

# Fear In The Home (Domestic Abuse) Cris Paulson

What is domestic abuse? Domestic abuse comes from a partner, family member or spouse. Abuse is a misuse of power, position, intelligence or resources to control and manipulate someone, overpower their conscience, will or decisions to gain an advantage. They use position, authority, power, love, approval or money to dominate and control. Use their position of husband/leader to force their wife to obey. Use threats, coercion and intimidation to enforce their position.

**Physical abuse** - Often, the church only recognizes or reacts to physical abuse.

**Verbal abuse** - Using words to destroy the person and control their actions.

**Sexual abuse** - forcing someone to perform sexual behavior against their will. (The sex is not the issue! It's the power and control.)

**Spiritual abuse** - using the Bible to control someone's behavior, threats of God's displeasure or their own guilt or unworthiness. Withholding forgiveness in an attempt to control.

**Emotional abuse** - Withholding love or affection to control behavior. Emotional Blackmail. Redefining or renaming love. Manipulating emotions by changing the rules. Denying someone's right to have their own feelings. The Bible says people who control with anger are "Fools--"Proverbs 12:15, 28:26 and 29:11. Also men of the Last Days - 2 Timothy 3

## Red Flags:

1. Live fearfully, or perform for love to keep relationships.
2. Cover up and hide— layers of clothes, hair over face, no eye contact. SHAME—Have no voice anymore. Shut down.
3. Keep Secrets or live a double life, LIE. You think God is disappointed with you.
4. You speak or choose based on how a person will respond— avoid their anger, their punishment, their shame or rejection, fear of attack.
5. Your life doesn't work— depression, despair, suicidal thoughts. Don't want to live. Don't want to feel or think. Escape behaviors.
6. You feel 'not normal,' or maybe full-on crazy. Self-hatred, self-condemnation, self-destructive behavior (risk-taking— driving, drugs, sex with strangers)
7. Distorted body image— either hate your body, are disconnected with it.

\* Speak the truth—Expose the things that are done in darkness \* Walk in the light (1 John) \* Say no to sin.

\* Resist the devil. Submit yourself to God and the devil will flee (James 1) \* Run to God, comfort yourself with meditating on how God loves you.

Exodus 34:6-7 God's goodness toward you—Kind, patient, compassionate, caring

Is that how God treats you/ speaks to you? Does God punish His children?

Does God hold our mistakes against us? Does God say things to control us?

Does God say one thing but mean the opposite? Does God allow you to have your own opinion?

Test their reactions, Take action, Tell someone the truth, Get Help.

## RESOURCES

*What to do When You're Being Abused by Your Husband* by Robert Needham, Debi Pryde, *Spiritual Abuse* by Jeff Van Vonderan, *Domestic Abuse* by Chris Moles, *Hope Ahead* by Barb Mulvey and Cris Paulson

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