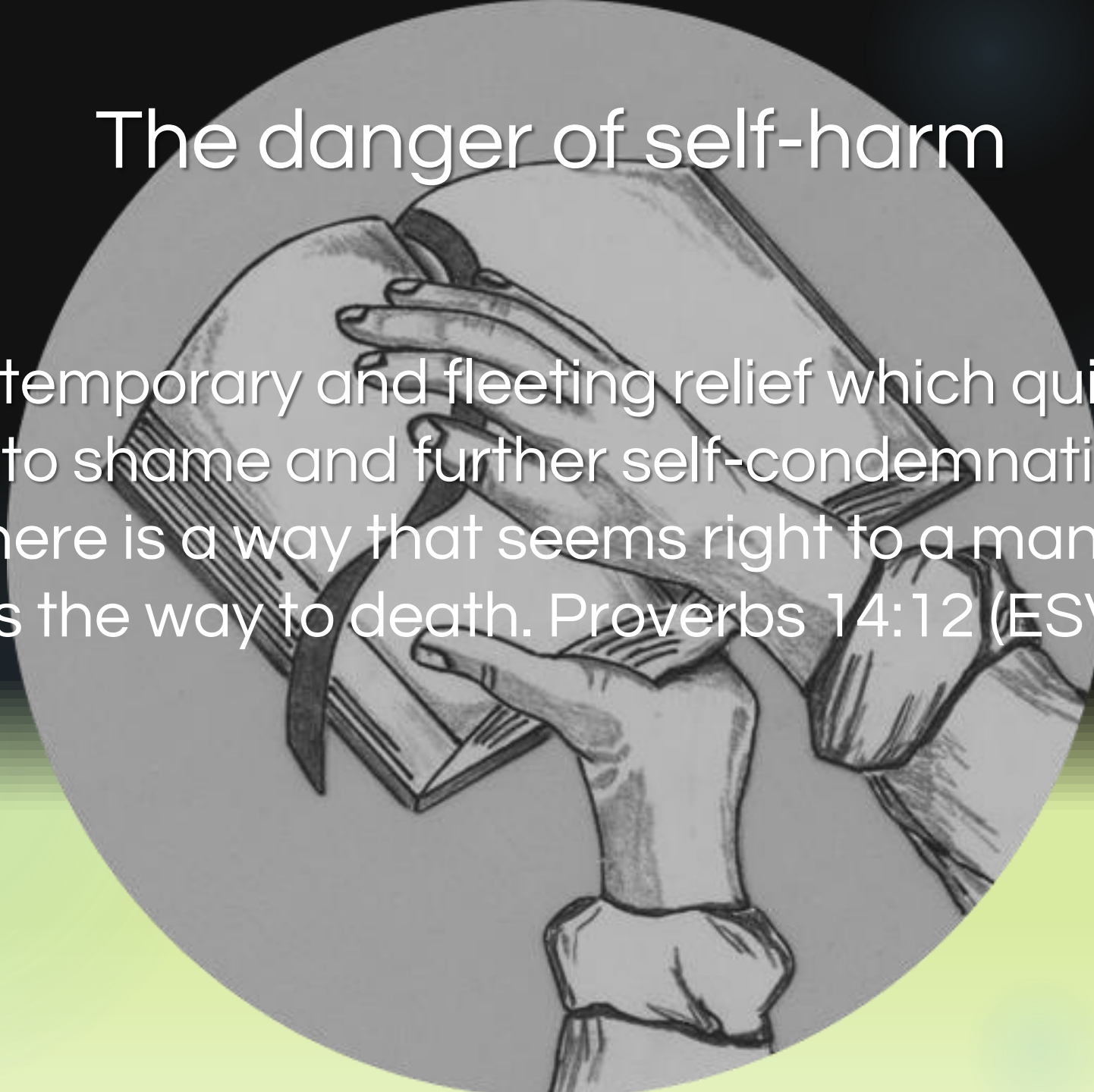
Biblical References to Self-harm

- Practiced as the result of demonic influence
 - ⁵ Night and day among the tombs and on the mountains he was always crying out and cutting himself with stones. Mark 5:5 (ESV)



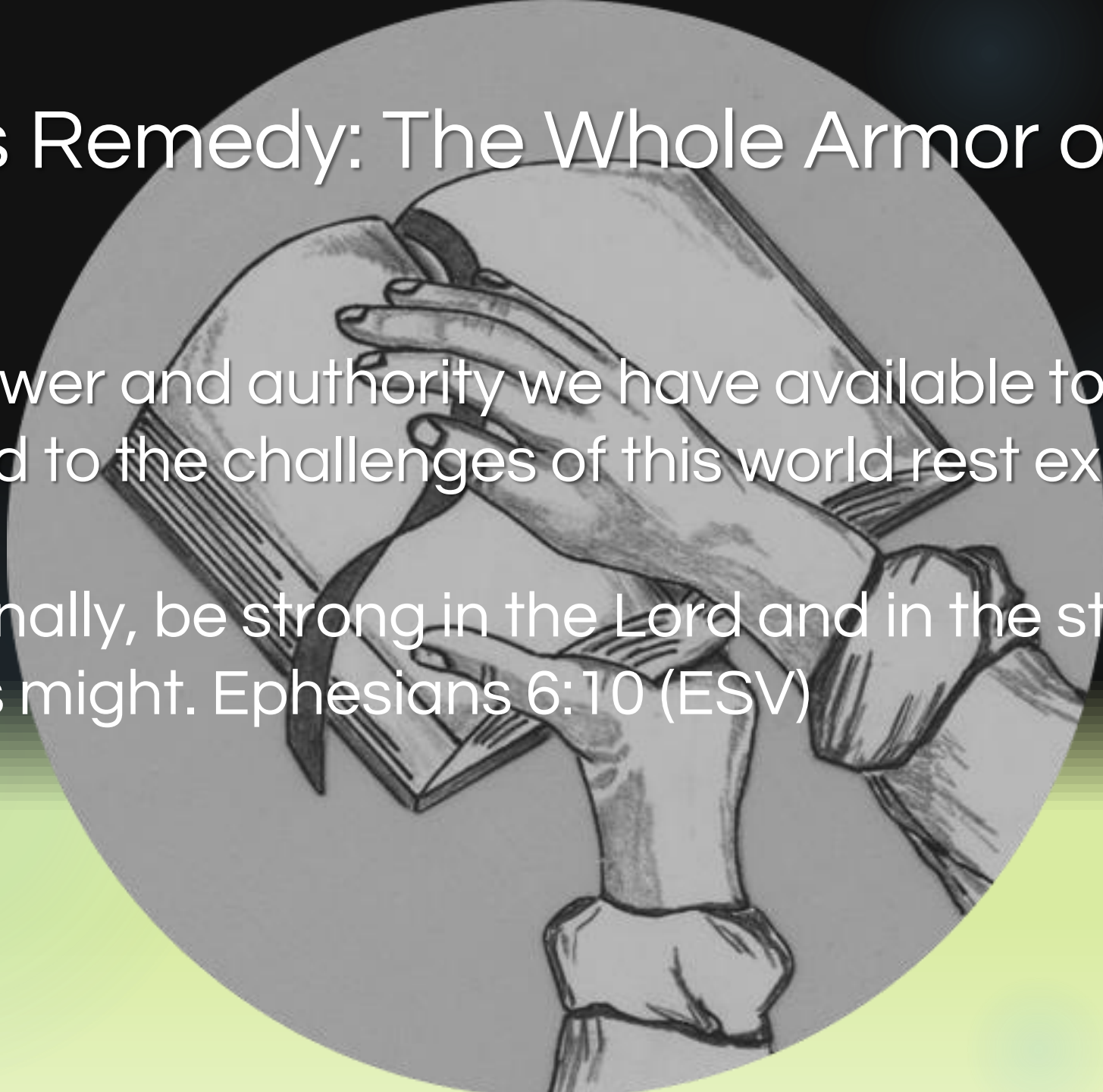
The danger of self-harm

- Brings temporary and fleeting relief which quickly turns into shame and further self-condemnation.
 - ¹² There is a way that seems right to a man, but its end is the way to death. Proverbs 14:12 (ESV)



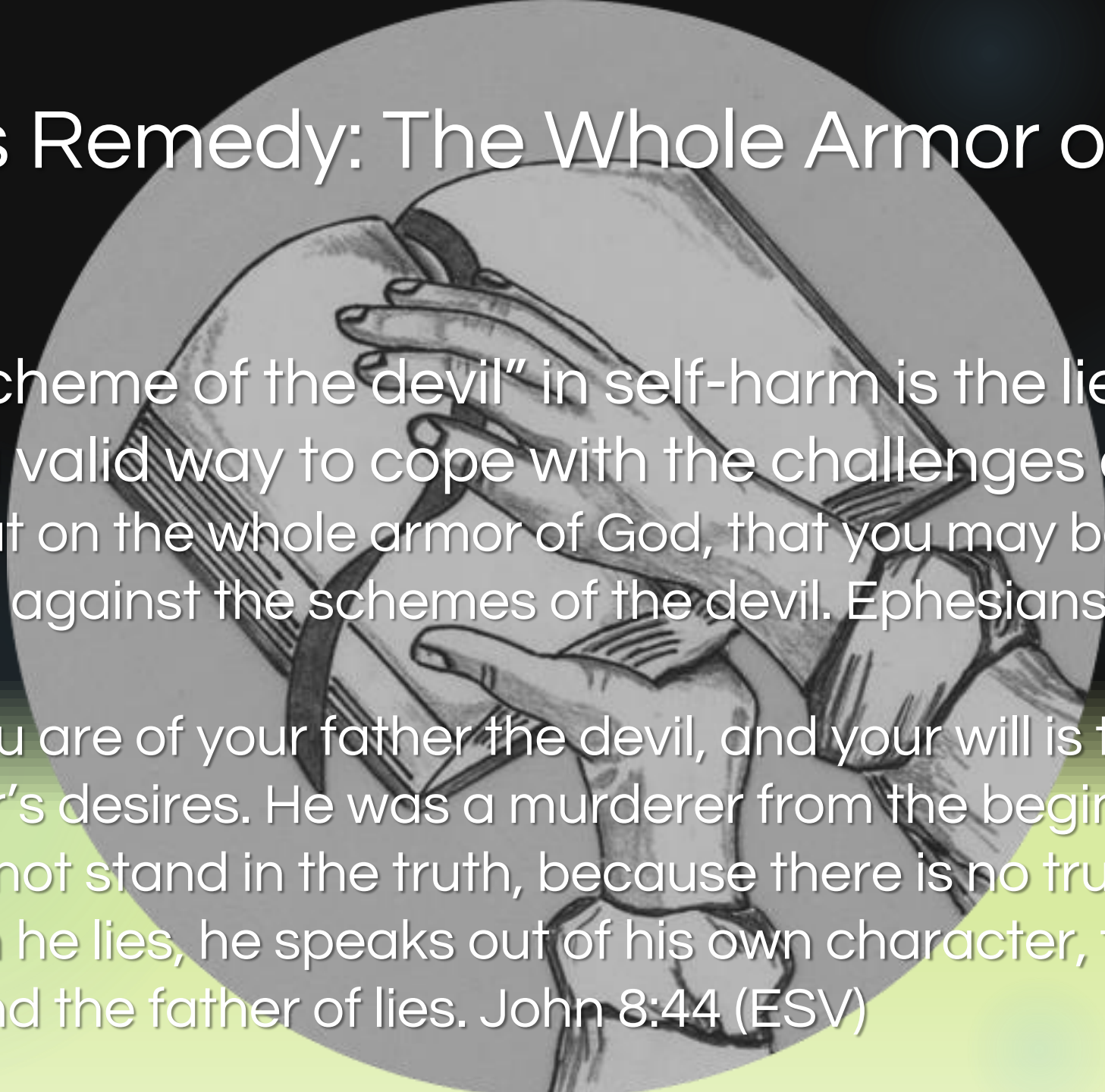
God's Remedy: The Whole Armor of God

- The power and authority we have available to us to respond to the challenges of this world rest exclusively in God.
 - ¹⁰ Finally, be strong in the Lord and in the strength of his might. Ephesians 6:10 (ESV)



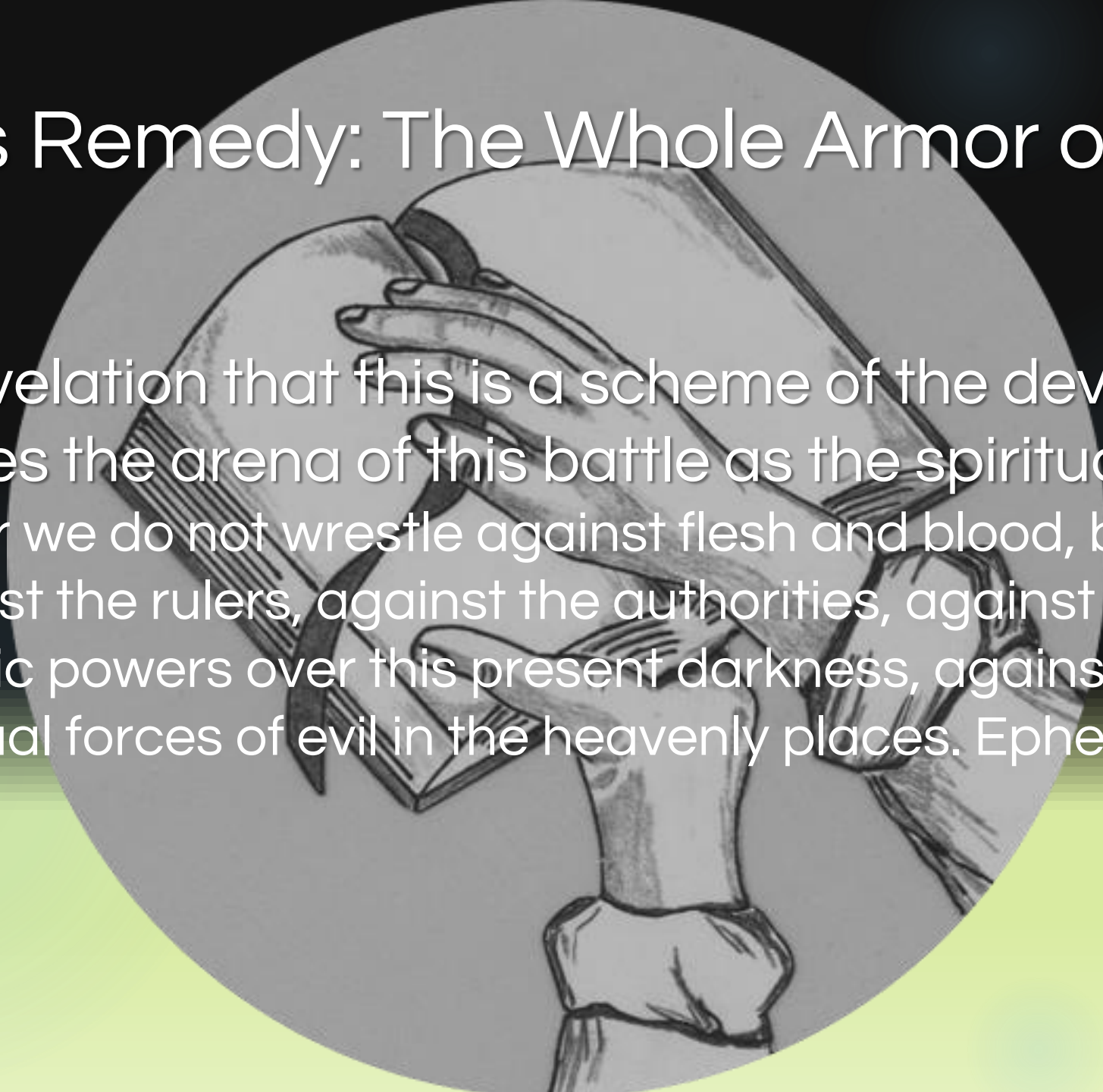
God's Remedy: The Whole Armor of God

- The "scheme of the devil" in self-harm is the lie that this is a valid way to cope with the challenges of life.
 - ¹¹ Put on the whole armor of God, that you may be able to stand against the schemes of the devil. Ephesians 6:11 (ESV)
 - ⁴⁴ You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies. John 8:44 (ESV)



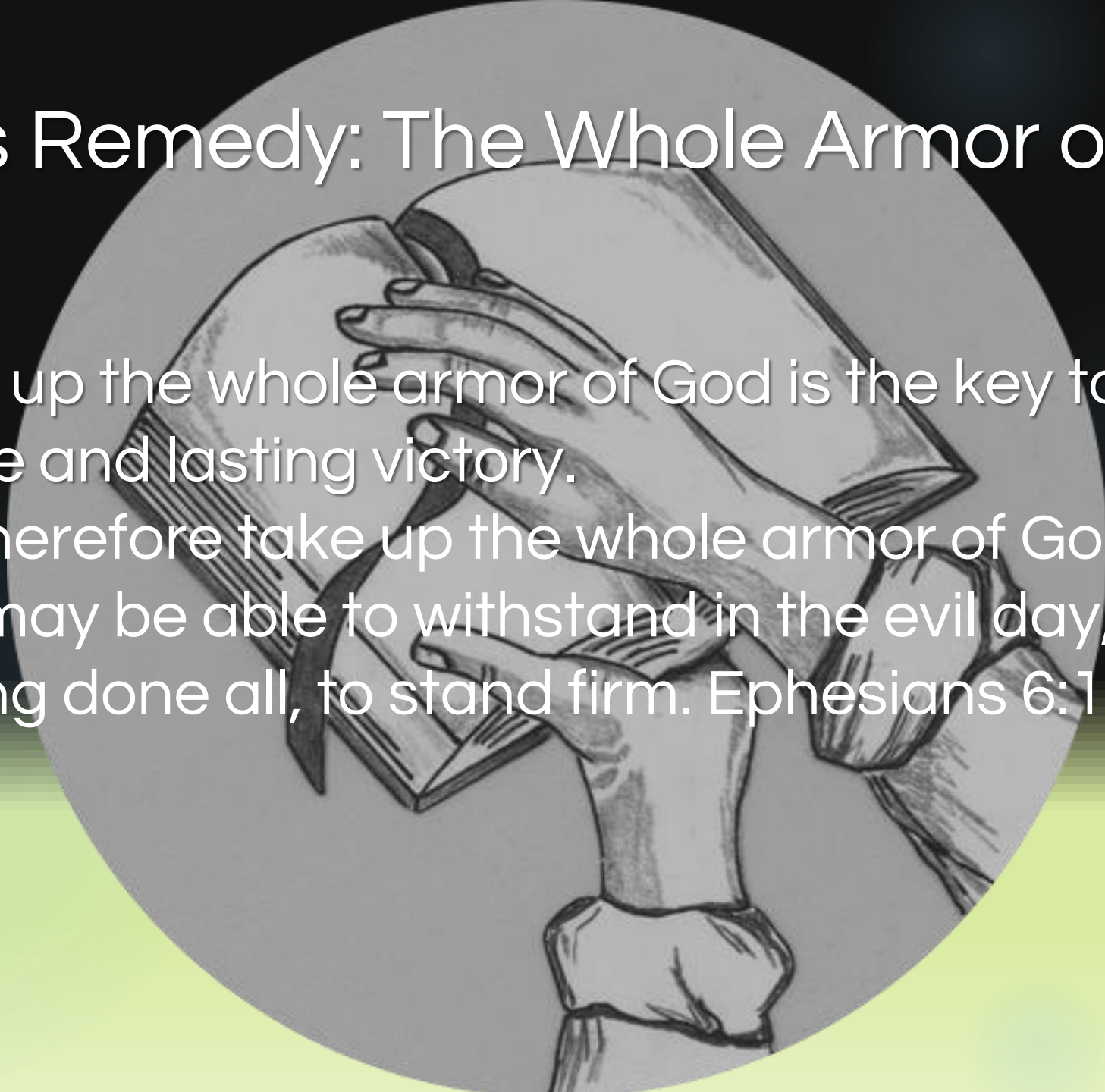
God's Remedy: The Whole Armor of God

- The revelation that this is a scheme of the devil identifies the arena of this battle as the spiritual realm.
 - ¹² For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Ephesians 6:12 (ESV)



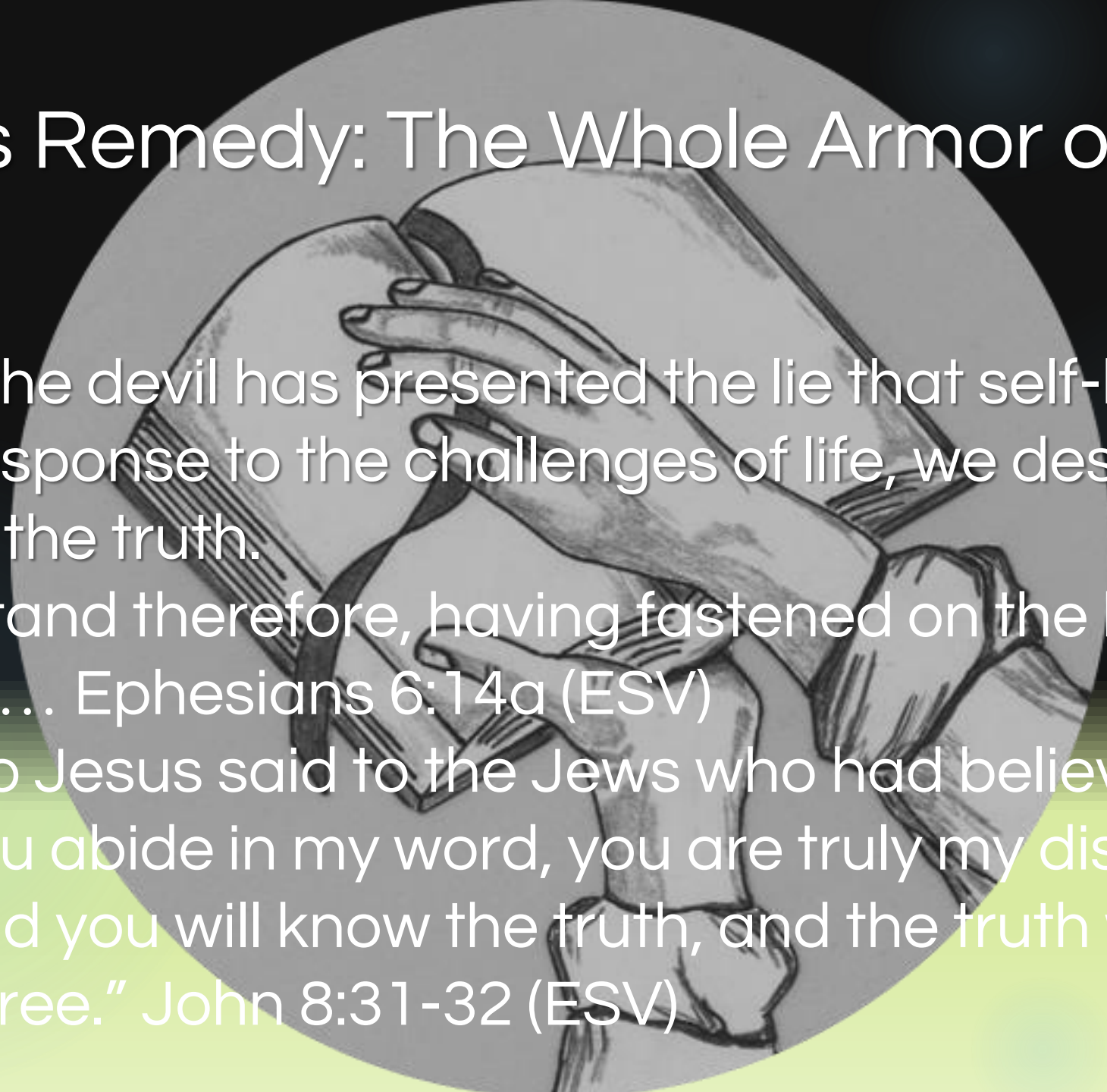
God's Remedy: The Whole Armor of God

- Taking up the whole armor of God is the key to decisive and lasting victory.
 - ¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Ephesians 6:13 (ESV)



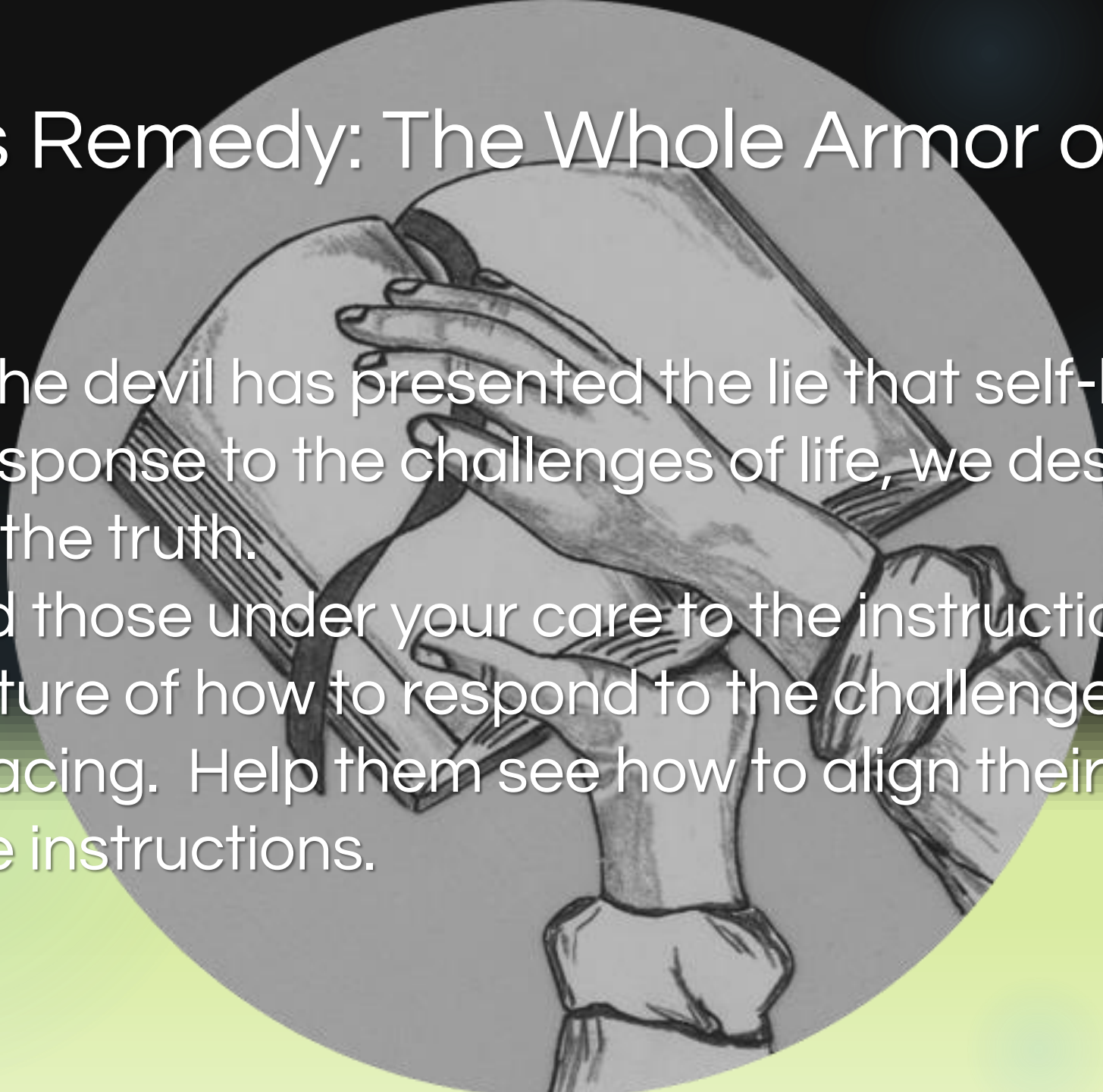
God's Remedy: The Whole Armor of God

- Since the devil has presented the lie that self-harm is a valid response to the challenges of life, we destroy that lie with the truth.
 - ¹⁴ Stand therefore, having fastened on the belt of truth... Ephesians 6:14a (ESV)
 - ³¹ So Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples,
³² and you will know the truth, and the truth will set you free." John 8:31-32 (ESV)



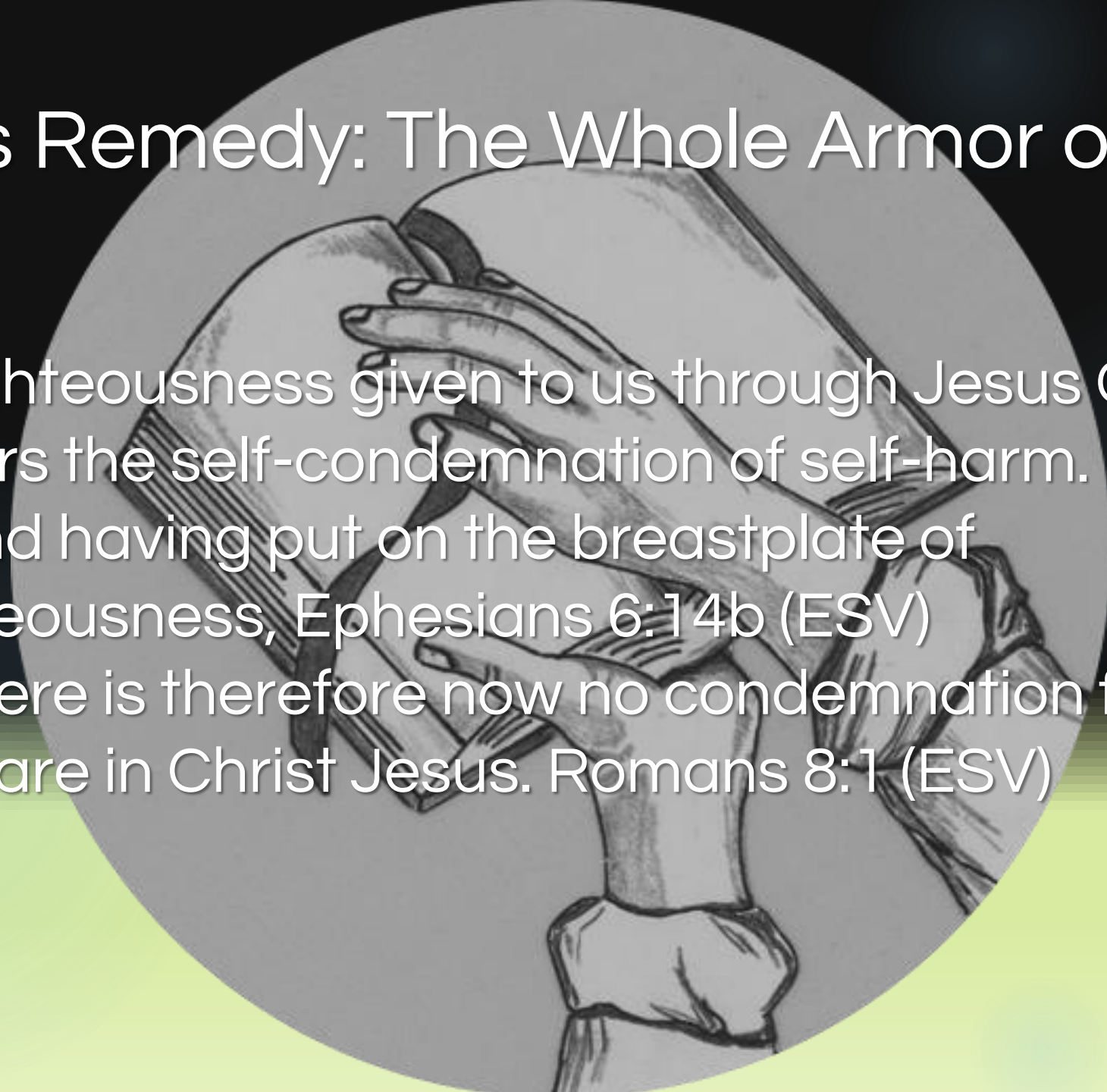
God's Remedy: The Whole Armor of God

- Since the devil has presented the lie that self-harm is a valid response to the challenges of life, we destroy that lie with the truth.
 - Lead those under your care to the instruction in scripture of how to respond to the challenges they are facing. Help them see how to align their life with these instructions.



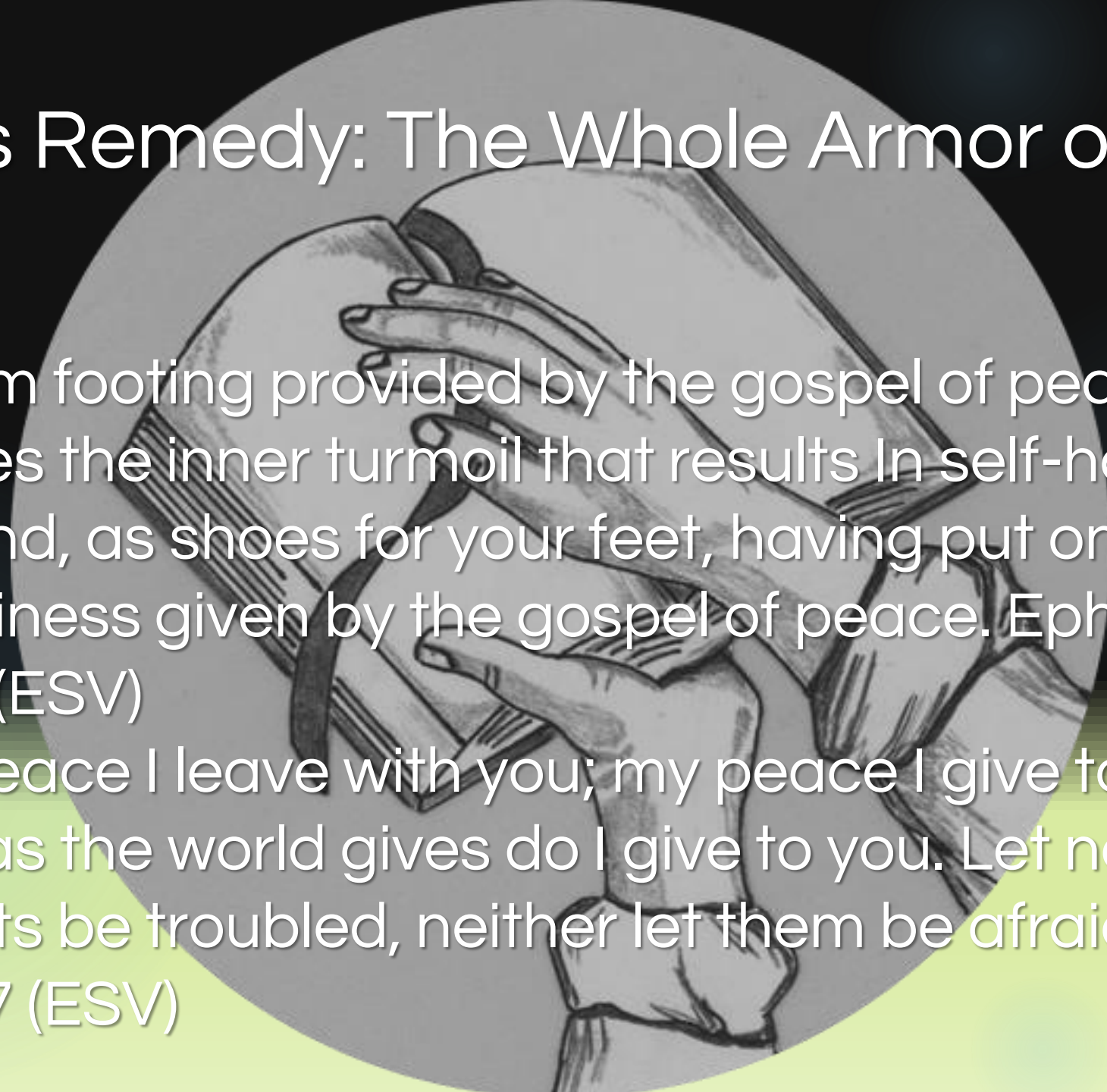
God's Remedy: The Whole Armor of God

- The righteousness given to us through Jesus Christ counters the self-condemnation of self-harm.
 - ¹⁴ and having put on the breastplate of righteousness, Ephesians 6:14b (ESV)
 - ¹ There is therefore now no condemnation for those who are in Christ Jesus. Romans 8:1 (ESV)



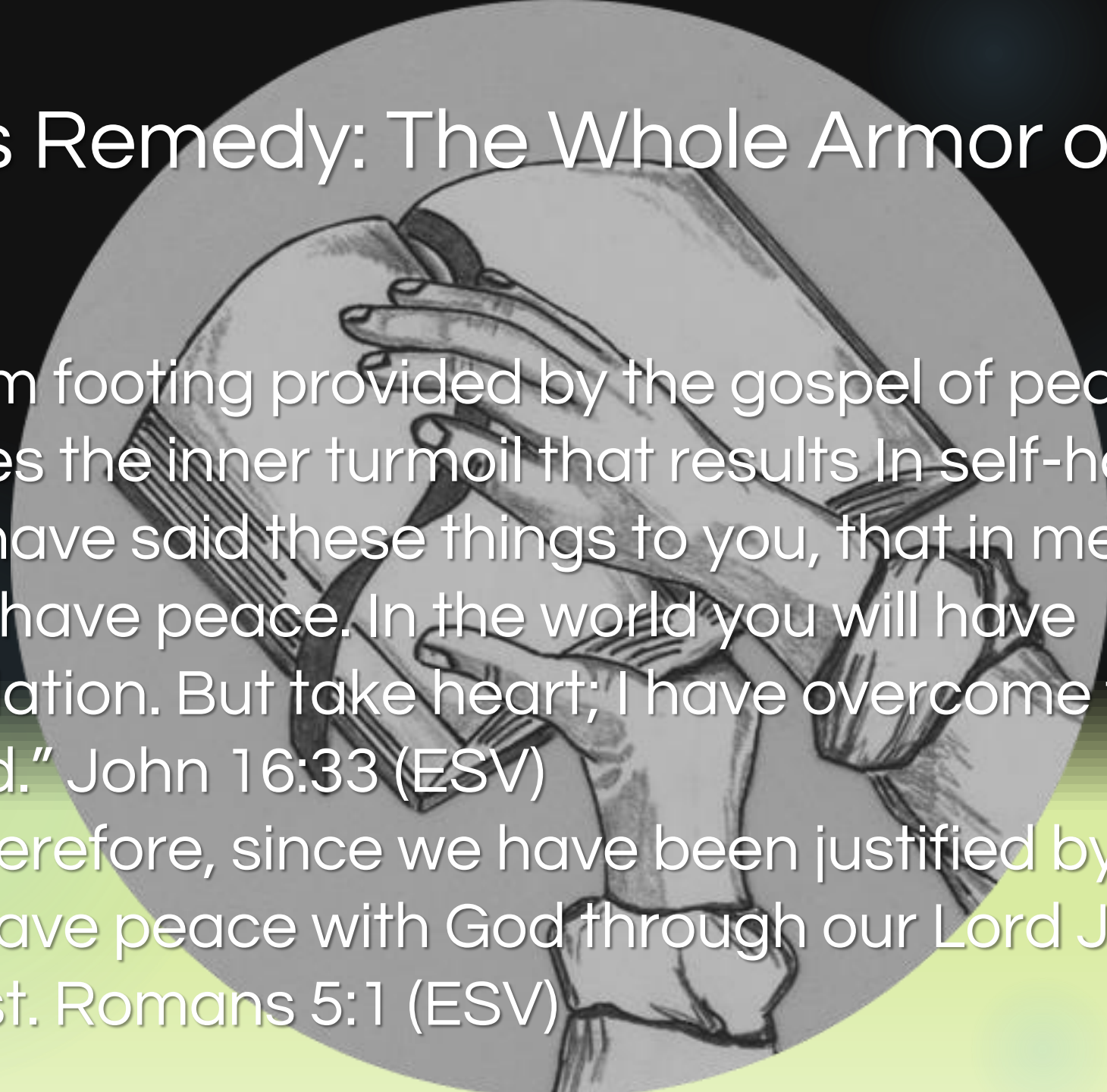
God's Remedy: The Whole Armor of God

- The firm footing provided by the gospel of peace replaces the inner turmoil that results in self-harm.
 - ¹⁵ and, as shoes for your feet, having put on the readiness given by the gospel of peace. Ephesians 6:15 (ESV)
 - ²⁷ Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27 (ESV)



God's Remedy: The Whole Armor of God

- The firm footing provided by the gospel of peace replaces the inner turmoil that results in self-harm.
 - ³³ I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." John 16:33 (ESV)
 - ¹ Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Romans 5:1 (ESV)



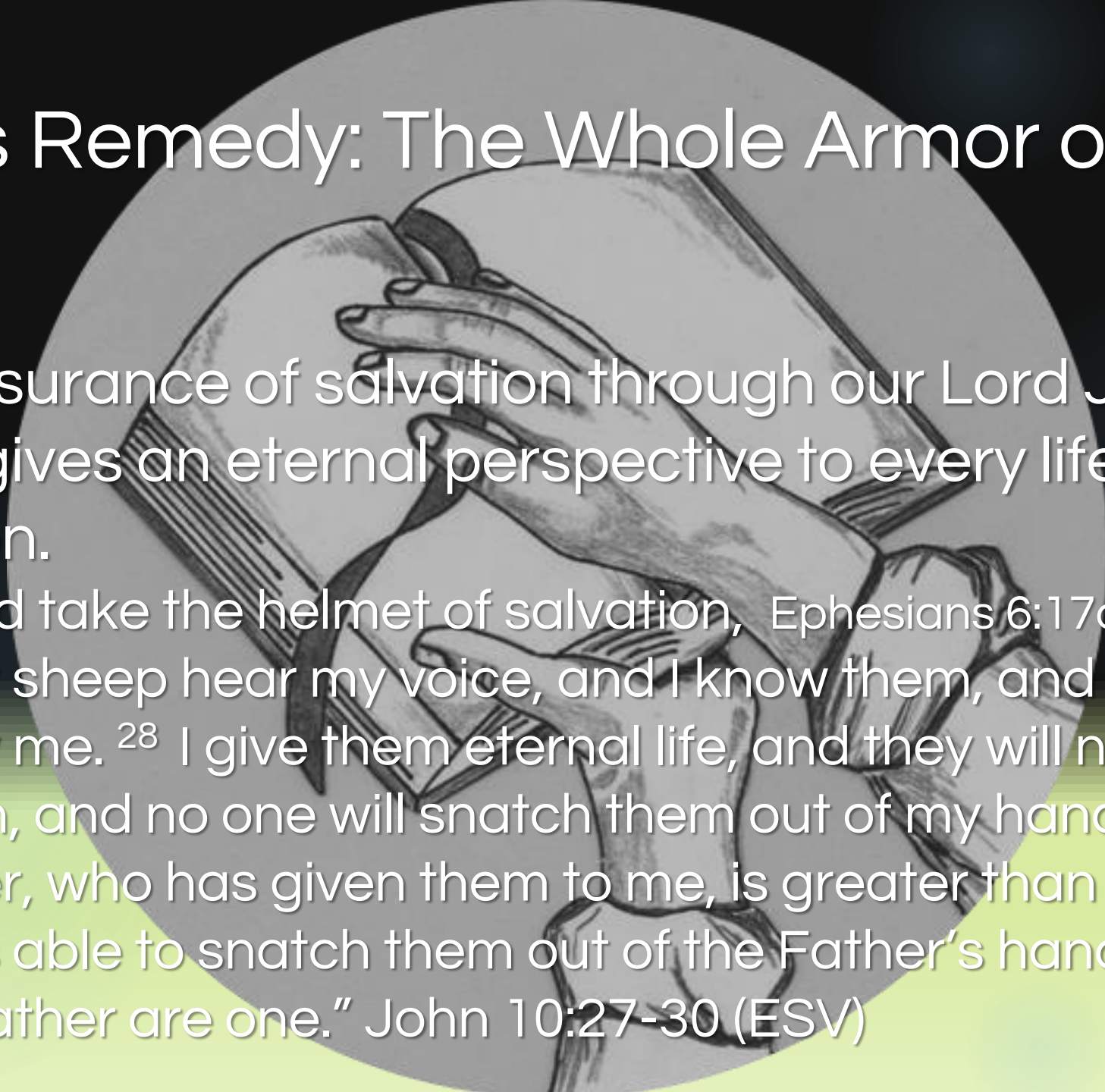
God's Remedy: The Whole Armor of God

- A firm and growing confidence in God will lead to less and less confidence in our wisdom and ability to respond to the challenges of life with actions such as self-harm.
 - ¹⁶ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; Ephesians 6:16 (ESV)
 - ⁵ Trust in the LORD with all your heart, and do not lean on your own understanding. ⁶ In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6 (ESV)



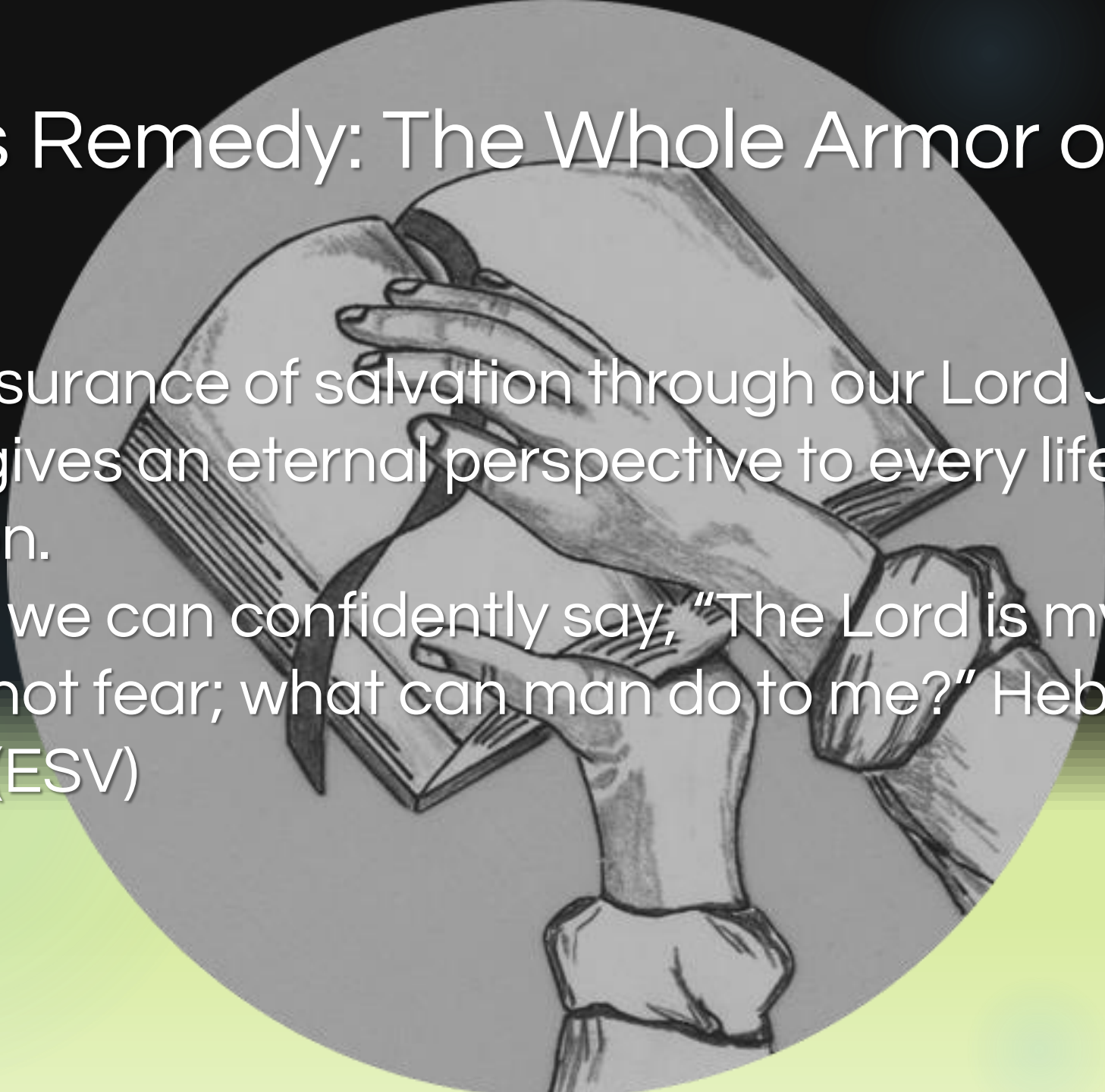
God's Remedy: The Whole Armor of God

- The assurance of salvation through our Lord Jesus Christ gives an eternal perspective to every life situation.
 - ¹⁷ and take the helmet of salvation, Ephesians 6:17a (ESV)
 - ²⁷ My sheep hear my voice, and I know them, and they follow me. ²⁸ I give them eternal life, and they will never perish, and no one will snatch them out of my hand. ²⁹ My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. ³⁰ I and the Father are one." John 10:27-30 (ESV)



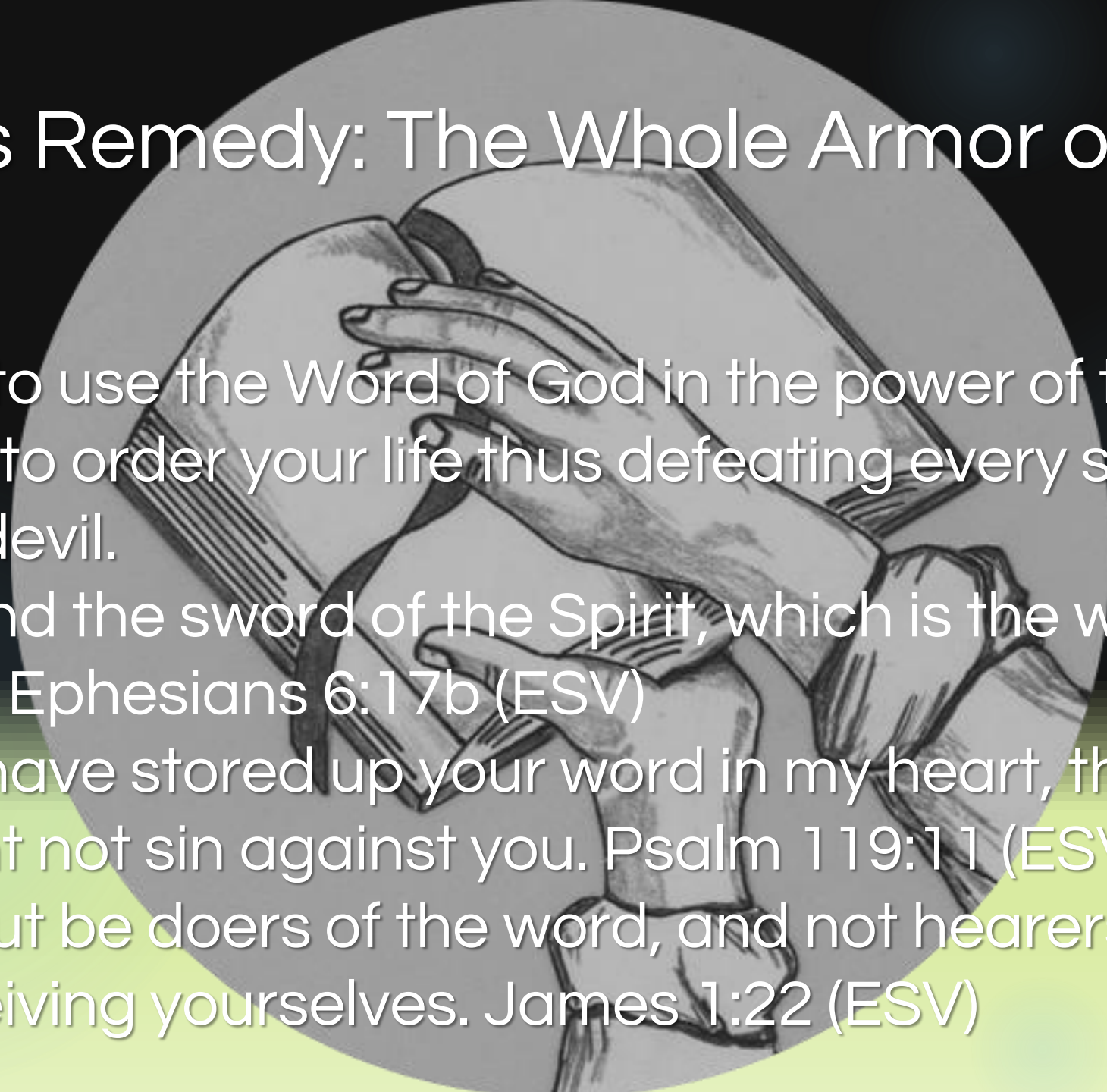
God's Remedy: The Whole Armor of God

- The assurance of salvation through our Lord Jesus Christ gives an eternal perspective to every life situation.
 - ⁶ So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?" Hebrews 13:6 (ESV)



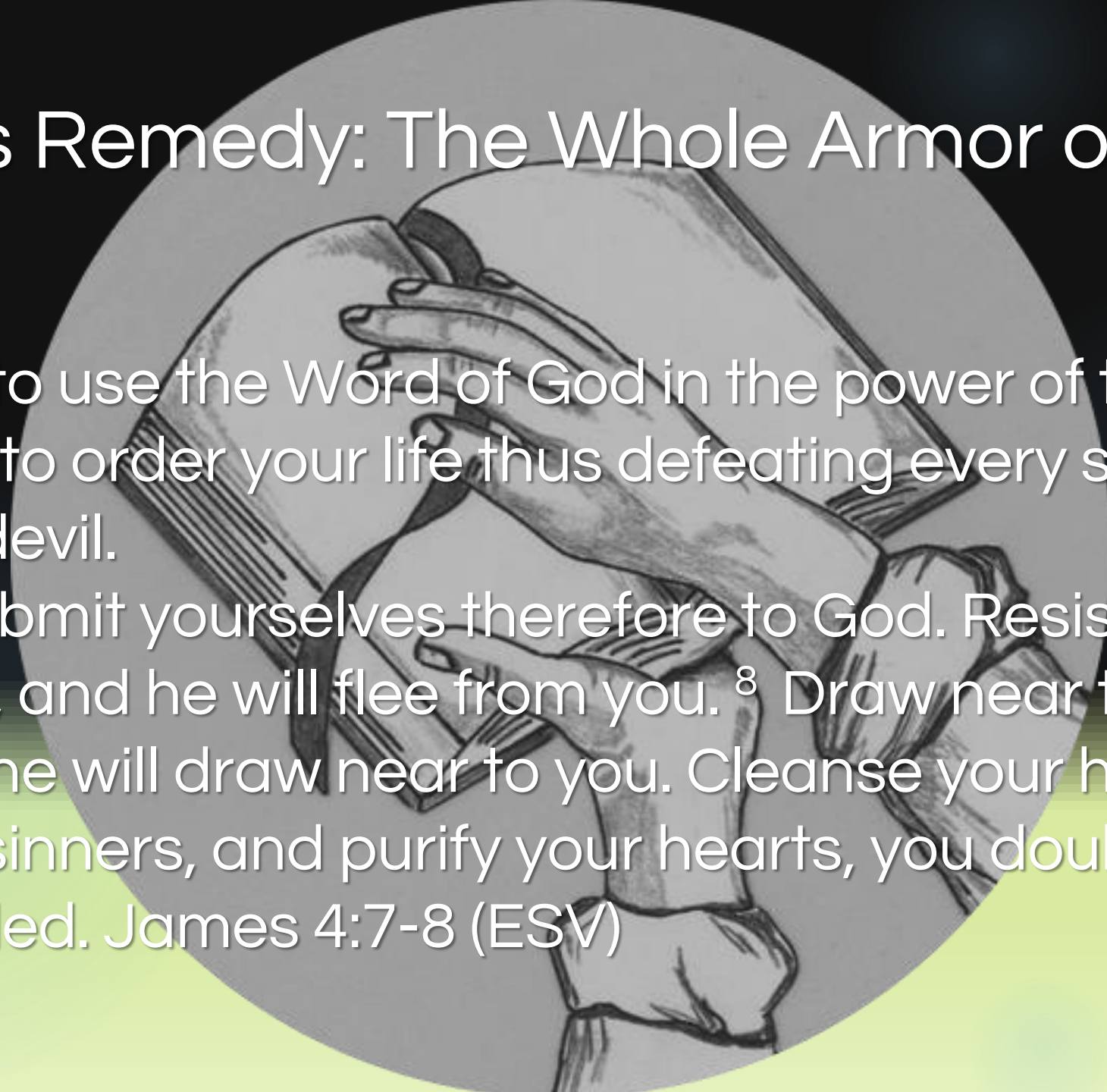
God's Remedy: The Whole Armor of God

- Learn to use the Word of God in the power of the Spirit of God to order your life thus defeating every scheme of the devil.
 - ¹⁷ and the sword of the Spirit, which is the word of God, Ephesians 6:17b (ESV)
 - ¹¹ I have stored up your word in my heart, that I might not sin against you. Psalm 119:11 (ESV)
 - ²² But be doers of the word, and not hearers only, deceiving yourselves. James 1:22 (ESV)



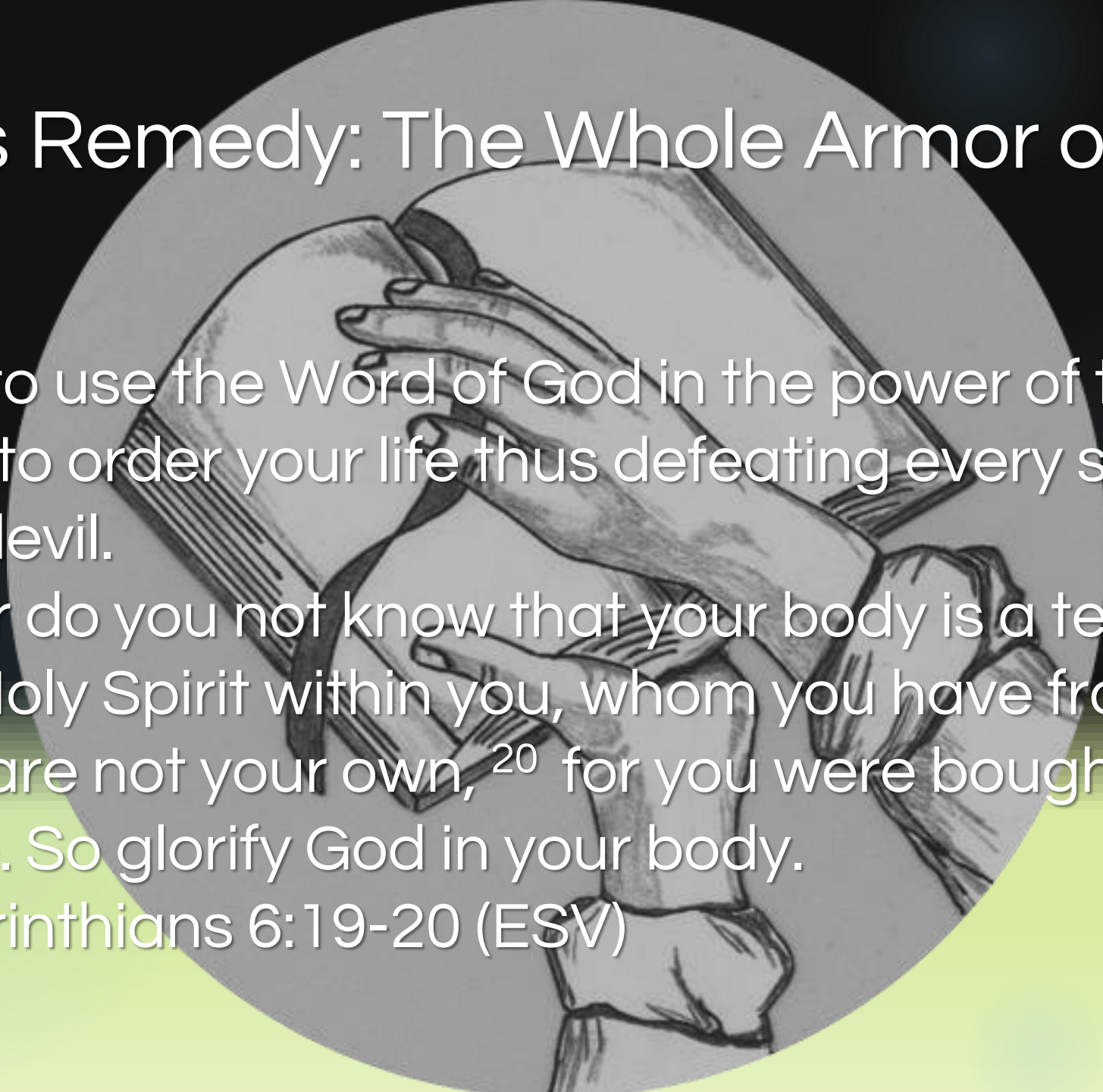
God's Remedy: The Whole Armor of God

- Learn to use the Word of God in the power of the Spirit of God to order your life thus defeating every scheme of the devil.
 - ⁷ Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸ Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. James 4:7-8 (ESV)



God's Remedy: The Whole Armor of God

- Learn to use the Word of God in the power of the Spirit of God to order your life thus defeating every scheme of the devil.
 - ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,²⁰ for you were bought with a price. So glorify God in your body.
1 Corinthians 6:19-20 (ESV)



God's Remedy: The Whole Armor of God

- Embrace prayer as indispensable to victory.
 - ¹⁸ praying at all times in the Spirit, with all prayer and supplication. Ephesians 6:18a (ESV)

