

You Still Make Me Crazy!

Breaking Free From Abuse

I. Introduction

- A. Job 19:2 (NLT) *"How long will you torture me? How long will you try to crush me with your words?"*

II. Breaking Free From Abuse

- A. Don't keep it a secret.

1. "I'm only as sick as my secrets."

"Revealing my feeling is the beginning of healing."

2. If you've been abused, as a child, or as a teenager, or as an adult, it is not your fault!

3. Psalm 39:1-4 (NAS) *¹I said, "I will guard my ways that I may not sin with my tongue; I will guard my mouth as with a muzzle while the wicked are in my presence." ²I was mute and silent, I refrained even from good, and my sorrow grew worse. ³My heart was hot within me, while I was musing the fire burned; then I spoke with my tongue: ⁴"LORD, make me to know my end and what is the extent of my days: let me know how transient I am."*

- B. Name the abuse.

1. Types of emotional abuse:

- a. Taunting

- i. Psalm 102:8 (NLT) *My enemies taunt me day after day. They mock and curse me.*

- b. Intimidation

- i. Psalm 109:20 (NLT) *May those curses become the LORD's punishment for my accusers who speak evil of me.*

- c. Humiliation

- i. Psalm 69:19 (NLT) *You know of my shame, scorn, and disgrace. You see all that my enemies are doing.*

d. Manipulation

- i. Psalm 73:8 (NLT) *They scoff and speak only evil: in their pride they seek to crush others.*

- e. Domination
 - i. Psalm 118:13 (NLT) *My enemies did their best to kill me, but the LORD rescued me.*
 - f. Defamation
 - i. Psalm 31:13 (NLT) *I have heard the many rumors about me, and I am surrounded by terror.*
 - g. Condemnation
 - i. Psalm 35:16 (NLT) *They mock me and call me names; they snarl at me.*
- C. Don't minimize it or rationalize it.
- 1. Ephesians 5:6a (NLT) *Don't be fooled by those who try to excuse these sins.*
- D. Get them, or you, to a safe place, if necessary.
- 1. Galatians 6:2 (NAS) *Bear one another's burdens, and thereby fulfill the law of Christ.*
- E. Don't confront an abuser by yourself.
- 1. Ecclesiastes 4:12 (NLT) *A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.*
- F. Begin the healing process.
- 1. Job 11:13-17 (NAS) ¹³*If you would direct your heart right and spread out your hand to Him,* ¹⁴*if iniquity is in your hand, put it far away, and do not let wickedness dwell in your tents;* ¹⁵*then, indeed, you could lift up your face without moral defect, and you would be steadfast and not fear.* ¹⁶*For you would forget your trouble, as waters that have passed by, you would remember it.* ¹⁷*Your life would be brighter than noonday; darkness would be like the morning."*

"First, direct your heart right."

"You need to spread out your hand to God."

"Put the iniquity and the wickedness far away from you."

"Your troubles will fade and you will remember them no more."

6. Let God settle the score.

1. *1 Peter 3:9 (NLT) Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will bless you for it.*

2. Abuse is contagious.

III. Conclusion