

**forgiving others and trusting god a handbook for survivors of child abuse experience healing for deep wounds that hinder your relationship with**

# **DOWNLOAD FORGIVING OTHERS AND TRUSTING GOD A HANDBOOK FOR SURVIVORS OF CHILD ABUSE EXPERIENCE HEALING FOR DEEP WOUNDS THAT HINDER YOUR RELATIONSHIP WITH FREE**

## **Forgiving Others and Trusting God . . . a Handbook for Survivors of Child Abuse Experience Healing for Deep Wounds That Hinder Your Relationship with**

Why yet another book about forgiveness? Abundant literature, written from Christian and other spiritual perspectives, is available specifying why forgiving those who offend us results in such improved physical, mental/emotional, and spiritual health. What makes this book unique, however, is that it deals strictly with survivors of child abuse and the profound ways that they are affected for life without some type of intervention. Learning to forgive, healing from abuse, and trusting/finding intimacy with Father God are three processes that are difficult, if not impossible, for most survivors of child abuse to experience. The power inherent in forgiveness contributes enormously to healing for deep wounds and the realization of true intimacy with the One we are privileged to call Abba, Father. Many survivors' highly personal, deeply sensitive, and incredibly dramatic accounts of abuse suffered, their choices to forgive, their experiences of deep healing, and ultimately the fulfillment of lifelong desires for closeness with God are documented in *Forgiving Others and Trusting God . . . Handbook for Survivors of Child Abuse*. You will find these accounts both inspirational and unforgettable! Even if you never were victimized as a child, you will gain plenty of hands-on, practical tools to assist in your own journey from overcoming any emotional or spiritual obstacles and hindrances to forgiving others and trusting God. J. E. Norris-Bernal, M.S., was a Marriage and Family Therapist for over 20 years and an active member of the American Association of Christian Counselors. Ms. Norris-Bernal is currently a college professor teaching English and Psychology courses. She is also a Christian life coach for local and long-distance clientele. Prior to her work as a mental health professional, Ms. Norris-Bernal was a professional editor for 10 years. She resides in Arizona with her husband, and they have three adult children living in Southern California.

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## **Healing the Ravaged Soul**

Why does God hate me? How can I believe in a God who has allowed my suffering? These are just two of the difficult spiritual questions that survivors of child sexual abuse struggle with. In addition, survivors often have mixed feelings about the church because of perceived judgment and indifference, their own shame, or their discomfort with certain aspects of worship. Of the many after-effects of sexual abuse, spiritual wounds are the least talked about, yet they are central to adult survivors who seek to heal and find faith and meaning in their lives. With grace and gentleness, this book seeks to answer survivors' spiritual questions and address some of the common misconceptions that often develop when young victims attempt to understand what has happened to them. *Healing the Ravaged Soul* explores the origins of their spiritual issues with clear psychological insights and guides survivors on a spiritual journey toward healing, wholeness, and a deeper relationship with God.

## **Journey to Heal**

A path of hope and healing for survivors of childhood sexual abuse A woman who was sexually abused as a child is confronted with many internal questions: Am I worthless? Will I get past the pain? Do I matter to God? These and similar questions can carve a deep hole in an already wounded soul. Too often, the lies of worthlessness are believed, the pain becomes too much to handle, and survivors find themselves making choices that lead to more heartbreak. With over 42 million survivors (both male and female) in the United States alone, the need for a clear path to healing is great. Crystal Sutherland—herself a survivor of CSA—knows that while the recovery process is complex, healing is possible with God's help. For women who want to progress from simply coping to living abundantly, *Journey to Heal* guides readers through seven essential steps to recovery found in Scripture. Candid and open about her personal journey of healing, Crystal comes alongside her reader as a friend who understands. Infused with biblical truths, stories of hope from other survivors, and practical wisdom, this book leads women to discover the life of wholeness God has for them.

## **Mending the Soul**

This book provides a well-researched biblical and scientific overview of abuse. A broad overview, it deals with the various types of abuse, the various effects of abuse, and the means of healing. Abuse can be sexual, physical, neglect, spiritual, and verbal. The chief arguments pursued throughout the book are: (1) abuse is far more rampant than most Christians realize, but due to human depravity and satanic influence, widespread abuse is predicable. (2) All types of abuse create profound, long-term soul damage due to the way abuse perverts various aspects of the image of God. (3) God is the healing redeemer. Human salvation came through horrible physical abuse. (4) Healing must take place in the context of relationships. Humans are deeply impacted by others due to being made in the image of God. Just as surely as abusive relationships have tremendous power to wound the soul, so healthy relationships have tremendous power to nurture and heal the soul. Questions answered in the book include: - How can a genuine believer abuse a child? - Why would someone abuse a child? - How can parents and childrens' workers identify abusers? - How can abuse victims heal? - What does genuine healing look like? - Is anger appropriate or hurtful for abuse victims? -

Where does forgiveness fit in? Helpful sample child protection policy, application, screening interview, and warning signs of potential abusers equip ministry leaders. Illustrations, case studies, and art therapy drawings.

## **Healing the Scars of Childhood Abuse**

The deep pain of childhood abuse--whether physical or emotional, whether a child was neglected or wished nothing more than to be left alone--doesn't just go away. There's simply no just getting over it. Even if no physical scars remain as evidence of the victim's suffering, the deep wounds on their minds, hearts, and souls are still there. But it is possible to become whole and happy. Author of the successful *Healing the Scars of Emotional Abuse*, Dr. Gregory Jantz now helps readers understand the effects of childhood abuse on their emotional, intellectual, physical, relational, and spiritual health. He then outlines the steps to lasting healing, including grieving what was lost, learning to balance emotions with intentionality, regaining a positive relationship with one's own body and mind, and coming to an understanding of God not as a frightening authority figure like the abuser or an accusing judge, but as a loving creator, redeemer, and friend.

## **A Woman at the Well**

Giving up is not in Kate's vocabulary, quitting is not an option even when the injustices of abusive people appear to have control of her life. *A Woman at the Well* is a story of never quite 'fitting in' and the struggle to get free from the long term effects of child abuse. The healing journey is similar to a game of snakes and ladders, sometimes we take giant steps up the ladder and sometimes we take massive slides down the snakes belly leaving us feeling like we can never win. We search for truth only to find more lies and discover that sometimes the truth is more treacherous than the lies. The lies we believe about ourselves continues to keep us locked into the pain we experience now as adults in personal relationships, yet it is only the Truth that can set us free. This book is where the 'rubber meets the road' for survivors and counselors. Warning! This book will be offensive to controlling, manipulative religious folk.

## **Caring for Sexually Abused Children**

In this practical handbook for families and churches, Dr. R. Timothy Kearney shows how the healing touch of God can come, frequently through God's people, to children who have experienced sexual abuse.

## **Shielded by God'S Power**

Domestic Violence as defined by the National Coalition Against Domestic Violence as the willful intimidation, physical assault, battery, sexual assault, or other abusive behavior that is used to overpower and control another person. Domestic violence takes on many forms, both visible and hidden, and according to studies affects one person every twenty seconds. Domestic violence is not a new problem in America, but one that has existed for decades. And while the majority of victims are female, domestic violence knows no income bracket, demographic, age, race or religion; as domestic violence occurs in every facet of society. Yet despite the many groups working to help victims of domestic abuse, the problems persist. Domestic violence is more commonly seen in situations where someone (the abuser) believes that behaviors such as physical, verbal, emotional, religious, sexual or economical abuse is acceptable and justifiable. Adding to the perceived justification of abuse is the victims inability to see the denigrating acts as abuse. Then when they do identify the problem, they feel trapped by their circumstances be it due to fear, lack of funds, poor physical, or various psychological issues and are unable to leave the situation. More disturbing than the obvious problems of domestic abuse, is that there have been connections made between domestic violence specifically sexual abuse in children and satanic influences/forces. This type of abuse is referred to as Satanic Ritual Abuse (SRA). The abuses suffered due to satanic influences are often more severe forms of physical and sexual abuse, especially in the form of child pornography, prostitution, and being used for snuff films. These abuse victims are often so brainwashed that they don't dare speak out. And while there are those

who would like to ignore the connections between abuse and satanic forces, the fact remains that abuse is not something promoted in scripture! The believer is told to care for the helpless, and to lift up the fallen not knock them down and beat them up. In homes where children are abused, they often grow up to become adults who struggle with relationships, authority figures, and problem solving. Worse, abused children often become adult abusers thus perpetuating the problem. Studies have also found that children who see their mother abused are more likely to develop PTSD (post-traumatic stress disorder). Also interesting, is that there is now a correlation between childhood domestic violence and adult health conditions like arthritis, ischemic heart disease (IHD), chronic obstructive pulmonary disease (COPD), liver disease, irritable bowel syndrome, chronic pain, pelvic pain, ulcers and migraines. Psychological challenges include depression, severe anxiety panic attacks, and a feeling of worthlessness. As you read Ivys story, you will discover that she could easily be the poster child for domestic violence. She spent fifteen years living in a situation where mental, physical, emotional and sexual abuse was part of her daily life. She then entered a marriage that ultimately, albeit differently, was more of the same. But Ivys story does not end as it began. She heard about a Savior who loved her unconditionally. And while initially Ivy did not understand her Saviors love, in time, she learned the meaning of real love and acceptance. As you read her story, you will see how she looked and worked to eventually overcome the challenges brought on by domestic abuse. If you have been abused, or know someone who is or has been in an abusive situation, then Ivys story can help. It will provide hope and help as you see that while domestic abuse is horrific, there is One who can overcome the hold abuse has on a persons life. Dont let abuse keep you or a loved one from enjoying life. Take the step now, to begin the first day of the rest of your life. Surviving domestic violence does not come easy. Shielded by Gods Power reminds us that domestic violence can be overcome by real love.

## **Naming Our Abuse**

A stunningly vulnerable look at the horrific realities of sexual abuse and how to overcome them Male sexual abuse is increasingly in the news, from scandals in the Catholic Church to exploitations at Penn State. Yet books and programs about healing are still overwhelmingly oriented toward the female survivor of abuse. As men who experienced childhood abuse, the authors of this book are uniquely qualified to address the healing process of male survivors. Using the metaphor of a car accident, Naming Our Abuse leads the survivor from the Wreck to the Accident Report to Rehabilitation to Driving Again. This four-step model illustrates that healing is a process to be nurtured rather than something that can be healed in a single telling. Following the authors' examples, readers are invited to find solidarity with other male survivors and develop an understanding of their own wounding through journaling exercises. "Rarely has a book about a subject so difficult and taboo left me feeling so encouraged and hopeful. Three different stories of deep personal pain, woven together to tell a story not only of survival but of fullness of life we can all hope for." —Steve LePore, Founder and Executive Director, 1in6

## **Push Back the Dark**

Adults in your church, small group, or other Christian organization are silently suffering the tragic consequences of having been sexually abused as children or youth. Why aren't they coming forward for help? Their reluctance may be related to wounds given by the faithful--religious people they trusted, who said things like "\"well, it wasn't rape\"" or "\"it's been thirty years--why is this such a big deal?\"" Such responses from people with religious authority deepen victims' need to shrink into anxiety, depression, and self-degradation. This book offers you the tools needed to undertake caring ministry to adults suffering in the aftermath of childhood sexual abuse. Once you understand the scientific research on such topics as trauma memory, consequences of abuse, and forgiveness, you will appreciate how caring collaboration can create hope and healing. In these pages every reader will find helpful content that will take you from feeling out of your depth to knowing you are empowered to be an effective companion in God's transforming work in the lives of survivors of abuse.

## Healing Together

Sex is such an intimate topic historically wrapped in shame and when someone shares they were sexually abused, we may not know how to respond. With recent #MeToo and #ChurchToo movements, we are learning just how many men, women, boys, and girls have suffered sexual abuse at the hands of a trusted person, often family members or leaders in the church. Sexual abuse is rampant in modern society and now--sometimes many years later--sexual abuse survivors are sharing their stories. Anne Marie Miller is a survivor of childhood clergy sexual abuse and has shared her journey toward healing with audiences all over the world. After speaking with thousands of survivors and their loved ones, she saw the need for a fundamental and practical guide for helping supporters of sexual abuse survivors understand the basics of abuse, trauma, healing, and hope. Drawing from her own experience as a survivor and evidence-based research, Anne addresses these questions and more in *Healing Together: What is sexual abuse? How can I help survivors? Who are predators and how do they groom victims? How does trauma affect survivors? What happens when someone doesn't remember the details of their abuse? How does abuse wound the physical, emotional, and spiritual health of people who have been abused? When and how should authorities be contacted? How do you talk to your children about sexual abuse? What are the warning signs of abuse? Is healing possible? Whether you are a spouse, a family member, a friend, or a church leader looking for easy-to-navigate resources to understand and support sexual abuse survivors, you'll find answers and hope in these pages.*

## Dazzled

Everyone needs to heal from something. We all have brokenness. Some of us don't even recognize our wounds for what they are; the things we flaunt only hide what we fail to acknowledge. When the wounds finally do get uncovered, the pain intensifies and we want to get beyond the discomfort as soon as possible. We desire to live a normal, happy life and not to be held captive by our past. We're told forgiveness is the key. Perhaps we know that already. We may even believe it. But do we know what perfect forgiveness actually is? The world offers a version of forgiveness whose goal is to unload our burdens so we can feel better and 'move on'. Once we attain this level, we're allowed to be happy. But this book suggests something radically different: the world's version of forgiveness is sadly incomplete. It's unfinished. Only through the transformative power of our wounds themselves, can the fullness of perfect forgiveness be attained.

## Hope for Survivors of Childhood Trauma

"If you have grown up with alcoholism, severe neglect or other family dysfunction, then reading Susan's story and working through Ebenezer is an excellent way to recover and experience God's healing mercies." - Mark C. Good, Ph.D., Board Certified Diplomate in Clinical Social Work "The Ebenezer materials brought about more soul repair than any number of books and therapy sessions had ever accomplished for me in the past." - Ebenezer Program graduate "Ebenezer described exactly what I'd lived growing up, severe dysfunction at home. I was a very wounded woman. Some of us have our broken pieces crushed. Ebenezer ministered to me in such deep places. Jesus met me there and gave me balm." - Ebenezer Program graduate HOPE for Survivors of Childhood Trauma is both a moving story and a life-changing program. The story of recovery resonates with trauma, fear, abandonment, love and laughter, confusion and loneliness. The Ebenezer Program is a manual for counselors, pastors, study leaders or individuals. It addresses the nature and effects of childhood trauma and offers hope for healing. This book will equip you to explore: - Shame - Perfectionism - Grieving - Loneliness, Trust and Control Issues - Our Struggle for Intimacy - How Our Past Affects Our Marriage - Forgiving and Growing Up - Obsessive-Compulsive Behaviors - Boundaries SUSAN CONORD is an inspirational Bible Study teacher and a popular speaker at church retreats and recovery group meetings. More importantly she is a survivor of childhood trauma. Through her own recovery and her study of the Bible and family systems, she has developed the Ebenezer Program, leading groups and coaching women in their recovery. She lives in Maryland with her husband and has been blessed with three married children and seven grandchildren.

## **Open Eyes, Happy Heart**

Childhood abuse can rob you of many things: your sense of safety, your sense of value--even your desire to live. But God wants to heal you in every broken area. This is the story of one woman's recovery from sexual abuse and childhood trafficking, but the pain involved in her journey is relatable to many different types of trauma. Hear what God did for her...and then ask God what He wants to do for you. He's waiting!

## **Forgiving the Impossible?**

Are some things just too difficult to forgive? Like child abuse at the hands of a trusted family friend? Greta Randle's story shows us that forgiveness is not only possible, but that it is hugely liberating for the victim. 'My healing would only have been partial without God's intervention,' she says. 'Self-help, counselling and reading have all played a part but nothing can take the place that God occupied within the whole process. He spoke to me through the Bible, used his people to pray with me. He was constant.' 'Some may ask, \"Why does God allow these things?\" It is my perception that it hurts God to know that the people he created allow themselves to do \"these things\". It was never his wish for me to be damaged as a child but he is able to redeem every situation.'

## **Healing from Abuse: How the Atonement of Jesus Christ Can Heal Broken Hearts and Broken Lives**

Abuse happens all around us, and it's our job to intervene. In this Christ-centered approach to preventing and stopping abuse, renowned author, speaker, and family relations expert Janene Baadsgaard describes the path to awareness, empowerment, and healing that will break the cycle of abuse. This must-have volume - defines destructive behavior - details the necessary steps to take when leaving an abusive relationship - shows victims how to heal and move forward with their lives in meaningful ways - teaches friends and family members how and when - to help loved ones escape abuse With hope and encouragement, Janene shares her personal convictions of the power you can have when the Savior is at your side. Perfect for counselors, church leaders, and concerned friends, Healing from Abuse gives readers everywhere a new sensitivity to destructive behavior so you'll know how to recognize and keep it from hurting the people you love most.

## **Not Forsaken**

A story of surviving abuse by the power of gospel hope Jenn Greenberg was abused by her church-going father. Yet she is still a Christian. In this courageous, compelling book, she reflects on how God brought life and hope in the darkest of situations. Jenn shows how the gospel enables survivors to navigate issues of guilt, forgiveness, love, and value. And she challenges church leaders to protect the vulnerable among their congregations. Her reflections offer Biblical truths and gospel hope that can help survivors of abuse as well as those who walk alongside them.

## **Soar**

If you are a survivor of childhood sexual abuse in search of real healing, this book is for you! Both a personal workbook and a group study guide, SOAR walks with you through the four major steps of moving from silence to healing: S - Shattering the Silence O - Overcoming Lies A - Accepting Freedom R - Reaching Out In the seven sessions of this workbook companion to Hush: Moving from Silence to Healing after Childhood Sexual Abuse, Nicole helps you apply her teachings to your own personal circumstances and connects you with the support of a trusted group of survivors. By purchasing this book you will be given access to all of the SOAR group session videos, hosted by Nicole and featuring the inspiring stories of other survivors who have broken the silence and taken courageous steps forward on their healing journey by becoming part of this special community. Join Nicole and other survivors of sexual abuse as you find the keys to unlock the chains that have bound you to your painful past. Now is the time you find the freedom to SOAR!

## **Recovering from Child Abuse**

The damage you suffered may have been done in one terrible moment or over time. But the healing and the restoration will unfold at your pace, at a human pace. It unfolds as part of your story, and it unfolds over time. As a vulnerable child, instead of being protected, helped, and comforted, you were physically, emotionally, and/or ...

## **When a Woman You Love Was Abused**

The U.S. Department of Health and Human Services reports that 80 percent of childhood abuse victims later suffer from at least one abuse-induced psychological disorder. It's proven that the effects of childhood abuse follow women into adulthood. Yet few men are prepared to deal with those effects, even when their own wife is the one who is suffering. And their wife's suffering becomes their own suffering as their needs aren't being met by a wife who is powerless to control her inner turmoil. Author, pastor, and survivor Dawn Scott Jones candidly shares her own abuse experience to help husbands understand the varied emotions, fears, distorted thoughts, and triggers that hold their wives captive. In practical and accessible language, Jones explains the stages of the healing journey (processing denial, asking for help, grieving, expressing anger, learning to forgive, and finding resolution). Building on that knowledge, Jones then moves to an honest discussion of what husbands can do to help. Whether it's creating a healing environment, understanding the need for control, building trust, or even just praying for healing, a husband plays an active role in helping his wife survive and thrive despite her past abuse. Offering hope for a healthy marriage relationship, *When a Woman You Love Was Abused* answers the questions men have and offers the advice they need to help their wives finally find peace.

## **Learning to Trust Again**

Trust is one of the precious abilities that dies when a child is sexually abused. Christa Sands' personal testimony of her own dark pit and subsequent struggle back into the light will both amaze and encourage you. Sands guides you on an intimate journey to show that with God there can be healing, even from the terrors of abuse. An excellent book for someone you know who struggles with this turmoil.

## **Survivor Prayers**

Gathers prayers and meditations designed to help survivors of child sexual abuse come to terms with their feelings and understand their relationship with God

## **Father, Forgive My Father**

Why did you write the book? everyone wanted to know; Why would you put yourself through that all over again? I tell them that it was a promise that I had to fulfill; I was driven by that promise to: 1) inform the general public of a serious social problem of epidemic proportion; 2) help the victims of sexual child abuse better cope with their problems through Christian principles and methods, assuring them that they are not alone in their struggles, 3) bring the perpetrators to a realization of what they are doing; why they are doing it; leading them to seek help and forgiveness, and 4) lead the victim through steps to total healing through forgiveness. I have just completed the book by Sandra G. Lee, *Father, forgive my Father*. What an awesome book and life story to be told. The author shared all aspects of the history of child abuse through her eyes as a child and as an adult. More people should share as Sandra Lee has and the world would be a better place. Hats off to Sandra for being a strong and dedicated Christian to face adversity with non Christian individuals or those in denial of an epidemic worth sharing. There should be more people such as her to keep the world in a better place.

## **And He Restoreth My Soul**

What you can expect *And He Restoreth My Soul* is An Anthology providing: Methodologies from experts in their field Case histories, narrating the impact and affect of sexual abuse on victims of all ages Survivors describe in depth their experiences and why they are sharing their story Insight about sexual abuse, including the extraordinary such as: the “hearing impaired”, the “elderly community”, and a “child group home” Steps to protecting the congregation, and different departments/ministries of the church..... Equipping the pastor, the counselor, the therapist, the spiritual leader, the spokes person of the group, the..... *And He Restoreth My Soul* will invite you to: Test your knowledge of sexual abuse topics by taking the True/ False Tests Answer the questions.....Is our ministry meeting the needs of the abused? If not, What changes can we make? *And He Restoreth My Soul* is detailed, encouraging, and professional – a wonderfully positive approach to a very diverse problem. This resource provides hope, knowledge, love, and caring for God's direction. Most of all, it is meant to provide insight into the haven of unrest and a spiritual and emotion covering for healing. Gladys Olsen, PhD ~~~~~ This informative and comprehensive guide moves one beyond the identification of sexual abuse to the healing path of God's redemptive love. As believers, this book provides useful tools to understand, to healing path of God's redemptive love. As believers, this book provides useful tools to understand, to minister, and to offer hope to the hurting of sexual abuse. Since sexual abuse is a component of domestic violence, we will incorporate *And He Restoreth My Soul* as a practical and valuable resource within FOCUS Ministries. Paula Silva, President , FOCUS Ministries, Inc.

## **I Can Begin Again**

*I Can Begin Again* will take you into the complex and perplexing mind of an adult who bears the scars of child abuse. It was the voices of abused children both past, present, and yet to come who beckoned the author to tell her own story of childhood sexual abuse. For thirty years God would not let her rest until she finally listened and obeyed His call on her life to reach out and help others who are stuck in the grips of this devastating affliction. This very personal story will help the adult, who was abused as a child, to understand who they are and why they behave the way they do. It will prove that they do not have to remain stuck in their pain and it will show them how to reclaim the power that was stolen from them as a precious, innocent child. This revealing account will encourage those who have endured any type of abuse to believe they can do more than just survive . . . they can begin life again! The author also brings insights to those of you who live with one who has been wounded by child abuse. It is her hope that understanding will bring healing to relationships that are often torn apart because of the confusing behavior of the abused adult/child. She will also open the eyes of abusers who have no clue what they are actually doing to their precious, innocent victims. It is her prayer that her story will save other innocent children from becoming victims. There are many subjects covered in this book, and everyone who reads it will take from it something of value. Please wont you join the author as the Master Artist guides her brush as she paints the canvas of her life for you? Cry with her, laugh with her, and be touched . . . perhaps even changed . . . by the power of her incredible story. And then share it with others everyone knows someone who has been abused.

## **Help for the Fractured Soul**

Effective, real-life strategies, tools, and encouragement for those desiring to help others find healing from severe trauma and discover the Father's truth and love.

## **Forgiveness and Child Abuse**

Lois Einhorn deals with one of the most despicable aspects of crime that plagues modern society. -Arun Gandhi During her healing process, Dr. Einhorn shared her horrific story of ritualistic child abuse with a variety of influential people and asked, What would YOU do? Do you forgive your parents? HOW do you forgive yourself? Fifty-three people responded, including: Mumia Abu-Jamal, Patch Adams, M.D., Edward Asner, Rubin Hurricane Carter, Laura Davis, Thomas F. Eagleton, Albert Ellis, Paul Ferrini, Lynne Finney,



Arun Gandhi, Bishop Thomas J. Gumbleton, Linda Hogan, Rabbi Steven Jacobs, Bill T. Jones, Mary Elizabeth King,, Robert Muller, Daniel Quinn, Robert C. Scaer, M.D., Pete Seeger, Bernie Siegel, M.D., Gerry Spence, Richard E. Vatz, Kurt Waldheim, Everett L. Worthington, Jr., This is a unique and powerful book destined to encourage discussion, dialogue, and debate; and many of the responses will challenge readers to move from a paradigm of revenge and fear to one of love and forgiveness - regardless of the severity of the atrocities.

## **How to Rise Above Abuse**

With nearly 150,000 books sold, Christian counselor June Hunt has fast become a favorite for readers seeking biblical counsel for their problems. In *How to Rise Above Abuse*, June offers compassionate, practical guidance for the tough issues of verbal and emotional abuse, spouse abuse, childhood sexual abuse, rape recovery, victimization, and spiritual abuse. Readers will learn the definitions, characteristics, and causes that, once understood, empower them to take steps toward lasting solutions. They'll find out how to... identify and deal with unresolved anger, grief, or pain rely on Christ for strength when they have none forgive their offender and help other victims regain confidence, hope, and peace for the future place complete trust in God at all times Only the Lord Jesus Christ can heal broken hearts. This book for counselors and counselees will show how those who are hurting can yield to His care.

## **Deeply Wounded Hope**

Heather' story encompasses surviving and overcoming domestic violence and other life hardships. This journey entails healing from these situations and learning to live abundantly.

## **Victim Or Survivor**

Joseph, son of Jacob, was a victim of his brothers' jealousy; he suffered abuse and betrayal at their hands. Joseph's experiences as a slave and victim in Egypt, as well as his experiences as a survivor, set a perfect example to help victims of childhood abuse, rape, and domestic violence to overcome the pain and bondage of abuse. Author Sue Denney's *Victim or Survivor* reveals how the lessons of Joseph can help heal the wounds of abuse and grant freedom to those of us who have been abused. Joseph did not choose to be a prisoner and a slave, but he trusted God to keep him safe. Through his faith in God's love and healing, Joseph rose from victim to survivor to hero, and even when faced by his abusers, he found forgiveness for them in his heart. Denney, author of *Garden of Life* and *Boats of Life*, is herself a survivor of childhood abuse. She has experienced the awesome power of finding peace and freedom through God, and this power was gained by facing the truth of her memories, working through the pain, and then forgiving her abusers. Through Gods Word and healing power, we can all become survivors.

## **Is It My Fault?**

*Is it My Fault?* proclaims the gospel of healing and hope to victims who know too well the depths of destruction and the overwhelming reality of domestic violence. At least one in every three women have been beaten, coerced into sex, or abused in their lifetime. The effects of domestic violence are physical, social, emotional, psychological, and spiritual, and can have long-lasting distressing consequences. It is common for victims of domestic violence to suffer from ongoing depression and recurring nightmares, self-harm, such as cutting, panic attacks, substance abuse, and more. This book exists to address the abysmal issues of domestic violence using the powerful and transforming biblical message of grace and redemption. *Is It My Fault?* convincingly shows that the Lord is the only one who can heal the despairing victim. It deals with this devastating problem and sin honestly and directly without hiding its prevalence today.

## **The Healing Power of Forgiveness**

Few Christians realize nearly every problem in life stems from an unwillingness to forgive someone. When we hold grudges, seek retribution, and blame others, we end up hurting our relationships with God and people—and short-circuit our ability to live the Christian way it's meant to be lived. Why is forgiveness so difficult at times? Must we forgive when it's the other person's fault? How should we handle repeat offenses? What if we feel we can't forgive because we've been hurt so badly? Pritchard answers these questions and more by pointing to God's example as the Supreme Forgiver. When we learn to forgive in the way He forgives, then we'll know true freedom, peace, and emotional healing.

## **The Healing Spirit**

This book traces the journeys of seven victims of childhood sexual abuse who have experienced recovery through the activity of the Holy Spirit within the context of the local church. These recovered victims have been enabled to move beyond the devastation of abuse by others whom they trusted to a place of emotional and psychological stability, appropriate sexual intimacy with their spouses, and a growing level of spiritual maturity. While the Christian community has been slow to grasp the severity and extent of the problem or to provide the healing resources of the gospel, some victims have found recovery in local churches. The author has undertaken in-depth interviews to elicit and explore the narratives of their journeys from woundedness to well-being. These narratives are an important source of information on the activity of the Holy Spirit in healing. While the Spirit is an entity hidden to us, the author has explored the experiences of seven recovered victims to disclose meaning for the work of the Spirit in all areas of Christian ministry.

## **More Than Surviving**

Many survivors of childhood abuse think of themselves as defective, flawed, and worthless. Cecil Murphey knows this too well. A survivor himself, he's familiar with the shame and brokenness that can come from abuse. But he also knows there is hope, not only for surviving, but for flourishing. *More Than Surviving* is more than just personal accounts or clinical data; it's a series of short meditations for readers to delve into whenever they have the time or need a quick burst of encouragement in a difficult day. Vulnerable, honest, and incredibly courageous, each ends with a brief prayer to help men face their pain and to grow from the experience--and past it. Murphey's transparency affirms his readers and assures them that they are not alone: many men have gone through the same painful experiences and are now strong survivors. Here, more men will discover guidance, encouragement, and practical advice on how to live victoriously.

## **Hope for Healing from Domestic Abuse**

God's love is steadfast for survivors who chose to leave an abusive marriage but still suffer the aftershocks. When someone leaves an abusive marriage, life isn't instantly fixed. Women who have experienced domestic violence feel shattered. Because of the trauma they've been through, a bond with their abuser has formed that keeps them tied together long after they've physically left. Karen DeArmond Gardner understands these difficulties all too well. She tackled all the same struggles when she left her own abusive marriage. And she intimately knows what women in this situation need in order to gain freedom from the lies of abuse--to be reborn as the people God longs for them to be. *Hope for Healing from Domestic Abuse* isn't a how-to book with a few easy steps. Instead, it's a biblically based map for a long journey to healing. By recounting her own history--as well as the faithfulness of God when she was willing to follow His direction--Karen helps readers: discover there is life beyond abuse recognize God's relentless pursuit of their heart gain courage to release the trauma of their past regain life, hope, and wholeness in Jesus's healing love Gardner's inside perspective, strong voice, and incredible, vulnerable story of deliverance from the bonds of abuse allow readers to find themselves in her words and feel heard at last. She puts hope back in their hands, with the assurance that God loves them deeply and wants them to know they aren't defined by their trauma, their past, or their brokenness.

## **The Wounded Heart**

For those who have experienced childhood sexual abuse and those who love and care for them, *The Wounded Heart* offers a tender, compassionate window into the psychological effects of abuse and the theological foundations for healing. Thirty years ago, with great courage and vision, Dan Allender brought Christians to the table to acknowledge, understand, and help victims heal from their experience of the evil of sexual abuse. His work continues to help victims and those who love them to honestly acknowledge their abuse, understand the unique challenge of repentance for victims of abuse, and learn to love boldly in defiance of their trauma. Ultimately Dan offers the bold assurance to sexual abuse victims that even they can find their way to joy and hope in the comforting embrace of a good God. *The Wounded Heart* has sold over 400,000 copies and has been the first book family, friends, counselors, pastors, and victims have turned to in search of Christian answers to the calamity of sexual abuse. With a new introduction reflecting on the ongoing importance of the book, and a companion workbook for personal and group recovery, *The Wounded Heart* continues to offer an urgently needed word of grace in a world ravaged by sexual abuse.

## **Set Free**

If you-or someone you love-experienced emotional, physical, or sexual abuse as a child, you know something of the brokenness, anger, and helplessness that resulted from it. But there is hope when God reaches down and lifts you up.

## **On the Threshold of Hope**

Offers survivors of sexual abuse spiritual help and healing. Discusses the healing process, and offers first-hand accounts from survivors.

## **The Exodus Breaking Cycles and Changing Lives**

Each year in the United States an estimated two to six million women are victims of domestic violence. Domestic violence is a pattern of assaultive and coercive behaviors, including physical, sexual, financial, spiritual and psychological abuse. Domestic violence is about control, manipulation and domination. Ninetyfive percent of assaults on spouses or ex-spouses are committed by men against women. Too afraid and too shame to speak up, there are countless numbers of women sitting in Churches all across America suffering in silence. Victims and perpetrators are from all ages, racial, socioeconomic, sexual orientation, educational, occupational, geographic, and religious groups. If you or someone you know has ever experienced domestic violence you are in need of a personal, life changing encounter with a powerful God. One who delights in healing wounds and setting the captive free. *The Exodus* is that kind of encounter- its about coming face to face with a Holy God as He does those things that you cannot do for yourself.

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