

## Chapter 2

### *Questions to Ponder*

1. How has the secret hurt you? How has it hurt your children? How has living in an abusive relationship affected your other relationships?
2. Are you ready to say, "Enough!"? If yes, why? If no, why not?
3. Are you willing to find a trusted and trained counselor to join you in the steps to healing well?

### ***Prayer of Reflection***

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*God, I see more clearly now how secrecy has become my norm. Out of fear of what might happen, what others might think, and even my own denial regarding the severity of my situation, I have kept the secret. On the outside, we look fine, but behind closed doors, it is an entirely different reality. I find comfort in knowing that I can tell You the truth and that You listen to me without judgment. Please help me, Lord, to come to a place where I can share my story with a safe person. Please bring someone into my life who will believe me and who will not judge me. Protect me and my children when I finally do break the silence. Give me courage and give me strength to no longer minimize the abuse. Amen.*

### ***God's Enduring Promises***

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Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." (Matthew 11:28 NLT)

For he has not despised or scorned  
the suffering of the afflicted one;  
he has not hidden his face from him  
but has listened to his cry for help. (Psalm 22:24)

In you, LORD my God,  
I put my trust.  
I trust in you;  
do not let me be put to shame,  
nor let my enemies triumph over me.  
No one who hopes in you  
will ever be put to shame,  
but shame will come on those  
who are treacherous without cause.

## Breaking the Silence

Show me your ways, LORD,  
teach me your paths.  
Guide me in your truth and teach me,  
for you are God my Savior,  
and my hope is in you all day long. (Psalm 25:1–5)