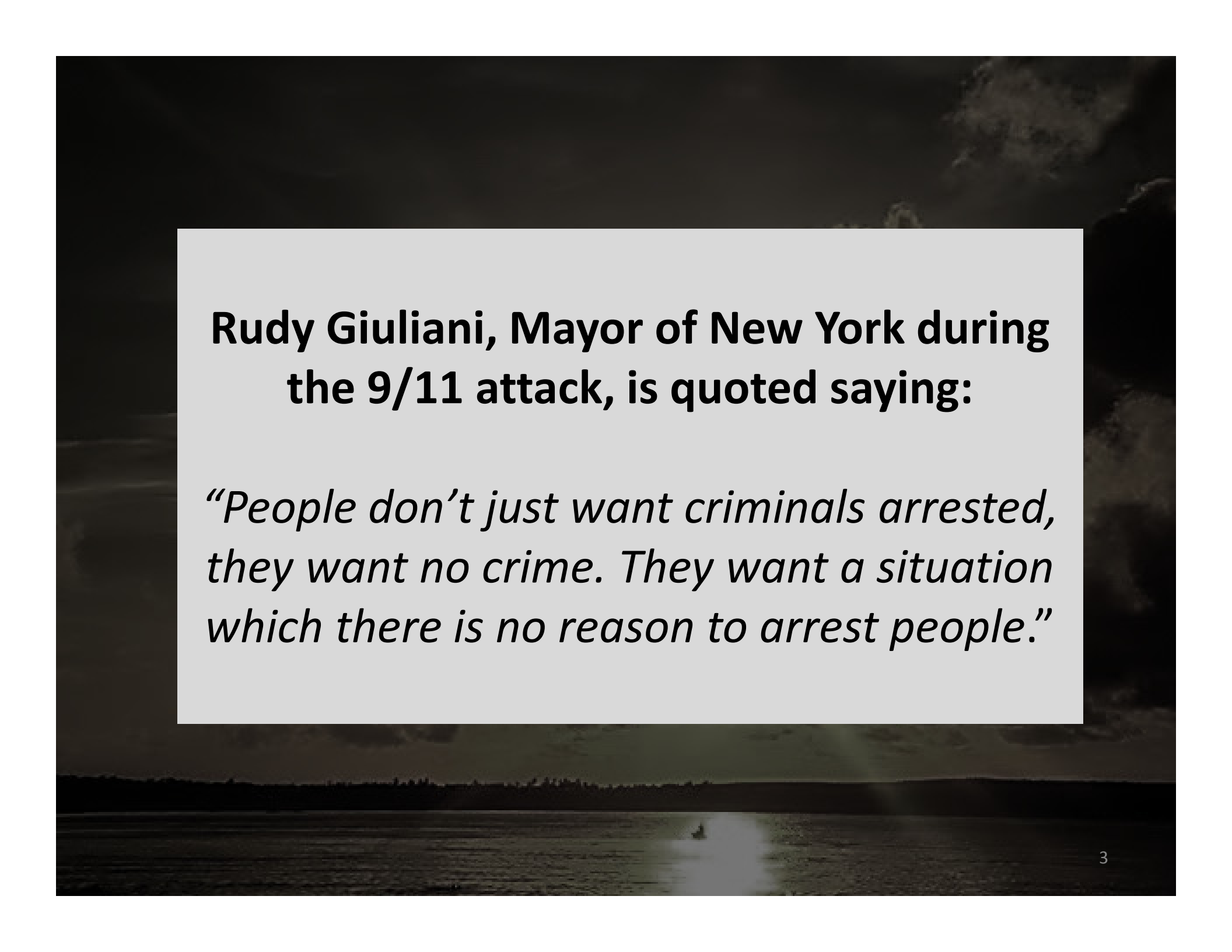




From Darkness into Light





Rudy Giuliani, Mayor of New York during the 9/11 attack, is quoted saying:

“People don’t just want criminals arrested, they want no crime. They want a situation which there is no reason to arrest people.”

Happy are your men and happy are these your servants, who stand continually before you and hear your wisdom. *1 Kings 10:8*

Behold happy is the man whom God corrects; Therefore do not despise the chastening of the Almighty. *Job 5:17*

He who despises his neighbors sins; But has mercy on the poor, happy is he. *Proverbs 14:21*

Happy is the man who has his quiver full of them; They shall not be ashamed, but shall speak with their enemies in the gate.

Psalm 127:5

When you eat the labor of your hands, You shall be happy, and it shall be well with you.

Psalm 128:2

Happy are the people who are in such a state; Happy are the people whose God is the Lord!

Psalm 144:15

**Happy is the one who has the
God of Jacob for his help. Whose
hope is in the Lord his God.**

Psalm 146:5

**Happy is the man who finds
wisdom, and who gains
understanding. *Proverbs 3:13***

**Happy are you, O Israel! Who is
like you, a people saved by the
Lord. The shield of your help and
the sword of your majesty! Your
enemies shall submit to you. And
you shall tread down their high
places. *Deuteronomy 33:29***

**He who heeds the word wisely
will find good. And whosoever
trusts in the Lord, happy is he.**


Proverbs 16:20

**Happy is the man who is always
reverent. But he who hardens his
heart will fall into calamity.**

Proverbs 28:14

**Where there is no revelation, the
people cast off restraint; but
happy is he who keeps the law.**

Proverbs 29:18



**Whenever you stand praying,
if you have anything against
anyone forgive him, that your
Father in heaven may also
forgive you your trespasses.**

Mark 11:25

Types of Abuse-Physical Abuse

- Slapping
- Smacking in the face
- Pushing / down stairs
- Shoving
- Punching
- Kicking
- Hitting / with objects
- Holding against your will
- Banging your head against the floor /wall
- Withholding medication
- Holding head under water
- Bruising
- Burning
- Scalding
- Shaking
- Suffocating
- Choking
- Throwing objects at
- Stabbing
- Striping clothes off
- Forcing to hurt yourself
- Forcing drugs or alcohol

Types of Abuse-Sexual Abuse

- Rape
- Forced oral or anal sex
- Having affairs to humiliate
- Having sex while sleeping
- Insisting on having sex anytime/anywhere
- Refusing to have sex
- Having sex with others in front of victim
- Expecting sex after abuse
- Using objects during intercourse against victims will

- Forcing pornographic involvement
- Forcing sadomasochistic activity
- Forcing sexual acts in front of children
- Refusing contraception
- Forcing sexual acts with animals
- Assaulting when pregnant
- Sexually abusing children
- Sexual name calling

Types of Abuse-Intimidation

- Making them afraid by looks
- Breaking objects /valued possessions
- Driving dangerously
- Driving a car at victim
- Being violent to teach a lesson
- Hurting children
- Relating stories on how they hurt others
- Having gas/electric turned off in the winter
- Locking victim out of their home
- Locking victim up in confined spaces
- Taking away possessions or clothes
- Taking away driver's license
- Scaring others so that they do not intervene to help
- Getting family and friends to intimidate them

Types of Abuse-Threats

- Saying “Next time it will be you”
- Sending threatening letters
- Threatening by phone
- Not letting victim use the phone
- Mocking and humiliating alone and in front of others
- Threats of physical /sexual violence
- Threats with weapons
- Threats to expose things victim is embarrassed of
- Threats to kill you or harm/ kill a loved one
- Threats to take away your children
- Threats to harm /kill pets
- Threats to self-harm or commit suicide
- Threats to destroy possessions
- Threats to burn down home
- Threats to make victim lose their job

Types of Abuse-Isolation

- Restricting movement
- Preventing from attending appointments
- Following everywhere
- Making decisions for victim
- Making victim work long hours
- Keeping victim from family and friends
- Making others scared to contact victim
- Turning others away from victim
- Telling victim no one else cares about them
- Making victim lie for them
- Preventing victim from escaping
- Allowing victim no privacy
- Being jealous of victim
- Being obsessive and possessive
- Having children taken away from victim
- Telling children lies about the victim
- Taking away her documents

Types of Abuse-Psychological

- Only allowing bathroom use at certain times of day
- Ignoring or refusing to talk to victim
- Forcing victim to accept abuse from others
- Making victim afraid to go to sleep or wake up
- Preventing from eating
- Making victim eat inedible food or disgusting things
- Making victim lick dinner plate clean

- Force redoing of tasks after finding fault
- Finding endless trivial tasks for victim to do
- Telling victim there is no escape
- Continually breaking promises
- Withdraws affection
- Prevents sleep or forces sleep on the floor
- Making victim do things to prove love that they do not want to do
- Keeping victim constantly on the edge

Types of Abuse-Emotional

- Preventing victim from getting or keeping a job
- Refusing victim money
- Demanding receipts for all spending
- Keeping victim uninformed about entitlements
- Forcing acts of fraud
- Making victim give their money
- Not letting them be a part owner of large items, such as car or home

- Preventing victim from learning how to balance a checkbook
- Preventing victim from studying
- Refusing economic independence
- Incurring debts in victims name
- Not providing modern conveniences
- Ruining victims credit score
- Not having victims names on bank accounts

Types of Abuse-Verbal

- Shouting/screaming at victim
- Insulting
- Telling them what to wear
- Criticizing their abilities
- Criticizing their work
- Telling them they are crazy
- Telling them they are stupid
- Telling them they are a slut
- Telling them they are worthless
- Telling them they are a bad parent
- Undermining victim
- Criticizing their appearance
- Criticizing sexual performance
- Criticizing in front of others
- Telling victim that they are ugly
- Telling victim that they are useless
- Telling victim that they are a failure and that nobody else would want them
- Telling victim that they are abusing because he/she loves them

Types of Abuse-Minimization

- Verbally minimizing the harm that has been caused to the victim
- Denying that any abuse has taken place
- Telling victim that the abuse is their fault and making them believe it
- Telling victim that other victims accept abusive behavior

Types of Abuse-Religious

- Making victim feel that it is their Christian duty to stay in an abusive relationship to honor God
- Using texts out of context to support and condone unconditional authority and superiority
- Expecting and requiring a woman to totally submit to male leadership under all circumstances
- Sexual exploitation of members by church leaders
- Lack of respect for female leadership in the church
- Portraying God as One who is cruel and vindictive
- Telling victim that they are too bad for God to love
- Interfering with personal devotional practices
- Preventing victim from attending church

Why do we stay in abusive relationships

- 1. Victims are trying to avoid more extreme violence**
- 2. They are ashamed and embarrassed to leave**
- 3. Pressure from society to keep the family together**
- 4. They try to help their perpetrator through their problems that are triggering the behavior**

How Do We End Domestic Violence and Abuse

- **Gather information / Learn and understand about Domestic Violence and Abuse**
 - Read books, watch videos, and attend community awareness programs
- **Have information about Community Agencies**
 - Encourage seeking assistance from programs and agencies already in place whose workers are trained and prepared to help with safety when the decision is made to leave
- **Support a Community Response**
 - Develop a shared understanding between secular and religious helpers to deal with family violence

How Do We End Domestic Violence and Abuse

- **Provide help for the victim**
 - Do not look the other way (*justifying abuse*)
 - Take allegations seriously
 - Provide safety first
 - If you are not trained in the area of domestic violence, refer victim to someone who can be a healing resource
 - Share scripture that affirms the victim (*See handout*)
 - Help find support and appropriate help for the children if victim decides to stay with the abuser
 - Encourage victim to develop a protection plan and make a list of all the people that can be called in case of an emergency

How Do We End Domestic Violence and Abuse *(cont'd)*

- Suggest that victim hides a suitcase of clothing, money, and important documents (such as social security cards, school records, birth certificates, tax records, Medicaid cards) in a remote location
- Encourage making an extra set of keys and identify transportation options should victim need to escape quickly
- Offer options for safety, healing and recovery. Continued education in areas of personal growth such as self-esteem, assertiveness, and conflict resolution. Do not try to counsel unless you are a trained therapist. Be supportive and go to a therapy session with the victim
- Secure victims permission before asking others for help.
- If victim returns to abuser, never condemn for that decision. Offer help if needed in the future.

How Do We End Domestic Violence and Abuse *(cont'd)*

- Develop a future plan for when the victim leaves abuser to file a Personal Protection Order. Advise victim to keep a record of every time the order is violated , and to immediately call the police. Victim should alter daily routines, set house alarms and change phone numbers. Victim could ask a friend or family member to stay with them.
- If you are unsure of what to do, REFER,REFER, REFER!
- **Follow state reporting laws related to child abuse, elder abuse and domestic abuse**
- **Provide continuing domestic violence education in your church and community**
- **Create a resource and referral list for the church, pastor and staff**
- **Establish an assistance fund that can be used at the discretion of the church**



Healing and Recovery: Elizabeth Smart



Healing and Recovery

My Peace I leave with you. My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

John 14: 27

Healing and Recovery

*Heal me O Lord and I shall be healed;
Save me and I shall be saved, For you
are my praise.*

Jeremiah 17: 14

Healing and Recovery

*For I will restore health to you
and heal you of your wounds;
says the Lord.*

Jeremiah 30:17

Healing and Recovery

*“He heals the
brokenhearted and binds
up their wounds.”*

Psalm 147:3

Healing and Recovery

FAITH HEALS!

Rely on the

“Father who knows best”

to grant you peace and healing.



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