

Sexual Abuse

If you've experienced sexual abuse, the first thing we want you to know is that God loves you and we care about you.

Many people have been the victims of sexual abuse at some point in their lives. Although something terrible has been done to you, there is still hope and a purpose for your life. Sexual abuse, like other forms of abuse, is wrong. A person who molests, rapes, or assaults another person has committed a sin God hates, and there's no excuse for those actions. God will bring justice to every situation and can heal all wounds. Being a victim is not your identity; belonging to Jesus is.

God knows what you've gone through. He knows what was done to you, and He understands the pain and confusion it causes. Jesus knows what it's like to be a victim even though He did nothing to deserve the suffering He endured on the cross [1 Peter 2:22–24].

Forgiveness

Jesus cares deeply about rescuing you from the pain and consequences of what was done to you. He also cares about rescuing the person who abused you from his or her evil actions. God calls us to forgive one another because He forgives us, and we're all broken without Him [Colossians 3:13]. If we let resentment grow, even against someone as hurtful as an abuser, we won't be able to move forward with God and our lives [Matthew 6:14–15].

Forgiveness is not the same as restoration. God calls us to forgive others when they sin against us, but He does not want to put us back into situations where we could be abused again. Forgive the person who harmed you, but do not allow that person to be in your life in the same trusted way he or she was before. As much as possible, avoid people who are abusive and violent [2 Timothy 3:2–5].

Moving Forward

Jesus, through His Spirit in us, can sustain us through any suffering. He doesn't promise it will be easy, but He promises peace: *"Peace I leave with you; my peace I give you...Do not let your hearts be troubled and do not be afraid."* [John 14:27] Please consider telling a dependable friend and speaking with a Christian counselor about your situation so they can help you. We can't do life alone. Let trusted friends and family support you through this time. If the abuse is currently happening, we want to encourage you to notify authorities so that they may help you get to safety.

Additional Scriptures:

- God loves me. Deeply and completely [Jer. 31:3; Rom. 5:6–10].
- God did not condone the abuse; He hates all wickedness [Ps. 11:5].
- I can entrust justice to the righteous heart of God [Ps. 103:6; 146:7; Jer. 17:10].
- I can forgive others because I have been so greatly forgiven [Matt. 5:23–24; 6:14–15, 21–22; John 8:7].
- I can pray for my abuser's change of heart and repentance [Luke 6:28; Prov. 28:13].
- Peace and victory come as I study and rest in who I am in Christ [Eph. 1:3–8; 2:10; Col. 2:9–10; 3:1–4; Rom. 8:31–39; Phil. 4:13].
- I can use what the enemy meant for evil to bring glory and praise to God [Joseph's response: Gen. 50:20].
- I can learn how to communicate clear, pure boundaries in all relationships, and speak truth in love [Prov. 4:23; Rom. 13:14; Eph. 4:15].
- My thoughts will control my actions and responses, so I must allow God to transform my thinking [Rom. 12:2; Phil. 4:8].
- I will grow and heal as I rub shoulders with godly women who model how to respond with the pure love of Christ [1 Pet. 3:3–5].
- I can, as a member of the body of Christ, be a part of holding abusers accountable—especially within the church [James 5:19–20; Jer. 22:3a; Matt. 18:15–17].
- I can also encourage girls and women who still struggle toward freedom from the pain of sexual abuse [Gal. 6:2; Rom. 14:19].
- I must be aware of the Enemy's schemes to control my responses and defeat me. I must saturate my life with Scripture [2 Cor. 2:11; 1 Pet. 5:8; Titus 2:11–12; Ps. 119:11].

Community Resources:

- Hope For The Heart is a ministry providing biblical hope and practical help for everyday problems.
- Our desire at Hope For The Heart is to equip you with the help and hope you need so that you can then equip and encourage others. Read more: hopefortheheart.org/
- Cloud and Townsend is an online resource that offer books, articles, audio and DVD media resources on emotional struggles, marriage, spiritual life, relationships, parenting, boundaries as well as additional topics.
cloudtownsend.com/resources/question-answers/
- Family Life provides multiple resources that help people build stronger homes and communities.
familylifetoday.com/
- Focus on the Family is a global Christian ministry dedicated to helping families thrive. We provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles.
focusonthefamily.com

Grace Resources

GFC Christian Counselor List - Provided by Pastor

Support Group - Beauty for Ashes – Women

Freedom – Identify obstacles in your life and get out of ruts that keep you from changing.

Men/ Women – gfconline.com/freedom