



# Grace Evangelistic Ministries

Evangelist: Dale Rose

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## **Practical Pointers For Victims of Sexual Abuse**

When you have experienced sexual abuse it is an evil thing, not on your part but on the part of the one who misused you. You were a victim, not a volunteer. An older or stronger person abused their power over you. What happened to you should have never happened to anyone. A person who was or is sick with sin and under the influence of the devil has hurt you deeply. Satan wants to use what has happened to you to cause you to have a distorted view of yourself. We want to help you find healing.

My wife, Millie, and I have both experienced sexual abuse growing up. Since both of us have gone through this horrible experience, we know some of what you have and are walking through. No two situations are exactly the same, so we can't say that we understand all of your circumstances; but, we do know from experience and our counseling how Satan comes at you and wants to keep you bound. The enemy attempts to attack and tear down your view of your self-worth.

If you have been sexually abused, you naturally feel that everyone else knows about what has happened to you. You may feel dirty, and feel as if you are the only one who has experienced such horrible things. Did you know that 1/3 of all girls and 20 – 22% of all boys have gone through some kind of sexual abuse by the time they are 18 years of age? The Bible even records such a horrid event in II Samuel 13:1-20.

There is one thing that you must always remember: What has happened to you has not changed who you are. You must also always remember that you are so valuable to the Lord.

There is probably nothing that has an impact on your soul and physicality like sexual abuse. Satan uses it to create much confusion and frustration in your life and mind. God wants to set those of us who have been abused free so that we can live a well balanced and productive life for Him.

There are several steps, sometimes they will be baby steps, or at least seem so to us, that must be taken for us to find the liberation that the Lord wants us to experience.

- Learn to be patient with yourself.

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It is part of the human condition that we often want total healing over night and feel that if it doesn't happen in this manner that something is wrong with us. However, we want you to know that it is not going to be easy to uncover all that you have repressed over the years. Our mind has such a God given defense mechanism by which it denies and often suppresses what has happened to us. If it wasn't for this, we could have never made it thru the horrible times that we experienced. The problem is, if we continue to suppress this, Satan will often twist the thoughts in our minds. This is not healthy because it is stored deeply in the regions of our subconscious. It all needs to be unlocked for us to find emotional and spiritual healing.

**1. Don't allow the enemy to bring incorrect blame** - Many of the thoughts that you have come from the enemy, who is a liar. Recognize that they come from him and he loves to embed them into your subconscious, thus affecting your conscious constantly. John 8:44 says, "Ye are of *your* father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaks a lie, he speaks of his own, for ***he is a liar, and the father of it***" (KJV).

You live with bewilderment wondering why you didn't stop the person. As stated above, it was likely an older person or a physically stronger person that abused you; you didn't choose for it to happen. You may wonder why others didn't protect you and why in the world didn't God stop such a hideous act. Where was He at in all this? We must understand that God despised what happened to you, yet He created all of us with a free will. It hurts the heart of God when people hurt themselves or others with their sins.

Whatever you do, don't blame yourself. It was someone else's fault.

**2. Don't allow the enemy to bring on you incorrect shame** - He will pound your mind with the fact that it was your fault. He reverses the guilt. Satan will tell you, that since it was your fault, then you are dirty and nasty. No one wants anything to do with you. "Everyone knows that you are marked for life," he whispers insidiously. He wants to bring on you a sense of guilt and self condemnation.

#### A. Actions to be Taken to Help You and Others

**1. Report It** - Blow the whistle. This may seem so hard. **THIS MAY BE THE HARDEST THING TO DO** The thoughts have always raced through your mind, "This will disrupt our family; what will it do to others?" The tragic thing is that the largest percentage of abuse comes from a family member or trusted friend to the family instead of strangers. Please keep in mind that the "typical child sex offender molests an average of 117 children, most of who do not report the offense" (National Institute of Mental Health, 1988). You will probably protect a sibling, a cousin or another innocent child by reporting this person. Consider what God says to the church in Romans 13:3-5, "*For rulers are not a terror to good works, but to evil, do you want to be unafraid of the authority? Do what is good, and you will have praise of the same. For he is God's minister to you for good. But if you do evil, be afraid; for he does not bear the sword in vain; for he is God's minister, an avenger to execute wrath on him who practices evil.*"

*Therefore you must be subject, not only because of wrath but also for conscience' sake"* (NKJV). As the church, we must recognize that this is a criminal offense, therefore we must treat it as such. We have an obligation to help the person who has been abused and others also. The church is often too guilty of saying that the person needs to forgive and move on with their life. It is not that easy. Only God can work forgiveness in us. This doesn't mean that you will ever have association or fellowship again with the person who abused you.

**2. Write It** – Journal it – Write it down, purging the soul, and then tear or burn it up and discard what you have written on. You may need to do this several times. It will hurt to flush it out, but keep in mind that there must often be hurt to bring healing. If you have a physical organ in your body that is sick, it takes surgery and there is much discomfort with surgery. There will be discomfort in the emotional and psychological surgery one needs. Doesn't it amaze us that God had designed our small children to purge a bug like an infection or stomach virus? They vomit and it cleans their system. In the same manner, we must flush past abuse from our soul and deepest regions of our subconscious.

**3. Talk It** – Find a godly counselor – Seek out a person you can trust. This may be hard, because so many times you have told someone and they didn't believe you or wanted it to be hush, hush. There are others who have gone through it or a godly pastor or qualified counselor who will allow you to spill it. You also need to talk it out with your parents, your spouse a pastor, a trusted friend, or a godly counselor. Most understand and are sympathetic. Occasionally there will be one that is not. You will need to seek counseling together as husband and wife if you are married. This will help your mate to understand why you are distant when it comes to the sexual relationship. God can also bring healing to you in this area. You must ask Him to do so. In the book *Invisible Girls*, Dr. Patti Feuereisen states that the most important factor in victims' healing is telling their story.

**4. Pray It** – Talk openly to the Lord about it. You can tell God that it wasn't fair and that you didn't like what happened to you and that you need His healing. **Luke 4:18-19** says, "The Spirit of the Lord *is* upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, **(19)** To preach the acceptable year of the Lord." **KJV** From: (Is. 61:1-2)

**Psalm 147:3** also reminds us, "He heals the brokenhearted and binds up their wounds."

**Ps. 30:2** "O Lord my God, I cried unto you, and you have healed me."

**5. Confront It** – You may want to confront the person or write a letter (whether you actually send it or not) to the person. You can express your anger with him or her.

- a. Express to them how you feel about what happened.
  - b. Express to them how the events of the past make you feel in the present.
  - c. Express how you feel toward the person.
  - d. What steps you need to take with Christ's help to release all the hurts and feelings.
  - e. How you want God to use this in your life to make you a stronger servant.
- Please know that if you confront the person directly or send a letter, he or she will often deny it or not see it as the sin that it really was. For some reason Satan distorts the abuser's mind in this area. The abuser may even blame you and accuse you of being a willing participant. It will do you good to confront it in person or by letter. This is part of the purging also.

The good news is that you don't have to carry your past. You can bring it to Jesus as stated above. Remember that He said in Matthew 11:28-29, "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls" (NKJV).

Remember, "You are an awesome spirit being, full of marvelous, magnificent worth to God." He wants to bring healing and wholeness to your life as much as possible in this broken world.

In Christ,



Dale & Millie Rose

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### Recommended Books

Ones we have Read:

Pamphlets:

*Healing from Sexual Abuse* by: Kathleen  
*When Trust is Lost – Healing for Victims of Sexual Abuse*  
(From Radio Bible Class [www.rbc.org](http://www.rbc.org))

Books:

*Hush* by: Nicole Braddock Bromley  
*No Place to Cry* by: Doris Van Stone & Erwin W. Lutzer

Ones we own, but haven't Read:

*Learning to Trust Again* by: Christa Sands  
*The Wounded Heart* by: Dr. Dan B. Allender  
*A Safe Place – Hope & Healing for Teens* by: Jan Morrison

### Recommended Songs

By: Janet Paschal

[http://www.youtube.com/watch?v=wYus\\_MuMfC8](http://www.youtube.com/watch?v=wYus_MuMfC8)

“Stained Glass Masquerade”

By: Casting Crowns

Is there anyone that fails  
Is there anyone that falls  
Am I the only one in church today feelin' so small

Cause when I take a look around

Everybody seems so strong  
I know they'll soon discover  
That I don't belong

So I tuck it all away, like everything's okay  
If I make them all believe it, maybe I'll believe it too  
So with a painted grin, I play the part again  
So everyone will see me the way that I see them

\*Chorus\*

Are we happy plastic people  
Under shiny plastic steeples  
With walls around our weakness

And smiles to hide our pain  
But if the invitation's open  
To every heart that has been broken  
Maybe then we close the curtain  
On our stained glass masquerade

Is there anyone who's been there  
Are there any hands to raise  
Am I the only one who's traded  
In the altar for a stage

The performance is CONVINCING  
And we know every line by heart  
Only when no one is watching  
Can we really fall apart

But would it set me free  
If I dared to let you see  
The truth behind the person  
That you imagine me to be

Would your arms be open  
Or would you walk away  
Would the love of Jesus  
Be enough to make you stay

Chorus x2

Well if the invitation's open  
To every heart that has been broken  
Maybe then we close the curtain  
On our stained glass masquerade

Is there anyone that fails  
Is there anyone that falls  
Am I the only one in church today feelin' so small